

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 take the opportunity to extend our greetings to each of you, and as well to extend our gratitude for your, once again, offering us this opportunity to enter into your vibrational level and for the opportunity to interact and to share with each of you.

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

Once again, you will find that as the result of the energy that you have created that it's quite easy for you to alter your consciousness and enter into a meditative state or into that state of consciousness that allows you that opportunity to have that silent communication or telepathic interaction and exchange of information with other entities, should you desire to do so. And once again, as always, that choice is yours, absolutely. And we would, once again, remind you that many times that information is much more pertinent to your individual needs and desires than is the information that we attempt to express for you through this rather limited use of a vocabulary.

So, we would encourage you to become involved in that silent communication, but as always, once again, that choice is yours, absolutely.

Now. This vibrational level, this reality that you experience in your so-called awake and consciousness state is a reality that is a reflection of what you believe. Now, we've said that many, many times. But until you understand that this reality, this entire vibrational level is your creation, and until you accept that in your awake consciousness state, then it becomes very difficult for you in your so-called awake consciousness state to have the opportunity to create this reality consciously from this particular incarnational period that you are currently involved in. You see, you believe, once again, in time and space which are illusionary realities, they only exist in your awake consciousness

state. However, they are, once again, beliefs that you have agreed to participate in in what we refer to as the human consciousness level of belief systems. Very difficult for you to change.

And so, rather than attempting to try to change many of those human consciousness belief systems, or what you might refer to as the laws of physics types of realities, it's much easier for you to attempt in your awake consciousness state to operate within the limitations that you have put in place through your establishing these so-called laws of physics that you must operate in. And so, to understand that it's your creation and to accept those so-called laws of physics or human consciousness belief systems as being realities that are already difficult for you to change and accepting that it's completely within your possibility to alter your reality on the level of belief systems that we refer to as the individual or personal belief systems.

Very easy for you to alter your reality in terms of what it is that you desire in your so-called awake consciousness state, within this society that you exist in on your so-called personal level or, once again, your personal belief systems.

But until you can have that opportunity and to establish that opportunity and to make it real you must understand that it's your reality. You must understand and accept that you create the reality. You must, for lack of a better terminology, accept the responsibility for the reality that you experience in your so-called awake consciousness state.

Now. Once again, we expressed the concept that, right or wrong, is a so-called awake human consciousness concept that does not exist at other levels of your consciousness. In other words, that spark of consciousness that you are creates the reality that you desire as a reflection of the beliefs that you hold and it therefore without judgment, it does so without deciding whether or not that's going to be a right or wrong concept, absolutely not. It does so so that you can have the experience. It does so so that it will validate the beliefs that you hold. You do that, not some other individual.

Now. Once again, it's not right or wrong. There is nothing that says that you must, in your so-called awake consciousness state believe that you are in control. Absolutely not. In fact, you go to great lengths

when you enter into this vibrational level to put in place belief systems that limit your capacity to believe that you are in control in your so-called awake and consciousness state. And so, it should come as no surprise that it becomes difficult for you to grasp that concept as being absolute while you're in your so-called awake and consciousness state.

And yet, until you accept the responsibility for the reality that you are experiencing in your so-called awake consciousness state then it becomes very difficult to change it. It becomes very difficult for you to hold that ability in your awake consciousness state to create your reality. And yet, for many that's what you desire. For some, you're looking for an answer to this reality that you're experiencing and you're expecting, or at least hoping to find that there's some other entity out there that you can pay some type of homage to that will create your reality and give to you that which you desire.

And if that's what you believe, then that's what you receive. Absolutely. And once again, it's not right or wrong. It's a validation of a belief that you hold. And if you believe you're not in control, then you have that reality as surely and as readily as you have a reality where you accept the responsibility for this experience. And you can have what you desire consciously.

The irony of it is that you create it all anyway. There's not one instance in this reality that you're experiencing, whether it's in your awake consciousness state or any other level of consciousness that you experience in this vibrational level, that you are not in control of or that you are not the creator of. It's your reality and you create it all. And it's a reflection of the belief that you hold. And if you wish to create this reality from a so-called awake and consciousness state, in this particular incarnational period then you must in your awake and consciousness state accept the responsibility for the reality that you're experiencing.

And that, for many, becomes [a] very difficult concept to grasp. How can you [really] be responsible for it all? And yet you are. Absolutely.

Now, that's not to say that you're not involved in certain interactions with other individuals that seem to be beyond your capacity to control because, once again, that's a choice that you've made when you entered into this vibrational level and you put in place the limitations that you have through this electromagnetic type of energy that we refer to as the veil, that limits your capacity to understand who and what you truly are. But there was a choice that you made. There's not [a] right or wrong, there's a choice. You exist in this vibrational level by choice, your choice, not some other entity's choice. And it can be your choice to choose to believe that you're in control, absolutely.

Now. Many individuals choose to believe that they're in control and in order to have some kind of validation or

to have some experience that validates that they choose to attempt to alter, once again, that so-called human consciousness belief system or what [we] refer to as the laws of physics. And they're very difficult for you to alter. Difficult because you have chosen to make them very difficult. But it's much easier to alter the realities that are a reflection of the personal beliefs that you hold.

You see, you can have two individuals involved in an interaction. The interaction is the same, from an outsider viewing a particular relationship or interaction with two individuals, but the individuals' perception of that interaction and the feelings that they experience as a result of that interaction [they] can be quite different. They can be almost exact opposites because they're exact opposites because they're validating opposite belief systems that they might hold. And the reality that you experience validates your beliefs. It's really that simple.

And so, when you can accept that responsibility for the reality consciously then you can begin to change it, consciously. You see, the irony of it is that you do it at some level of your consciousness continuously. Always have. And, if you believe in time and space, always will.

If you wish to do it from a conscious level, however, then you might understand that you are in control. And you must accept that you are in control. And you must accept the responsibility, consciously. You already accept it subconsciously, whether you believe it or not. And if you don't believe that you're in control then, once again, you create the reality to validate the belief. It's really that simple. You can make it more complicated, not only can but do go to great lengths to make it more complicated. But it's really that simple.

Understanding that you are in control, being able to at least grasp that concept, and to begin to hold it as a belief system can begin to alter the reality that you experience consciously.

And when you begin to alter it and to experience it consciously in terms of creating what you might refer to as certain minor alterations in your reality then you can expand and you can begin to experience complete control of your reality from your so-called conscious and awake state. It's entirely within your possibility to do so. Absolutely. And as you continue to enter into what you've referred to as the New Age, this transference of your energy which is occurring at a very rapid state, you'll find it quite easy to alter your reality consciously. To consciously have that capacity to understand what your belief systems are and then to alter the belief system and to change it. And as a result of changing the belief you begin to alter and to change your reality. Absolutely.

The reality you experience is a reflection of the belief that you hold. And if you don't believe that that's true, then you create realities to validate the belief. It's that

simple. It's not complicated at all. It's only complicated because you desire to make it complicated. It's only complicated because if it's complicated then it's more real. And if it's more real, then it intensifies the reality. And as you intensify your belief in the reality that's beyond your control then you intensify the emotions and feelings that you experience and that's why you entered into this vibrational level in the first place. So, you're accomplishing what you [would] desire, you're accomplishing the purpose for which you came to this vibrational level, and you're doing so quite well.

And so, individuals who don't believe that they're in control, they're not failing and they're not doing anything wrong. In fact, they're creating a reality that validates beliefs that they hold and they're accomplishing what it is that they came into this vibrational level to accomplish in the first place, and that's a reality that allows you to experience a broad range of emotions and feelings that seem to be beyond your capacity to control, because the reality seems to be beyond your capacity to control. Seems to be. It's very important that you understand that concept that it seems to be. Because it's really not. It really is not beyond your capacity. And not only is it not beyond your capacity to control but you do control it, absolutely. Absolutely guaranteed you control every instant of the vibrational reality that you experience. And it's a reflection of the belief that you hold. And if you don't like your reality, change the belief.

We've said that many, many times. If you don't like your reality, change it. Change the belief and you will change your reality. But first you must understand and accept that you are in control. Accept the responsibility for the reality that you experience, no matter how difficult that is. You see, if you don't accept the responsibility, if you don't believe that you're in control, if you don't believe that it's your reality, then you will continue to create realities to validate the belief. If you believe that other entities existing either within your vibrational level or outside of your vibrational level are influencing and controlling your reality then you indeed validate the belief through the realities that you experience that you create. Absolutely.

And it's not difficult to change. Not at all. It may only feel to be difficult because, once again, you choose to believe that you're not in control. And it can be very difficult to accept responsibility for realities that you might experience that you believe are less than desirable types of realities for anyone to be having to experience in your so-called awake and consciousness state. But nonetheless, they are validating beliefs that you hold and the spark of consciousness that you are rejoices at having created a reality and validating the beliefs giving to you what you desired as well as it rejoices in creating any other type of reality, be it one that you might find as being much more desirable. It really doesn't matter to that spark of consciousness that you are.

You create your reality and you do so from a position of absolute unconditional love and you do so without judgment as to whether it's right or wrong. And if you wish to do it consciously, you have to consciously accept the responsibility for the reality, consciously.

And we have suggested many, many times that the method that you use to alter your beliefs is not nearly as important as your belief in the method. And that's important to understand. It's important that you grasp that concept. You see, many individuals look for answers. They wish to have someone else tell them what to do. Then, so and so says, "Well, if we do this and this and this, then we'll get what we wish." Well, if you believe it, then perhaps that's true. But if you don't believe it, it won't work.

You see, the method is not nearly as important as the belief in the method. You can create your own methods. You don't need to have anyone tell you what type of a method you should use. Absolutely not. The method or the technique can be your own method or technique. You have but to believe.

You can see individuals who believe in a certain type of reality creation process and they do quite well, and you can see others who believe in an entirely different type of reality creation process and do equally as well. Neither is right or wrong. Right or wrong, once again, is an awake human consciousness concept. It does not exist at that so-called level of consciousness from which you create this reality. The level of consciousness from which you create this reality validates the belief that you hold and if you believe that the method or technique that you've utilized to alter your reality will work, then it will. Because, once again, you create the reality to validate the belief. And so it's much more important that you believe in a method or technique than it is for you to continue searching for a method or technique because it seems to work for so many other individuals.

It's not important. What's important is to understand that you are in control. What's important is that you accept the responsibility for the reality that you experience in your awake and consciousness state. What's important is that you [have] the capacity to go withinside to search for the answers, for there's where you'll find the answer. You will not find it written in some book or someone else giving you certain methods or techniques that are guaranteed to work. Absolutely not. We're not saying they won't work. We're saying that you have to believe. And if it comes from withinside, if it comes from the knowledge, the limitless knowledge that exists within each of you, and if you can grasp the concept that comes from withinside, from your connecting with that portion of who and what you truly are, then the possibilities of that becoming a probability are much more enhanced.

You see, when you are looking at methods or techniques that other individuals are presenting to you

and you attempt to apply them and they don't work in all the instances then suddenly you begin to think, "Well, I guess that doesn't work." And as individuals in your so-called awake consciousness state, you, once again, as a result of the electromagnetic type of energy that you have put in place, desire to have realities to validate the belief that you're not in control because it makes it more real. Once again, it's why you came here.

And so, it becomes very difficult for you to concentrate on what we refer to as the positive types of creation processes that you're involved in. [You will go] along creating realities and you will hold beliefs that it's within your capacity to alter certain realities and you will be quite successful in altering many of your realities, creating certain experiences that you desire in your so-called awake consciousness state. But then along comes one particular instance where you're not quite so sure and you hold a belief that it's a very difficult reality for you to alter. It might be in terms of your abundance or it might be in terms of your interactions with others and your relationships. It doesn't matter what it is. But a certain area of your reality that you believe that is very difficult for you to alter or to change. And so, you have an experience that validates that belief that it's difficult for you to alter or to change.

And so, you look at it and you dwell upon that particular instance instead of all of the other instances where you've been successful in altering and controlling your reality. You begin to dwell on that instance and that particular element of your reality that you believe is difficult for you to control. And you, once again, validate the belief that you're not in control. And the spark of consciousness that you are rejoices. Because you've validated a belief system. And you have the emotions and feelings that are as a result of the validation of that belief. And once again, that spark of consciousness that you are creates the reality without judgment and [it] gives to you whatever it is that you desire.

And so, you dwell on the instance when you believe you're not in control rather than all of the instances where you've been successful. And you come to this instance where you're not in control and put that aside and say, "Well, I'm being successful in all the others. What's the belief, what do I hold, what's the problem in this particular area that I can't create the reality that I desire consciously? What kind of a belief am I holding there? What's influencing that reality? Why am I having difficulty in that reality? I know I'm still in control." But other individuals have this desire to look at that and say, "Hmm. Oh yes, I'm not really in control. Look at that, I'm a failure. I can't do it. I only do [some of] the simple things but the other things, the real things, become very difficult."

And when you begin to hold that attitude, when you being to validate the belief, and indeed, once again, the spark of consciousness that you are rejoices in the

validation of the belief system and perpetuates the [new] reality and you continue to have the experience. The individual can walk around feeling so hard for themselves, feeling like they're a failure, feeling like it's not within their ability to control. "Other individuals, perhaps, but not me."

And when you hold that belief, indeed, you create the reality to validate it. It's really that simple. You make it a lot more complicated because if it's more complicated, it's more difficult to alter. But it really is that simple. The reality you experience is a reflection of the belief that you hold. And if you don't like it, change it. It's really, really that simple.

Many individuals hold a belief that they're not worthy. Hold a belief that they are less than others. And it's really not that way. You are a spark of consciousness, no more and no less than any other spark of consciousness that exists, not only in this vibrational level but in all of the vibrational levels throughout all of creation. And to suggest even that you are a spark puts a limitation upon you and there are no limitations upon you. You are all that is.

To grasp that concept consciously will assist one in moving past that belief that you're not worthy, that you don't like who you are. If you don't like who you are, change it. You're who you are because of your choices. Not because of some other entity or other individual. If you don't like who you are, change it, and do it for you, not for some other individual. Not for some other entities, not because that's what you think that the world wants to see. Do it because that's who you wish to be.

Many entities hold beliefs that if they do certain things they will impress other individuals, and as they impress other individuals they will begin to feel like they are more worthy. And it's not that way at all. You impress other individuals by allowing them to be who they are. You impress other individuals by being who you wish to be. You impress other individuals by liking who you are, by having a set of principles that you exist by, that you refuse to set aside. That's how you impress other individuals. You don't set out to impress other individuals by having certain styles or characteristics of your physical appearance and that you believe is going to impress someone else. They may temporarily, but it certainly won't have the type of impression that you desire, the long-lasting type of impression that you wish to have other people experience. That comes from within. That comes from understanding who and what you truly are. That comes from putting in place a set of principles. And by applying the principles you establish your character. And as you strengthen the character you being to like who you are. And when you begin to like who you are for what you are to yourself then you will begin as well to give off an expression that you like others and they will like you as well. And

you will begin to believe that you are worthy. And you will begin to love yourself consciously.

It seems like such a simple statement to say, that you should simply love yourself. Love yourself more, consciously. You see, at some level of your consciousness you love yourself unconditionally. Absolutely. You create this reality from a position of absolute unconditional love, and you give to your so-called awake consciousness state whatever it is that you desire, without fail. If you don't like the experience you're having in your awake consciousness state you have but to change your beliefs. If you don't like who you are in your awake consciousness state, then change it. It's your choice. It's not some other entity's choice. It's not some other individual who's going to say to you to, well, you must do this or you must do that. Absolutely not.

Now, in your awake consciousness state you may believe, you may believe that that's how this particular vibrational level operates, and if you hold that belief then, once again, the spark of consciousness that you are creates the reality to validate the belief and you will appear to not be in control. But it's an illusion. This reality that you're experiencing in your awake consciousness state is an illusion, and you can change it. It only seems real. It is not that it doesn't have a significance, absolutely not. But that doesn't mean that it's beyond your capacity to control, either. You control it all, each and every instance. Not just some of it, not just a little bit of it. Not just the instances when you feel that you're alone and there's nobody else around you that's influencing your reality and so I can do whatever it is that you desire to do, and while here, I can have it here, because, you see, I don't have to worry about my neighbor or my other people that are involved in my relationship influencing my reality, absolutely not. You create it all. Every instance of your entire existence in this vibrational level is a reflection of the belief that you hold, and if you don't like it you can change it. Absolutely guaranteed.

But you must first of all accept the responsibility. And you must like who you are. You must understand that you are indeed a spark of consciousness that is no less than any other spark of consciousness that exists throughout all of creation. You're all that is. Absolutely guaranteed that you cannot fail to come to that understanding. And you can change whatever reality that you desire to change.

And once again, the irony of it is that you do it already. You do it. It's simply a matter of changing this so-called (*inaudible*) in a direction that you would desire it to go in your awake consciousness state. That's within your capacity to do so. Absolutely. But you must first of all believe and accept the responsibility for the reality that you experience.

And we understand the difficulty because, you see, accepting the responsibility for what you do can take

away a very comfortable feeling that you might experience in this awake consciousness state that allows you to believe that there are other entities that are influencing your reality. Allows you to believe that indeed there may be other entities even existing outside of your so-called awake consciousness state that are creating this reality, influencing your reality. Ah, wouldn't that be nice! Then you don't have to be responsible. And if you hold that belief, indeed, you create the reality to validate it. Absolutely.

You see, you can have whatever it is you desire. Not only can but do. And so, if you wish to believe you're not in control, that's a reality that the spark of consciousness that you are creates as readily as it does any other reality. And you can have that. And if you believe that that influence upon your reality will give you what it is that you desire, well, you can have that as well. It's not right or wrong. If you believe that there's some entity existing outside of your vibrational level that influences and creates your reality for you, then you can have that as well. It's not right or wrong. But when you believe that you're not in control then you will create realities to validate that belief.

You will create realities that allow you to have experiences to validate your so-called lack of control. And there may be realities in your awake consciousness state you have absolutely no concept of going into or validating or even desiring. But nonetheless, the reality you experience in your awake consciousness state is a reflection of the beliefs that you hold. It validates your beliefs and it gives you that which you desire. If you wish to control it consciously then you must accept the responsibility for the reality you're experiencing. Understand that you can alter it by altering your beliefs. Understand that it's important that you know what it is that you desire. Understand the importance of liking who you are. Understand the importance of self-love in your so-called awake consciousness state so that you can indeed feel worthy and feel that it is indeed within your capacity to create that which you desire. And it's really that simple. It really is.

You can have, not only can have but do have whatever it is that you desire. It's a given. You are a spark of consciousness that creates the reality that you experience and you absolutely cannot fail to come to that understanding. The rest is completely illusory and you can change it. You can have whatever it is that you desire and you can have it consciously, if you have but to believe and to accept the responsibility.

Well, now. We would take a break for a moment or two and if you wish we would attempt to answer any questions that you might have. And in the meantime we would remind you that we are not separated by time or space but rather by a vibrational level and should you choose to interact with us you have but to express the

intent and we would welcome that opportunity to interact and to share with each of you.

We would break for a moment or two and we would bid you farewell, with love and with peace. ✠