

# JOSHIAH

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*Caveat: This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited. Editorial comments are in parentheses; probable wording is in square brackets.]*

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## **Q and A**

**Joshiah:** Well now. Well, once again, allow us to express our greetings and 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. Once again, we remind you that that opportunity for you to be involved in that silent communication exists. That opportunity for you to alter your consciousness and to enter into [your] so-called meditative state or an altered state of consciousness or whatever terminology you wish to apply exists. And the opportunity for you to be involved in a telepathic interaction or exchange of information with other entities, if you wish, or indeed with that portion that you might refer to as your higher self. That opportunity exists.

And we continue to express that there is an opportunity for you to have that interaction, that telepathic exchange of information. For you see, the information that you desire exists withinside. For you to experience an understanding of who and what you truly are, in your awake consciousness state, is very, very difficult. And we hesitate to say impossible because impossible is only a concept that's based upon a belief system. But it's very, very difficult for you, in your so-called awake consciousness [stage] to get any glimpses or understandings of the truism or the validity of the creation process and of who and what you truly are in this reality in this vibrational level.

And it's your choice, that that type of difficulty exists because, once again, you put in place that electromagnetic type of energy that limits your capacity to understand who and what you truly are, particularly in your so-called awake consciousness state.

And so, when you go withinside, and you have that opportunity to alter your consciousness and to become involved in the interaction, if you wish, in that altered state of consciousness, you get the opportunity to get glimpses of the understanding, not only of who and what you truly are but of the creation process and of information that you desire to experience. You see, once again, in your awake consciousness state you

desire, you desire to not have the capacity to understand who and what you truly are. You desire and put in place the limitations for your understanding of the creation process. You desire.

Now. In that awake consciousness state, many individuals search for understanding. Trying to understand that which they have at some other level of their consciousness expressed the desire to not have an understanding for. A belief system, a human consciousness belief system that you as individuals agree to participate in. A human consciousness belief system that there would be an electromagnetic type of energy that limited your capacity to understand that which you desire to understand in your awake consciousness [stage.]

And so, that which you desire to know, that which you desire to comprehend, you will not discover in your awake consciousness state. It's very, very difficult. The chances of your achieving that are very, very difficult indeed. Very limited, if you wish, because you believe that it's not possible, because you believe that it's beyond your capacity to control your reality because you choose to put in place that type of belief system and that type of understanding and you as a human consciousness agreed—a consensus if you wish—to sustain and to validate that you're not in control.

And so, the information, this understanding that you seek you will not discover in your awake consciousness state or at least very difficult for you, in all probability you will not discover it in your awake consciousness state. However, in your altered state of consciousness each of you has that opportunity to receive that information if you wish, to go withinside, for all the answers that you seek are withinside. The information that we express to you is simply information that you desire to hear. And it's limited through the use of a vocabulary. Not only the information that we express, but any information that you absorb, if you wish, in your so-called awake consciousness state has limitations.

And so, individuals who go withinside get glimpses. Some individuals have what you refer to as a near death experience. They get glimpses, not of who they're ... true concept of what and who they truly are, no, but glimpses indeed of other levels of

consciousness. And they come back in the awake consciousness state, and have all of these understandings. It's like an enlightenment, if you wish, and we hesitate to use that terminology for each is enlightened, absolutely. But nonetheless these individuals bring back glimpses of the understanding of who and what they truly are. Limited, but nonetheless, much more profound, if you wish, than what they experience in their awake consciousness state.

And so, they attempt to give an explanation and when you begin to use a vocabulary, you're attempting to explain something based upon understandings in the awake consciousness state of something that you experience in your altered state of consciousness and it just cannot be done. It cannot be done. It's limited. It's limited because your vocabulary is based upon your awake human consciousness belief systems and they are limited in your understanding of who and what you're truly are by this electromagnetic type of energy that you as individuals and as a human consciousness, once again, choose to put in place.

And so, if you wish to have answers, understandings, and understanding, once again, is not going to be something when you come back in your awake consciousness state you can suddenly give an explanation to the entire universe and say, "OK world, this is how it is," Because you can't do that because it's limited by your use of a vocabulary. However, you can get glimpses of the understanding of who and what you truly are. You can indeed experience the consciousness that exists within each and every atom of your entire being. You can get an understanding of the limitlessness of who and what you truly are. You can get an understanding that once you've perceived you will indeed begin to understand as well the impossibility of expressing it through the use of a vocabulary.

And so, when we encourage you to go withinside, it's so that you can have that ability, if you wish, and that experience of interacting at a so-called subconscious level, if you wish, or in an altered state of consciousness with a telepathic interaction with this [thought of] information that you desire to tap into.

Many individuals in your so-called awake consciousness state look at altered states of consciousness as something that's not really all that desirable. Meditation, for example, has been given this sort of broad brush application of something that's very difficult to become competent at. And it's really not that way at all. An altered state of consciousness simply means that you alter your consciousness while maintaining your awareness. And when you come back into your so-called awake consciousness state, you can retain certain aspects of the interactions and the experiences that you had in that so-called altered state of consciousness. And it's not difficult at all, absolutely

not. It's only difficult if you choose to believe that it's difficult.

And you see, if you choose to believe that it's difficult and that it takes time in order for you to accomplish that ability, then it validates, once again, your belief in time and space and it makes this real. It makes this reality that your existing in, again, seem beyond your capacity to influence or to control. And that's why you came here. I mean that's a choice you make. It's not something that someone has subjected you to, but it's a choice that you make. And so, we continuously suggest that you should go withinside, to have that opportunity, to have that experience, for this information that you seek is withinside. All of the knowledge that you seek is withinside. What we express to you is that which you desire to hear, and it's limited by your vocabulary.

When you as individuals are looking at your various apparatuses of communication, be it through your written material, or be it through some type of audio expression, it really doesn't matter, it's still limited by the use of a vocabulary. And while some entities in your so-called awake consciousness state can become very proficient at the use of that vocabulary, nonetheless, it's a vocabulary that's based upon belief systems that you experience in your awake consciousness state. And it's limited. It can't give you that information that you desire to hear.

And so, go withinside and we encourage each of you to do that, to go withinside, to alter your consciousness, and it's not really a difficult concept. It simply takes a commitment of a small amount of time on a daily basis and because of your belief, once again, in this passage of time, in this time and space concept, you indeed, if you wish, in your awake consciousness state would desire a passage of time in order to validate and make it more real that you are indeed achieving this altered state of consciousness concept that makes it more real. It validates it, it makes it more valuable if it takes time for you to achieve that.

And so take the time. Take the time to alter your consciousness. And it's not difficult, absolutely not. There are a multitude of techniques. And so, those who tell you that you must do certain specific things time and time again, if that's what you need, if that's the type of expression and reality that you find it easier to commit to then, by all means embrace it and adopt it and put in place all the rigid restrictions and concepts, if you wish. But understand as well, that that's based on the belief system and it's not really difficult at all, and you don't have to do that if you don't wish. If you're the type of individual who simply likes to be less structured and believes that if you devote the time and you simply sit down and close your eyes and express the intent and follow simpler techniques you can achieve the same types of experience and [easy] results. It's really that simple. It's not difficult at all.

What is required, once again, because you've a belief in time and space and your belief that you are not in control, you believe it requires a commitment. It requires that you put aside the time. It requires that you indeed put in place some type of a framework where on a daily basis you will allow yourself that few moments to alter your consciousness, to sit quietly, and to go withinside. And to go withinside for the purposes of experiencing at some level of your consciousness that you're aware of and capable of bringing back into this so-called awake consciousness state an understanding of who and what you truly are, an understanding of the consciousness that you are that exists, first of all within each and every atom of your entire being, and then indeed within each and every atom of your entire universe.

Many individuals have health issues that exist and believe that it's beyond their capacity to control. Well, if that's what you choose to believe then, absolutely, that's what you will experience. And the spark of consciousness that you are creates that reality and it does so without judging whether or not it's right or wrong. It gives that which you desire. Absolutely, entirely, without [failure.] And if you choose to believe you're not in control you can have that, absolutely. And if you choose to believe you are in control you can have that as well. And if you wish to believe there are health issues that are beyond your capacity to influence or to control you can have that. And if you just choose to believe that there are health issues that are within your capacity to control then you can have that as well. And if you wish to believe that interactions with other entities can assist you in dealing with involving those health issues you can have that as well. It's an illusion. Not only can you have whatever it is that you desire but you do have whatever it is you desire. You see, that's the difficult concept that comes in your so-called awake consciousness state that's is beyond your capacity to grasp, is that you do have whatever it is that you desire.

Now. There are individuals who would suggest, "Well, I'm existing in some type of a less than desirable reality and here, this Joshiah is suggesting that that's what I desire." Well, what we're suggesting is that at some level of your consciousness, you choose to believe that either you're not worthy or that you can't experience a different type of reality, or that indeed you don't like who you are. It really doesn't matter. You choose at some level of your consciousness to experience the reality. Many of the beliefs that you hold are not necessarily beliefs that are held at your so-called awake consciousness state. However, they are influenced by what you believe and what you choose, and what you think and feel in your awake consciousness state.

We continuously suggest that many of the belief systems that you choose in your altered state of consciousness, in your so-called between incarnational

state, you bring into an incarnational state in order for you to have that experience or at least the potential to have that experience. We give that type of an explanation simply so that you can get a grasp of the understanding based upon your belief in time and space. For you see, that incarnational period that you exist in now or that you may have existed in your so-called past or that you exist in in your future, is all in the now. And between incarnational states is all in the now. It's your choice to believe that there's this time and space concept and that there's a limitation and you're so-called stuck in this particular time frame in this awake consciousness state, but it's really not that way. It's an illusion.

And so, many times, once again, the beliefs that you hold are beliefs that they're not necessarily understood at your so-called awake consciousness state, but however, are influenced, absolutely, by your choices and decisions and by your thoughts and feelings, absolutely, what it is that you desire; what it is that you imagine that this world would be like; what is it that you expect to experience. That's what influences your reality. Absolutely. And it is, once again, ironically occurring whether you wish to believe it or not.

You see, to choose to believe that you're not in control is to make a choice, and to hold a belief at an awake consciousness state and to make decisions based upon that belief, based upon those thoughts and feelings, and to indeed have desires that are based upon those thoughts and feelings and to imagine what it would be like to experience a reality based upon those thoughts and feelings and then to have the expectations to have all types of realities to validate that you're not in control. If that's what you wish to believe, if that's what you choose to desire, if that's what your imagination is like, if that's what you expect, then that spark of consciousness that you are creates that reality as readily as it would create any other reality. It does so without judgment, it does so without deciding whether or not that's right or wrong and whether or not that's something you should or should not experience.

The reality you experience is a reflection of the beliefs you hold. Absolutely and entirely. And it's an illusionary reality. And if you choose to believe you're not in control, if that's what you desire to experience then you absolutely will experience the realities to validate the belief. And it's not right or wrong. If that's what you want you can have it. Absolutely.

It becomes difficult, once again, to give you that explanation, and, once again, we encourage that you go withinside. Each of you has that ability to alter your consciousness, and in that altered state of consciousness to retain and maintain an awareness and to bring back into your so-called awake consciousness state an understanding of what it was that you experienced and what it was that you were

involved in creating in that altered state of consciousness.

And you get opportunities in that altered state of consciousness to get glimpses of who and what you truly are. To get past the illusions, to get past the so-called imaginary realities that you're experiencing. And while they can be quite fascinating, absolutely, well, nonetheless, distractions to going withinside. To getting to that information, to getting to who and what you truly are. You see, once again, in your so-called awake consciousness state and even in your altered states of consciousness you sustain, maintain and put in place that veil. And so, when you're in the altered state of consciousness and you're meditating, if you wish, and you're having these experiences, and they're imaginary experiences, though at least when you come into your so-called awake consciousness state you look back upon that as an imaginary experience and it can be indeed quite distracting and even quite pleasant.

You might be involved in a very comfortable situation where you feel very warm and at peace, and you're surrounded by beautiful scenery and everything's exactly the way you would wish it to be in your so-called awake consciousness state and you stop there. And so you stop your consciousness. It's like, "Oh, I've got there. This is an absolutely beautiful place. I could just exist here forever." It's a reality that you're creating in your so-called altered state of consciousness that's limiting your capacity to go even further withinside. Because you wish to sustain, maintain that veil. You wish to limit your capacity to understand who and what you truly are. It's a choice that you've made and it becomes very difficult to get by those distractions, to put them aside and to understand that they're as much of a distraction as some type of noise that you might hear in your awake consciousness state while you're trying to enter a meditative or altered state of consciousness.

And so, it becomes difficult to get past that, to get past those concepts of these illusionary realities that, once again, can be quite inviting and quite entertaining. But nonetheless, similar to when you're in your awake consciousness state. Very limiting in your ability and capacity to go deeper withinside, to put them aside and to go deeper, and to take them as a thought process, of something that's a thought in your awake consciousness state and allow it to dissipate. To get rid of it, to get out of the way.

Those levels of so-called altered states of consciousness when you are experiencing those illusionary realities that, once again, can be quite inviting, quite entertaining, are distractions. And you can learn to put them aside. Let them dissipate and get out of the way, and go even more withinside. To go deeper withinside. To come closer to touching, if you wish, connecting with that spark of consciousness that you are. And to retaining and bringing back into your

so-called awake consciousness state, if not an entire understanding that you can express in a so-called vocabulary, at least an understanding that you are so much more than what you perceive in your awake consciousness state, that this reality that you are experiencing is definitely illusionary. Absolutely. Doesn't mean it's not important, doesn't mean it doesn't have significance, but it's illusionary and you can control it. Absolutely. Guaranteed.

And so, we would encourage you to go withinside, to seek the answers withinside. For, once again, you will not find them written, you will not find them in any type of audio and certainly you will not discover them by listening to the information that we express to you, for we express simply that which you desire to hear. To believe that we as an entity existing outside of your vibrational level somehow have access to knowledge that you don't have access to is absolutely ludicrous. And to believe that there's any other entity existing within your vibrational level that has access to information that's not available to each of you is also absolutely ludicrous, for to believe that there's any other entity existing outside of your vibrational level that somehow has access to or understanding of information that's not available to each of you within your vibrational level, once again, is absolutely ludicrous.

Each of you has the capacity to go withinside and to understand who and what you truly are. Each of you has the capacity to discover what it is that will assist you in creating and altering the reality that you exist in in your awake consciousness state. And you find the answers withinside. You won't find them written in a book, once again, and you won't find them in any type of audio. Just listen to other's belief systems on what will work or won't work in this creation process—if you believe, it can work. Absolutely. But if you hold other belief systems that are what we might in your awake consciousness state term as beliefs that limit your capacity to create consciously, then these so-called techniques or methods that others are attempting to express to you may not work.

You may have other so-called limiting belief systems. If you believe that you're not worthy then it doesn't matter what it is that you desire. You see there are some individuals who, once again, and we've suggested many times, who have absolutely no problem in creating abundance. It's a simple fact of life that if they wish to have it, it will be theirs. Not difficult at all, abundance is simply there. You do this and this and this, and it results in [further] abundance and it never fails, because they believe that abundance is something that is attracted to them and they are attracted to and there is absolutely no difficulty in that type of creation.

However, when it comes to relationships it might be an entirely different matter. You see, relationships might

take some type of an understanding or a commitment that they're not willing to participate in. A relationship may [believe] and require in their mind that they are indeed an individual worthy of a relationship and while they may believe that abundance is absolutely no difficulty at all, on the other hand they're not willing to make any type of commitment or they're not willing to believe that they are worthy enough to experience a relationship with another individual.

And so, while they may hold the belief that, "Well, if I believe I'm gonna be in a relationship, then I will." [Well,] perhaps. We're not suggesting they wouldn't be in a relationship but it may not be the type of relationship that they might [have] imagined in their so-called awake consciousness state because they hold another belief, an overpowering belief, if you wish, that they're really not worthy, that relationships are difficult. Relationships are real. Relationships require that they might commit. Relationships require that they must be vulnerable. Relationships require that they must indeed give to an individual and allow that individual to experience a type of emotion and feeling that is above their own.

And for some that's a very difficult concept to grasp. For some that's a very difficult reality to create. Why should anyone experience an emotional feeling that's better than the one that they're experiencing? And so, that belief limits their capacity to create realities that involve meaningful relationships. It's not right or wrong. It's based upon a reality that's a reflection of the belief that they hold. And it's really that simple.

And so, if an individual desires to alter their reality, alter the belief. And, once again, a method or technique is only as good as your belief in the method or technique. And so, these individuals who look at these methods and techniques of how to create the reality or how to be involved in relationships, or how to create abundance, it doesn't matter what it is, the method or technique will only work if you believe that it'll work and you don't have some other overpowering belief system.

We've suggested many, many times that it's like an individual who comes upon a body of water that they must cross. And lined up on that body of water on the shore are a multitude of vessels. And just off the shore there's a fog bank. So you really don't know how long the journey may be. But you just know that if you could cross that water, if you could reach that other side, then indeed there would be a reality that has all types of promise and expectation. And so, lined up on the shore, once again, are a multitude of vessels and some individuals spend their time running up and down the shore, checking out the vessels. "Which one? Which one will get me there?" And so, they get on a vessel and make sure that it has enough provisions or one may not have enough crew members, or one may not be large enough, it doesn't matter, they continuously

check out the vessels. And they never make the journey.

And there are other individuals who come down to the shore, and they choose the first vessel that they see and they look at it and say, "I think that'll do it. In fact, I'm certain that will get me exactly where I want to go," and they get on the vessel and they make the trip. And they experience no difficulty at all. You see, the irony of it is, once again, that you could walk across the water if you wish. The vessel is not important. What's important is your belief that the vessel has the capacity to do that which you require, and that which you desire.

And so the method or technique that you utilize to create this reality is not nearly as important as your belief in that method or technique. The journey is simple. You have but to choose and to believe. To make the journey, you can get past looking at so-called methods or techniques that you believe other individuals have achieved success with. And so you want validation that they'll work for you. Go withinside. Go withinside and you will discover all of the answers that you desire. Make the commitment. Believe that it's within your capacity to know who and what you truly are, to the extent of the limitations that you put in place to limit that understanding in your awake consciousness state.

We assure you that it's within your capacity to get glimpses of the understanding of who and what you truly are, to get an understanding that you are not separated from your spirituality. It's not something you have to search for, it's not lost, you can't be separated, you can't lose it. But you can indeed discover an awakening of an understanding that it is not separate. You can indeed discover that connection that you have with that so-called spark of consciousness, with that energy that exists within each and every atom of your entire being and then [and], once again, within each and every atom of this entire universe. You can have that. The choice is yours. You have but to believe. You have but to make the choice. You have but to indeed, once again, use your imagination and have the expectation that it's within your capacity to believe that the vessel you choose will work. Absolutely, guaranteed. You have but to believe. You cannot fail.

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

**Questioner:** Can I ask about beliefs? And, like, the belief system of our reality. And when you say what we believe in, if we want, we have to change the beliefs? We have to ... so, about beliefs, like, how are they formed?

**Joshiah:** Once again, we refer to your belief in time and space, because in your awake consciousness [stage] time and space are very real concepts. They are very difficult. They are, once again, the human consciousness belief systems that you choose to put

into place. So, you believe you exist in various incarnational periods and indeed for some individuals they believe that this incarnational period is it. That there are no other incarnational periods that you're born, if you wish, and that you exist in a certain lifetime and at the end of that lifetime that's it. You're done. You either go to some other existence, and then depending upon what might be a religious belief, it could be a very desirable or a less than desirable existence. But nonetheless, for some individuals there is this belief in one incarnation. We would suggest that you exist in many incarnations, absolutely.

Now, once again, for this belief in time and space you believe that the incarnations are one following the other. And so, in order to give you a glimpse of an understanding we will utilize that belief in time and space, and, once again, encourage that you go withinside, for you can get a much more true answer from withinside than what we can express through this, once again, limited use of a vocabulary. In this between incarnational period you have, if you wish to get an understanding, the opportunity to indeed leave this vibrational level if you wish, or to reincarnate. And if you choose to reincarnate, many individuals look at a reincarnation state and say, "OK, I'd like to have this experience. I'd like to be a certain gender in this one, and a certain race. And I'd like to live in a certain area of this Earth, and I'd like to have this type of experience." And so you put in place, make the choices, if you wish, for the beliefs that you're going to bring into that incarnational period and you make the agreements with other individuals and other entities that you will be experiencing that incarnational period with. You also put in place, if you wish, at that level of consciousness what we refer to as possibilities for experiences that you can have in that incarnational period. Possibilities for certain physical attributes, possibilities for certain diseases, possibilities for certain accomplishments, and you put them in place.

Now. Your science looks at what you refer to as your DNA and they understand that there are certain aspects of the DNA that indeed influence the physical existence that you're within. They have difficulty in understanding what so much of that DNA is utilized for. It seems to be like something that has absolutely no value and we would assure you that it does have value. It's a belief system that you've chosen to put in place that there exists this type of reality, this type of understanding of who and what you truly are in your so-called awake consciousness state in influencing your existence.

Now. That belief is, for lack of a better terminology, recorded in your DNA. And you in the so-called awake consciousness [stage], in an incarnational period bring in with that so-called existence beliefs and belief systems. You see, beliefs are a simple explanation but it's actually [a] group of beliefs, what we refer to as a belief system, that influences your reality. And we have

used the analogy before that you understand that there are atoms in your so-called reality and that molecules are made up of a group of atoms, and as you have molecules that are combined you begin to get different types of matter, if you wish.

And depending upon that atom, which is the basis of the creation process, depending upon the density and the different composite material in that atom it indeed influences indeed the molecule and the molecule influences the cells and the cells influences the particular materialistic object that you're creating and yet it all goes back to atoms. But it's a combination of the various atoms that's responsible for what you experience as being real in this vibrational level in your awake consciousness state.

And so it is with beliefs. Beliefs are indeed gathered in a group of what we refer to as belief systems that influence and create your reality. And so, there is a combination of beliefs that are interacting with each other to create the reality that you're experiencing. And some of those beliefs, once again, you choose at a level of consciousness that we refer to as the between incarnational state. We, once again, attempt to give you an explanation based upon [your] belief in time and space.

Because you believe that this is all that there is in this awake consciousness state. And yet all of the other incarnational periods that you're experiencing are also being experienced in the now, if you wish. You are so much more than what you can perceive in your awake consciousness state.

To attempt to give you an explanation to your question you put in place many of those so-called beliefs and belief systems in that level of consciousness that you might refer to as your between incarnational state and you bring them into an incarnation period. And they exist there. And so as you go through that incarnational period you make choices and decisions and you hold certain feelings and emotions. And they influence the energy that surrounds that DNA. They influence indeed the reality that you're experiencing. And as a result of influencing the energy that surrounds the DNA, you actually alter it, certain aspects of the DNA, and you take portions of that DNA which were once simply a probability and you alter them. And you take some that were a possibility and you alter them as well.

And so, you can influence that DNA, and you can take that probability and turn it into something which is not necessarily so probable anymore. And so you can have miraculous, seemingly miraculous cures of disease because what was a probability has been altered by altering the energy that surrounds the DNA and you experience these seemingly miraculous cures. And conversely, you can, through your choices and decisions and through your thoughts and feelings, you can indeed alter that energy that surrounds the DNA and you can take a belief system that was simply a

possibility and turn it into a probability. And then, as you continue to influence the reality, you turn the probability into a reality and you experience it.

And so, beliefs are indeed a combination, if you wish, of certain attitudes, of certain thoughts and feelings, that are influenced by your choices and decisions that are indeed a reflection of your desires and expectations. Beliefs—what is a belief? A very difficult question to give you an absolute answer to but nonetheless you make choices in beliefs. If you hold at levels of consciousness that you may not be aware of in your awake consciousness state, once again, and this becomes a very difficult concept to grasp, in your awake consciousness state you are as far removed from who and what you truly are as it's possible for you to be. This is the most difficult existence for you to sustain, this is the most difficult level of consciousness for you to perpetuate.

Each of you know without any doubt at all that at some level you will indeed sleep. You will alter your consciousness. You understand as well without any doubt that at some level of that consciousness you will dream. That's a given. You accept that. Each individual, no matter how much they might believe in their so-called awake consciousness state that they're not in control, will understand that it's inevitable that they will at some level of this existence sleep. As well, you will and do understand absolutely that at some particular point, if you wish to use the belief in time and space, you will end this so-called awake consciousness state and you will enter into what we refer to as the between incarnational state—you will die. You understand absolutely that you cannot sustain this awake consciousness state and we suggest that it's the most difficult for you to sustain. That this is the one where you will absolutely guaranteed end existing in. You will alter your consciousness. You can do it through choice, through a meditative state; you can do it through entering into a dream state; and you can do it by ending this incarnational period. But nonetheless you will indeed end this awake consciousness state. You will never end your altered states of consciousness.

Time is an illusion. You will never ever end that so-called altered state of consciousness. It is permanent. It is endless. It is timeless. And so, in that altered state of consciousness you make a multitude of choices and decisions that you're not even aware of in your so-called awake consciousness state because you choose to limit the understanding of who and what you truly are. It becomes very difficult for you in the awake consciousness state to grasp the concept that you as an individual exist within each and every atom of the entire universe. How can that be? It seems to be incomprehensible and yet it is absolute. You exist within each and every atom of the entire universe. And the belief is something that you sustain and it's a combination of beliefs that allow you to experience this

reality. If you don't like who you are then you change the belief and you will change, absolutely guaranteed.

Now. The difficulty, many times, is understanding that that belief is held and chosen at the subconscious level, at an altered state of consciousness level, in a what you might refer to as a dream state or indeed as we have suggested, in an altered state of consciousness, that between incarnation. But nonetheless, you choose the beliefs that you hold, absolutely guaranteed, without doubt, at some level of your consciousness. The key, once again, and the difficulty many times is when you're in this so-called awake consciousness state of understanding what the belief is, and we suggest that if you pay attention to the attitude that you experience when you're involved in an interaction in a day-to-day activity you can get glimpses of an understanding of what your beliefs are.

Now. There are many individuals who think you should hold certain attitudes, and that's fine if you wish to hold that belief, you can create a reality. Many individuals, one again, choose to embark on the so-called journey in their vessel where they believe that if they hold a certain attitude that that will influence their reality. And that's fine, you can have that. You see, it's not right or wrong. This is not a right or wrong concept and this way works better than this way, absolutely not. However, we would suggest that, for many, to pay attention for the spontaneous attitude, not the attitude that you choose in an awake consciousness state but the spontaneous attitude, when you're involved in an interaction and many of you understand exactly what we're talking about.

You are involved in an interaction with another and you have this spontaneous reaction and attitude and you think, "Oh, where did that come from? That's not how I believe." The irony of it is, that if you pay attention to that spontaneous attitude, if you give it credibility, if you allow it to come into your consciousness, and if you recognize it being a spontaneous attitude that's a reflection of the belief that you hold, then you can get glimpses of what the belief is.

And if you have difficulty doing that, develop a method or a technique that works. Retain the attitude, if you wish, go into an altered state of consciousness and say, "I want to know [what] that attitude came from. I want to know what that belief is." You see, it's very difficult for us to give you instructions on what you can do to solve or interact or to change a problem because it's based upon what you believe. It is based upon the choices and decisions of each individual.

Once again, go withinside. Pay attention to those spontaneous attitudes and you can get glimpses of the understanding of what the beliefs are that you hold. When an individual is involved in a situation and as a result of the involvement in that situation they get this attitude of "they're not worthy." They get this attitude of, "Well, I deserve that. I guess that's who I am." Pay

attention to that attitude. Don't put it aside and say, "Well, I can't think like that." Well, you don't want to dwell on it, we're not suggesting that you make that an absolute thing that you pay attention to all the time and say, "Well, I guess that how it is," but rather, recognize it and pay attention to it because it can give you glimpses to the understanding of the belief that one holds.

Many times we've suggested that if a person wishes to begin to have the capacity to consciously create their reality they must first of all like who they are. And you see, that's a belief to like who you are. You must believe that you're worthy. You must believe that you're an individual that is capable of liking who they are. And so, how do you do that? It is really quite simple. And while we hesitate to give techniques this is one we have given time and time again. Simply write down principles—and it doesn't matter what the principles are, just make a list of principles, all you can think of—and then choose the ones that are more important to you at that moment and put them at the top of the list. And then as you go throughout your day-to-day activities, as you are involved in interactions with others realize that you create the opportunity and it's an opportunity to apply the principles.

And you apply the principles. And you apply the principles. In every opportunity that you get. And as you apply the principles, you strengthen your character. And as you strengthen your character you begin to like who you are. Who you are. Not like who you are because someone else likes who you are but you like who you are because you're applying your principles. Because it's creating an image that you desire to be. Not something that you're doing so that someone else can look at it and say, "Well, I really like who this is." You're not doing this to impress other people, you're doing this to impress yourself. You're doing this to strengthen your character.

And you must be careful of the pitfalls because, you see, many individuals get involved in that type of process and they apply the principles and apply the principles and then along comes this circumstance, this interaction, and they fail to apply the principle and then they reflect back upon it and say, "Well, look at that, I can't do it." "You succeeded ninety percent of the time and then five percent of the time you don't. And suddenly you're a failure. Well, it doesn't matter what you're involved in in your so-called awake consciousness state, if you can achieve ninety-five percent of it, absolutely everyone in your society would deem you as being not only successful but extremely successful.

You see, you dwell on the parts that are successful, you dwell on the times when you can apply the principles, and at the time when you don't, don't worry about it. Set it aside and say, "Oh, well, I guess I'll do that the next time." But don't dwell on it because, you

see, if you dwell on it you reinforce that you're not worthy. You reinforce that you're a failure. And if you reinforce it and you believe it you create the reality to validate it and to sustain it. It's really that simple. It's not difficult at all.

As you apply the principles, and you strengthen the character don't be afraid to change the principles. If there's a revelation, if you wish, in your thinking, if you begin to think, "Well, I am worthy, look at that. Hmm, I don't have to have this principle as the number one anymore, I can bring up a different principle." Don't be afraid to change the principles, absolutely not. Change the order of importance, but nonetheless, bring in others, take some away, it doesn't matter. What's important is that you're attempting to sustain and project an image that you like, that strengthens your character, so that you can like who you are, consciously.

And when you begin to like who you are inwardly, then you will begin to like who you are consciously, and it will be reflected in your attitudes and your expressions and your interactions with others. And then you begin to realize that indeed the image that you're projecting is one that is an image of who you wish to be. And when you like it, we assure you others will like it as well. It's really that simple. It doesn't have to be an image. In fact, it can't be an image that you project simply to impress others. It is not who you like. It is not who you wish to be. It is not the image that you wish to project.

And so, you apply the principles and you strengthen your character and as you strengthen your character you begin to like who you are. And you will begin to like who you are. Then you begin to do things for yourself, as an expression of love. It's an expression of self love. You see, loving is simply doing certain things to allow you to experience emotions that you find desirable. It's really that simple. You can make it more complicated, you can go through all types of complicated formulas and everything else but it's really that simple. You do things so that you can experience emotions and feelings that you desire to experience. You give to yourself. You give to yourself without any type of expectations. You don't put any conditions on the gift. For you see, when you put conditions on a gift it's no longer a gift, it's a contract. There is nothing wrong with contracts but understand that when you're giving to yourself to experience love you give simply without any conditions. It's simply for the joy of allowing yourself to experience joy. To allow yourself to experience unconditional love. To allow yourself to experience security. To allow yourself to experience those emotions and feelings that you find desirable.

And so, you do those things in order to experience those emotions and feelings and you begin to like more intensely who you are and you begin to realize that you have self love. And when you begin to have all of those particular elements in place, a fantastic and amazing



change occurs in your existence. And you have that opportunity to go withinside, because you believe that it's possible, because you can get by all the limitations, because you believe that you deserve, because you believe that you are worthy, and you can connect and touch that spark of consciousness that you are and your entire existence has the capacity and the opportunity to change, and you get glimpses of the understanding of the beliefs that you hold, and if you don't like them you can change them. It's really that simple.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** Joshiah, you speak of creation. Could you speak of the source of creation?

**Joshiah:** It becomes difficult to understand in your awake consciousness state that this reality that you exist in is illusionary. What is creation? You see, you exist in the now. There is no such thing as this time and space concept. It's illusionary. It doesn't really exist. This reality that you experience in your awake consciousness state is illusionary. It doesn't mean it's insignificant but it's illusionary. You, as individuals and as a human consciousness, believe in this concept of time and space and that there must be time for evolution to have occurred, there must be time for change to occur. But it's all illusionary.

Creation is, in your so-called awake consciousness state and in this reality that you exist in, illusionary. It doesn't mean it's insignificant, it doesn't mean it doesn't have importance, it means that it's illusionary and that you can change it. You see, creation, once again, is a terminology that becomes very difficult to give an explanation for because there's less time to give an explanation for the now. What is creation? The reality that you experience is a reflection of the belief that you hold. That's creation. This reality, this vibrational level that you exist in takes up absolutely no space and yet it covers all that is. And that's a difficult concept to grasp. All of the vibrational levels of all of creation exists within the same time and space. There is no separation. The separation is illusionary.

We've used the analogy many times that it's like in your so-called Earth's atmosphere. You understand that there are a multitude of so-called wavelengths, of radio wavelengths and other types of frequencies that are existing in the same space in the same time. You as individuals existing in this so-called illusionary reality on your Earth system have the capacity to tune into and tap into various radio or other types of frequencies that are existing and there are a multitude of them that are existing in that same time and same space and you can, through a choice of particular apparatus, tune into one while eliminating all the rest, and that one that you're tuned into at that particular time seems to be the most important one of all of them. Because it's the one

that you're focusing your attention on. And yet all of the rest exist within the same time and same space.

And so it is with vibrational levels. So it is with existences and creations. They exist within the same time and same space. You simply choose to be involved in and to tap into this particular reality. It's illusionary. Creation is illusionary. Doesn't mean it's insignificant. It's a reflection of the beliefs that you hold. Beliefs as a human consciousness and as a society and as an individual. Beliefs that you hold are reflected in your reality. Without exception. Without exception. Reality is simply a validation of a belief. And it's there, it's a choice that you make to be involved in this so-called vibrational level because of the limitations that you put in place, once again, as we've suggest many, many times, you have the opportunity to experience an intense range of emotions and feelings. It's really that simple. There is no creation for any other purpose in this vibrational level other than for you to experience an intense range of emotions and feelings that would not be available if you created this so-called reality without the limitations of understanding who and what you truly are.

We would challenge any individual existing in your so-called Earth system to break down, to go back to the very source of why they're involved in any particular activity or process, if you will come back to, because you desire to experience an emotion or feeling. It's really that simple. That's why you do it. That's why you're involved, that's why individuals go through their day-to-day activities, because they're choosing to be involved in realities that allow them to experience emotions and feelings. That's why you choose to enter into this vibrational level and that's why you choose to remain in this vibrational level.

Creation is simply a validation of beliefs. In altered states of consciousness, in your so-called meditative states, and in your dream states, you also create. In fact, you create much more lucratively, if you wish, than what you do in your so-called awake consciousness state. You do so without so many limitations on the creation process. You create in other incarnational periods, are involved in creations in other incarnational periods in your other altered states of consciousness. You simply validate belief systems that allow you to experience those ranges of emotions and feelings.

Once again, this entire universe is an illusion. Not insignificant, but an illusion. Even your scientists would suggest that in an atom—and we have used the analogy of an atom as compared to belief systems—your scientists would suggest that in an atom you have a combination of various elements, neutrons and electrons and protons, in the nucleus of an atom, if it were to be compared to your so-called Earth in terms of a ratio, the atom itself would be much larger than your universe. And the space between the particular elements in that atom would be greater than the

spaces that are between your so-called planets in your solar system. And yet, even with that enormous amount of nothingness, seemingly, you create this reality that seems to be so real and so solid. That nothingness that, once again, when compared to your so-called solar system is much greater in terms of space than what is the space between your Earth systems and your planetary systems.

That space in the atom is energy. And that energy is who and what you truly are. That energy exists throughout your entire universe and as individuals, each entity exists within that energy. It's illusionary. And yet in your so-called awake consciousness state it seems so real. It seems so beyond your capacity to control. And that's because you choose. You have made a choice to enter into this vibrational level and to sustain the so-called electromagnetic type of veil that exists throughout the entire universe to limit your capacity to understand that you exist throughout the entire universe and it's your creation. That you are the creator if you wish, because it's a reflection of your beliefs. And it's illusionary.

Does that answer your question?

**Questioner:** I don't know.

**Joshiah:** Many times we attempt to give an explanation and it becomes very difficult because it's almost beyond the capacity to give an explanation, in the use of a vocabulary. And as we've suggested many, many times if an individual were to go withinside, to go withinside and make that connection, you would find answers that are much more profound than any that you would find written or expressed through the use of a vocabulary. And as well, many times if an individual goes back and goes over, if you wish, re-listens to or uses some other type of interaction expression of the message that we've attempted to express, many times you'll find the answers there. [It's complete.] An answer, once again, that is very difficult to give through the use of a vocabulary. But the answer will be there. Absolutely. And if you go inside, if you search withinside, you will have much more access to information than you will ever have through your so-called awake consciousness state.

**Questioner:** [I will do it.]

**Questioner:** Well, I guess I have one. Lately, in meditation, generally speaking when I meditated, very calm and like my heartbeat's almost stopped. Lately, however, it's been almost the opposite, like a pulsing, and high heart rate. I'm wondering if that's to do with this new energy that's coming through. Or if you would just like to mention anything.

**Joshiah:** What do you believe? It's such a difficult concept to give any type of an answer to because it's what do you believe? You see, this new energy. If you have absolutely no belief in the new energy, [it] will

have no impact or effect upon any individual at all. We're not suggesting that it doesn't occur. We are simply suggesting that if one chooses not to believe then you won't have that experience, particularly in your awake consciousness state or your altered states of consciousness that you have awareness of.

So what do you believe becomes a very important aspect to give any type of an answer or explanation. What do you believe? We've suggested many times that when an individual is entering into an altered state of consciousness and attempting to make that so-called connection with your higher self to get that information, that experience, that these seeming distractions are exactly that, distractions. And it becomes very difficult many times to put them aside.

Individuals learning to meditate can put aside all types of so-called exterior distractions. If you hear a noise many individuals can put that right out and not hear it at all. Many individuals listen to that noise and rather than focus on [it only] as a distraction will look at it as something that assists them in altering their consciousness. It's an exterior distraction or an exterior type of interaction that you're experiencing. And those, most individuals find it quite easy to deal with in some manner whether they simply ignore it or they incorporate it into their altered consciousness. It doesn't matter, but they deal with it very, very well.

But it's those inside type of distractions that are much more difficult to deal with. Because as we've suggested, they can become quite comfortable in many instances or in an instance such as you're describing may even be uncomfortable, but nonetheless, an interior distraction. One that you're experiencing in an altered state of consciousness can be more difficult to deal with. Much more difficult to [step] aside. Much more difficult to go beyond. To get past that. To get past, to allow the consciousness, to allow the consciousness, for lack of a better terminology, to simply leave the physical being. To allow the consciousness to experience interactions in the entire universe, and that's possible. You can have that. It's difficult to achieve because you believe it's difficult but it's not really.

Our friend Elias becomes very upset when we begin to talk about [his] experiences, has the capacity to take his consciousness and to experience that consciousness and other elements of creation, indeed, in other incarnational periods and to bring back and to retain interactions like that. It's not difficult, it's not something that's beyond everyone's capacity, you have but to believe. But it takes that ability to set all distractions aside, including the internal ones, including the heart beat, to get past the heart beat so you don't hear it anymore. To get past the experiencing of all of the interactions and all of the particular elements that you might be experiencing throughout your physical body and to even put all of them aside and to get past

that, to allow your consciousness to go beyond that, to allow your consciousness to experience interactions with other areas of your creation, with other energies that are existing throughout your entire universe.

Each individual has that capacity. It becomes very difficult to achieve simply because you believe it's difficult. Simply because you put in place, once again, that electromagnetic type of energy that limits your capacity to understand who and what you truly are. Because you choose to limit your capacity to go there. You choose to limit your capacity to retain that interaction and to bring it back into your conscious state.

The irony of it is that all of you do it. You do it at some level of your consciousness, whether it's in an altered state of consciousness, in what you refer to as a deep dream state or between incarnational state, you all do it. It's not something that's foreign to you. You just don't retain the memory of that interaction. And to do it by altering your consciousness and going withinside and putting aside not only external distractions but also the internal distractions. And for many it can be quite challenging, can be quite difficult, but not impossible.

And once again, you believe in time and space, you believe if you practice, if you have a goal set in mind that that will assist you in accomplishing that. And so, we would suggest to get past that so-called limitation. The calmness, while it can be quite inviting, can also be quite limiting because you have [the] desire to stay there, "Oh, I guess this is what I'm looking for." To get past that, and to get past indeed all of the other interactions and experiences within your physical body and to allow the consciousness to go out into your so-called universe, and to go beyond.

You do it on a regular basis, you just don't retain the memory. To retain the memory, ah, now that's the key. That's the difficult part. Because, once again, you put in place the electromagnetic type of energy. You make the choices to limit your ability to do so. No one else. There's not other entities that are saying, "Oh, you can't do that." You choose. And so, it's your choice to get past, once again, those internal distractions. And to get past [thinking of] your physical being. And to allow your consciousness to go wherever it is that you desire to go. For you absolutely not only can but do on a regular basis. You just don't remember, that's all.

Does that answer your question?

**Questioner:** Yes, thank you.

Well, now. It has indeed been a very enjoyable interaction and we would like to, once again, express our gratitude to each of you for allowing us this opportunity to interact and to share with each of you. We remind you that we enter into your vibrational level through invitation for that opportunity to interact through our friend Elias and to interact with each of you. Because it's an opportunity for us to experience and to

learn. And we welcome that opportunity and we are grateful for that opportunity. And in return we offer to each of you our unending support and our absolute unconditional love and if you wish to interact with us you have but to express the intent and we would welcome that opportunity. And we would bid each of you farewell, with love and with peace. ✨