

# JOSHIAH

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**January 6, 2008**

## **Q and A**

**Joshiah:** Well, now. It is indeed a pleasure to be invited back into your vibrational level. And once again, allow us to express our greetings to each of you. And before we being we would once again remind you that that opportunity for you to be involved in that silent communication continues to exist. And once again, we would encourage you to participate in that activity. But once again, the choice is yours.

Now. This reality that you're existing in and that you're creating and participating in and the creation of, is, once again, a reality that in your awake consciousness state is very difficult for you to grasp, indeed, within your complete control. Very difficult indeed because you choose to make it difficult.

You see, in your awake consciousness state you believe that that's it, that this is the most important aspect of your consciousness state. You believe that this is it, this is the instant, if you wish, that's completely surrounding who and what you are. In your awake consciousness state you have difficulty believing that there is no such thing as time and space. You have difficulty holding that concept that this particular level of consciousness is not only the most difficult for you to sustain but it's also the most illusionary. [There's] a tremendous amount of effort goes into sustaining this illusion and putting in place that type of energy that limits your capacity to understand that you're in control. And you, in this awake consciousness state, hold that contract that, once again, this is it, that this is the most important aspect of your entire existence and that so many of the other levels of consciousness are illusionary, that they're imaginary, that they're a dream, have nearly the importance that what this awake consciousness state does.

The irony of it is, once again, that this is difficult to sustain, your so-called awake consciousness state. Each and every one of you understands absolutely that you cannot sustain your so-called awake consciousness state; there are limitations. It is from your awake consciousness state an impossibility. Of course, impossibilities are only impossible because you believe them impossible. But nonetheless, this particular level of consciousness is a state of consciousness that you believe in your awake state

and in all of your other levels of consciousness very difficult for you to sustain.

And it is, indeed, compared to some of your other realities difficult to sustain. Difficult because, once again, there's a tremendous amount of energy required to put in place and to sustain that electromagnetic type of energy that exists in each and every atom of your entire universe, in this entire illusionary reality that you exist in.

And you understand absolutely that at some point you will alter your consciousness and you will sleep, if you wish. You will enter into another level of consciousness. And in that other level of consciousness you will indeed have various levels of awareness. You enter into what we call the sleep state and then you have the capacity and indeed do enter into the dream state.

Now. We use that terminology because you believe, once again, in time and space. It gives you an understanding of the levels of consciousness that you participate in and that you are active in. And as you can grasp that concept that you have the awake state, and you have the sleep state, and you have the deep dream state. And then you have, of course, that state of consciousness where you cease to exist in this particular incarnational period, when you pass over, if you wish, or when you die.

Now. For many individuals the belief that this particular incarnational period is it, that this awake consciousness state is the most important level of consciousness that you can attain. [And they] believe in this awake consciousness state that when they end their so-called incarnational period that their consciousness ends. And it's really not that way at all. You can't end your consciousness. You can end this particular awake state of consciousness, absolutely, not only can but do on a regular basis because you can't sustain it. It's impossible for you, because of beliefs that you hold and because of particular elements that you've put in place, for you to sustain your awake consciousness state. You will sleep, absolutely, and in that sleep state you will dream, absolutely.

It's at that level of consciousness in your so-called dream state that you put in place the agreements and the contracts. And once again, we simply suggest just that you're in these various levels of consciousness in

order for you to get a grasp of the understanding based upon your beliefs in this reality and in time and space. Because you see, you're making these choices and decisions all the time and at some level of your consciousness, at that level which is similar to your dream state, you're putting in place the agreements and the contracts, and it's in the now.

But nonetheless, we've use the analogy that you're existing your so-called awake state and then into the sleep state and then into the dream state. And in that dream state you put in place the agreements and the contracts with other entities, with other individuals, to create a reality in your awake consciousness state that each of you can participate in to validate beliefs that you hold.

You may experience completely different feelings and emotions as a result of the participation and action and interaction in this awake consciousness state. But nonetheless, at the level of consciousness from which you put in place the agreements, if you wish, you indeed do experience a joyous reaction, a fulfillment and validation of a belief, regardless of the emotion that you feel in your so-called awake consciousness state, and of the interactions between individuals in the awake consciousness state.

The interaction between individuals in the awake consciousness state may be a very conflicting and a very traumatic interaction but nonetheless at the level of consciousness in which you agreed to participate in that particular activity and in that particular creation process, you experience a joyous fulfillment in a validation of a belief system. Absolutely.

And that becomes difficult to grasp. But nonetheless, individuals who in their awake consciousness state don't believe that they are worthy, they don't hold in their awake consciousness state that concept of self-love, who believe that to love themselves is somehow some type of a sin or that it's not right or that it's something that you've been suggested that [you] shouldn't participate in, this self-love, this self-glorification. For many it's like they believe that they're conceited if you experience self-love. You're not supposed to do that. Or, you can love others but to love yourself, well, that's not a great thing.

And you see, if you hold that belief that self-love is something that you should not participate in, that it's an indulgence that you should not bring in to your reality because you might have a negative influence upon some other entities, if you hold that belief, then indeed you hold a belief that you're not worthy. For you see, if you can't love yourself, if you don't believe that you're an individual who's worthy of having love, if you don't believe that it's within your capacity to like who you are, then indeed you will create realities to validate the belief.

And at that level of your consciousness, in that so-called level that you refer to as the deep dream state when you put in place the agreements and the contracts, you put in place agreements that when you come back into your so-called awake consciousness state you will indeed have interactions with individuals who will validate the belief that you're not worthy. And the spark of consciousness that you are rejoices in creating the reality that validates the belief.

And we understand absolutely the difficulty in comprehending that particular analogy but nonetheless, it is very accurate. You see, as we've suggested, individuals who are involved in what you refer to as an abusive situation, individuals who are involved in being in a type of activity or interaction where they are being abused, where they are being victimised, or individuals who are in control of that situation. You see, when an individual begins to like who they are, when the individual begins to hold, in your so-called awake consciousness state, that concept of self-love and they put in place the particular elements that they would like to have others visualise them as, and when they begin to like who they are, it is their established credentials, if you wish, that they like to experience when they put in place the beliefs that they are worthy. When they strengthen their character they begin to like who they are. And they begin to change the belief that they are indeed a worthy individual.

Then at the level of consciousness, in that so-called level of consciousness that's similar to the dream state, the interactions change. It's not a right or wrong thing. It's simply an alteration of a belief system. And as a result of the alteration of that belief system, the individuals at that level of your consciousness in which you put in place your agreements and contracts, change. And so, you begin to attract a different type of individual into your so-called awake consciousness state that allows you to experience the validation that you are indeed a worthy individual, that you are indeed someone who can be loved. And it changes and it validates a belief.

It's really that simple. The reality you experience is a validation of the belief that you hold. You see, individuals who are involved in any type of interaction, and you see it in any experience that you wish to apply that particular analogy to. You can have a doctor-patient relationship. It's an interaction that occurs because at some level of their consciousness they have agreed to participate in an activity that will validate beliefs that they both hold. And they're not right or wrong. And the irony of it is that it's the patient who's in control. It's the patient who looks for some type of validation. And if the patient doesn't wish to be cured, if the patient holds that concept that indeed they can't be helped, that they're not worthy, that it's not within their capacity to have that type of experience and they don't deserve it.

And it doesn't matter what the doctor does. Oh, they may experience some type of momentary relief from whatever their difficulties are, but you see, the difficulty is there to validate the belief that they hold. It's not there to validate the doctor's beliefs, absolutely not. And so the patient is in control. It's the patient and if the patient believes that the doctor has the capacity to heal them, and if the patient believes that indeed they are worthy of experiencing that type of a healing, then it occurs. And both experience a validation of beliefs that they hold. And it's a joyous occurrence in your so-called awake consciousness state.

The irony of it is that at the level of consciousness from which you create the reality, it's a joyous experience no matter which way it goes. That's the irony of it. The reality you experience validates the belief that you hold. And it's really that simple. And if you don't like the experience that you're having in this so-called awake consciousness state, then work on changing the belief system. It's really that simple.

What's difficult is that you would like to get into that so-called state of consciousness where you create this reality, and it's possible for you to do so, very difficult but possible for you to do so, but to bring back into this awake consciousness state an absolute and direct conscious memory of what it was that you experienced and what you were involved in and what type of activities that you were participating in in that level of consciousness is difficult. Not only difficult, but [as we've] suggested were you able to bring into your consciousness state all of the activities that you're involved in in your so-called altered state of consciousness, at that level of your so-called dream state, it would not make any sense to you in this awake consciousness state. You would be in a state of what you might refer to as insanity. You couldn't handle it. Your consciousness state, your awake consciousness state could not handle what you're capable of creating.

Your awake consciousness state can grasp the concept that you do exist throughout your entire universe in each and every atom. You can hold that concept, say, "Yes. That's possible." But for you in your awake consciousness state to have that experience would indeed dissipate what you're experiencing in this vibrational level. You would cease to exist in this vibrational level. Through a your choice.

You see, you're here by choice, once again, and when you're in that altered state of consciousness, in that so-called dream state, and then you alter and go into what we refer to as the between incarnational state, at that level of consciousness where you believe that you die, it's simply one step beyond the dream state, you simply alter that consciousness. And those that remain in your so-called awake consciousness state are experiencing the so-called termination of an individual existing in this vibrational level and in this particular incarnational period. But at other levels of your consciousness that

has not occurred at all. At that level of your consciousness where you're in the so-called dream state, you interact with those other individuals who are in that so-called between incarnational state.

And the irony of it is that even in that state you continue to experience realities that are based upon the beliefs that you hold. It's just much more difficult to sustain the illusion because you begin to realise that it's not occurring as a result of a passage of time or place but rather it's occurring because you alter a belief, because you alter your thought process and your desire. And at that level of your consciousness, in that so-called between incarnational state, you are simply one step away from making the choice to leave this vibrational level, should you choose to do so. Should you choose to do so. It's important that you understand that you're here by choice.

And you can do that if you wish. You can leave this vibrational level, or if you wish you can reincarnate. [And if] you reincarnate and you make that choice—and you do make the choice. It's not someone else that makes the choice for you—you begin to interact at that so-called dream state level of consciousness with other entities that are existing in this incarnational period or in whatever incarnational period you decide to come into. It might be in your past or it might be in your future but because you believe in time and space we'll use the analogy that you choose to come into this next incarnational period. And you interact with other individuals who are existing in that incarnational period, and you interact with them at their so-called dream state of consciousness. At that level of consciousness that's similar to your dream state you can make the choices of who it is that you will incarnate with. And you begin to put in place belief systems that you're going to bring into that incarnational state. Belief systems that influence the physical appearance that you will have in that incarnational period. Belief systems that will influence the physical attributes regarding your health issues that you will have in that incarnational period, the so-called genetic deficiencies or attributes that come into that incarnational period.

You do choose that in agreement with the other individuals who are in that particular interaction. It's your choice. There's not someone else saying, "Well, you're going to experience this." It's your choice. It's something that you choose to experience so that you can have that experience so that it allows you to experience the range of emotions and feelings that are connected with it.

And so, you put that in place. And you put in place what your scientists are calling your DNA, the belief systems for possibilities to experience physical attributes and changes in your physical being in that particular incarnational period. And your scientists are beginning to believe that there's a huge portion of your DNA that you don't understand in your awake

consciousness state. And it's in that so-called DNA that you have created the very best, the very best, some type of reality that, indeed, it is within your physical being that you have the capacity to experience or not to experience certain elements of diseases or attributes, physical attributes in this incarnational period in this reality. It's within the DNA. It's there. It's there because you choose to create such an element so that you can validate the belief system.

It's within that DNA. You bring that in. [With] perhaps you would make the choice to experience certain types of diseases or perhaps there are certain other elements of physical attributes that you would wish to experience that you might [to], in your awake and consciousness state, refer to as positive attributes and you put them in place. And so they exist there. They are possibilities.

As you go through this reality, through this incarnational period, and you develop belief systems, belief systems that indeed if you are involved in certain activities, there's a possibility that you can have a certain experience. And as a result of that belief system, you alter the energy that surrounds your DNA and as a result of the energy, alteration of that energy that surrounds the DNA, you either activate or deactivate certain aspects of the DNA and you take what was once a possibility and you bring it into a probability. And as you continue to validate the belief and if you continue in your so-called dream state to put in place the interactions and the agreements and the contracts with other individuals, you strengthen the energy that surrounds that aspect of your DNA. Then you take that, what was once simply a probability—or a possibility, rather—into a probability. And not only is it now a probability, but it becomes an absolute reality that you experience in your awake consciousness state.

You do it all. There's not one aspect of this reality that you're involved in that you are not responsible for at some level of your creation process. Absolutely not. And so, you're involved in that reality and you've activated this portion of the DNA. It's allowed you to experience, perhaps, some type of disease. And then you wish to have an experience where you can control and indeed eliminate that element of your physical existence. And so, you at your altered level of consciousness put in place the agreements and the contracts. And perhaps it's an agreement in a contract with a doctor who would like to have the experience of interacting and sharing in that particular reality creation process. For whatever reason, to validate beliefs that they hold.

And as a result of that interaction, you, once again, begin to alter your beliefs in your awake consciousness state, your choices and your decisions. And as a result of that alteration of the choices and decisions and of what it is that you have as expectations, you once again begin to alter that energy that surrounds that

DNA and you can indeed alter the physical experience that you're having in your awake consciousness state.

Once again, your so-called doctors of this particular element of your timeframe are experiencing, what they believe for the first time, children, children who come into your so-called incarnational period and miraculously alter their DNA, alterations to the point where the technology that you're employing to measure that DNA and to track and to chart that DNA is completely different from your so-called present and what it was in the past of some of these children.

And what's even more fascinating to your scientists is that there seems to be absolutely no explanation for it. Because once again, these children are beginning to realise as they come back into this particular so-called time of alteration of your energy that they can have whatever it is they desire. If they wish to alter their DNA, they understand they have but to alter their beliefs and that will alter the energy that surrounds the DNA and as a result of the alteration of that energy they actually do alter the physical makeup of the DNA. And the irony of it is that you all do it. You just don't believe that you can do it. But you do it anyway, without exception.

You are the god that you search for, you create your reality, and you cannot fail. The rest is illusionary. Absolutely.

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

**Questioner:** Yes, about the self-love. Do not love another, or others, without self-love. [What if] (*inaudible*).

**Joshiah:** You cannot give something that you don't have. And to give someone the expression of love, you must first love yourself. It's really that simple. You can make it, not only can but do make it much more complicated. You see, many individuals existing in your so-called awake consciousness state would have entirely different concepts of what love is. What is love? It becomes a very difficult explanation. You see, love is a state of being and a state of doing. Many individuals are involved in abusive relationships and yet they would suggest that that's love. And it's not, really. You see, love involves doing certain things to allow another individual to experience certain feelings and emotions. Loving one is giving to someone so that someone can experience an emotion of joy or an emotion of trust or experience an emotion of belonging.

You see, many individuals are involved in family relationships or relationships with other entities. It really doesn't matter whether they're within your family group or not. And they would give someone assistance in a certain [element]. Each of you are familiar with other entities existing within your vibrational level in this particular society who will assist their children to attend a particular type of an education facility and in that

assistance they give them financial assistance along with other attributes or types of assistance. But you see, with that so-called gift there comes a cause: "Provided you continue to do certain elements, providing you meet certain conditions, then we will continue to assist. We will continue to help you."

Well, you see that's not giving from a sense of love. There is nothing wrong with that. We're not suggesting you can't do that. But what you're doing is you're forming a contract. You see, when you give a gift and you put a condition upon that gift, it's no longer a gift, it's a contract. And it's not something, once again, that you shouldn't employ because it assists you in your society having some type of formation and structure. It assists you in putting in the boundaries that you like to have around your reality so that you can plot and you can expand upon your belief in time and space, so that you can look down in time and see, "Well, we're going to be here at the certain amount of time. If we continue to do certain elements of creation, we will end up here. And if I continue to assist my child in their studies and in their educational process, and as long as they continue to meet certain requirements and we continue in that agreement in that contract, then within a certain amount of time we should end up here."

And again, there's nothing wrong with that, but it is not a gift of love. It doesn't mean that you don't love that individual but that gift is not a gift of love, that's a contract. You see, when you give a gift as an expression of love to allow the other to feel that they are loved unconditionally, then that gift must be unconditional as well. No conditions. Absolutely not.

And that's the difficulty in explaining and understanding what love and self-love are. So many individuals, even in the sense of self-love, will give themselves a reward providing they meet certain requirements. That's not self-love. That's forming a contract with yourself in order to reach a certain point in your so-called future reality. A gift of love is a gift that is given unconditionally.

And so, you give to allow another to experience the feelings of joy, of security, the feelings of belonging and of trust. And so, there are various elements that you do in order to allow another to experience and that's how you experience love. And you first of all you do it for yourself. The doing is no different for yourself than it is for another, you just do it in a different direction. You do it for yourself rather than for the other. It's really that simple. But until you can do it for yourself, you can't do it for another.

And so, you must love who you are. And you do that by liking who you are, first of all. If you don't like who you are, you're going to have difficulty loving who you are. And you begin to like who you are by putting in place principles that you will apply in your day-to-day activities, consciously apply principles. And it doesn't matter what the principles are. What's important is it's a

principle that you hold and deem important and valuable. And as you change your impression of what's important and valuable in your principles, as you may well do, then you change that order of importance. It doesn't really matter. What's important is that the principles that you choose and put in place are principles that you wish to hold. Not principles that you're doing and then putting in place and applying so that you can impress others. You see, you're not trying to impress others; you want to impress yourself.

When you begin to like who you are, others will like you as well. When you begin to love who you are, then you will have that capacity to love others. And it's an amazing transformation that's possible for you to experience. People begin to smile at you when you pass them for absolutely no reason at all. And then, if you were to question them after, why they were smiling at that individual, they'll tell you they don't know why. It's because when you experience (*inaudible*) self-love, when you like who you are, then you have that energy that affects other people that are around you. And you begin to have that capacity to love others.

And so, if you wish to love others, like who you are first. And as you like who you are, as you apply the principles and as you strengthen your character and you begin to like who you are—for who you are, not that you impress others, but for who you are—when you hold your principles and you apply them when everyone else around you is not applying theirs, you begin to like who you are. You begin to realise that you have a character that's a character that you like. And when that happens, when you begin to experience that consciously, others will like who you are as well.

And when others begin to like who you are, then you begin to experience, once again, that interaction, that energy. You begin to attract to you at that level of consciousness, when you put in place the agreements and the contracts, other entities who will interact and validate this belief in liking who you are and in loving who you are. And you have the capacity to express love.

So, the simple answer to your question is that until you love yourself, it's very difficult to love others. And many times that concept of love that one expresses to another is very difficult to explain because it's not really love. It's not wrong, once again, this is not a right or wrong concept. But it's an interaction that's based upon two individuals who are indeed feeding on each other, if you wish, but having difficulty to be who they are, to be separate, to never feel alone.

It's a difficult concept for individuals to grasp in your so-called awake consciousness state To be alone in terms of interacting with other entities and yet to never feel alone. And it's not that you don't feel alone because you have this entourage that follows you around but rather to never feel alone because you know that who you are and what you are. That you are the creator of

that reality. That you can't be separated from your spirituality. And that this awake consciousness state is an illusion. All of the answers are withinside.

As we've suggested many times we can give you through this limited use of a vocabulary various explanations and try to explain to you. And we continuously try to keep it at a level of a basic understanding that you create your reality, you are the god that you search for, and you cannot fail. That's the only truisms which we continuously express. Because you see, for you to find the answers you must go withinside. You can't express it through this vocabulary. You cannot write it down in a book. You can't, it's not possible.

You're asking for an explanation of this reality that you're experiencing when you put in place an electromagnetic type of energy that defies you to have that type of an explanation in your awake consciousness state. It just can't be done.

And so, the answers are withinside. If you wish to know, go withinside. We continuously suggest to you that when we have these interactions, when we are invited into your reality to interact with each of you, that that silent communication, that telepathic interaction is much more beneficial than this rather limited use of a vocabulary that we attempt to so pitifully to give you an expression of the reality that you're experiencing. Go within. The answers are within. If you wish to know who you are, go within. You can only give love to others to the capacity in which you can experience it for yourself.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** Anybody else?

**Questioner:** Well, I guess I have one. (*Inaudible*) you talked about creating your reality through your beliefs. And I am wondering in the new age and the new energy is this still going to be the way people create their reality. And like with the Indigo kids right now is this the same way they create their reality?

**Joshiah:** All realities throughout all of creation in all of the vibrational levels is a reflection of beliefs and that won't change. What would change is your capacity in your awake consciousness state to get that grasp of the understanding of what the beliefs are. And as a result of understanding what the beliefs are, to change them.

You see, in your awake consciousness state, this reality is a reflection of your desires. Whether you wish to believe that or not is irrelevant. It's a reflection of your desires. What you're experiencing validates your desires that you are imagining are going to happen. If you have a desire that you're holding and you indeed imagine what it would be like. Abundance seems to be a particular element that people are quite fascinated with in your society. And so, we would suggest and use

as an example that one wishes to have some certain types of abundance. One wishes to have this huge, fancy home and all of the [fancies] and trims that go with it, and you wish to have two or three automobiles, and all of the other elements of your so-called abundant society. And so, that's what you desire. And so, you imagine what that would be like to have that particular type of a reality, to have that experience. And the irony of it is that the greater your imagination, the more reality-like experience that you will have based upon that imagination.

Now, the difference between your so-called new age entities, these new Indigo Children, is not this desire and this imagination but rather the element, the other element of this creation process, and that is the expectation. You see, they expect it. As we suggested earlier, they expect it. It's there. They expect that they can have it.

You see, they believe. They hold the thoughts and the feelings and they hold those attitudes and express the attitudes that are reflecting from their beliefs that they indeed are worthy. And they expect to create that reality. And so they have it. But many individuals who lack that self-love, who lack that deservability, who lack that liking who they are, they have the desire and the imagination, absolutely, but do they really have the expectation? You see, it's the expectation that can be the most difficult.

And it's in this new age and new energy that as one begins to grasp the concept that you can consciously influence and create your reality and you begin to experience success at that particular element of creation regardless of the method or the technique that you use, it really makes no difference. As we've suggested, your belief in the method or the technique is far more important than the individual method or technique. But as you begin to experience success in this creation of your desire and imagination, and you begin as well to increase the expectation. And as you increase the expectation, you as well begin to hold the attitude and the belief and make the choices that will allow you to experience the reality based upon the belief that you hold. And it's all based upon the belief that you hold. Absolutely.

Does that answer your question?

**Questioner:** Yes, thank you.

**Joshiah:** Well, now. It has indeed been a very enjoyable interaction and we would like to express our gratitude to each of you for allowing us the opportunity to enter into and to experience your vibrational level. For us indeed it is a learning experience and as we've suggested so many times the information that we express to you is information that is available to each of you, you have but to go within. To believe that we have access to some type of knowledge or some area of knowledge that's not available to each of you is

ludicrous. We simply express that which you desire to hear. And if you wish to experience that type of interaction, you have but to go withinside. And if you wish to experience an interaction with us, you have but to express the intent and we would welcome that opportunity to interact and to share with each of you (*inaudible*). And we would welcome that opportunity, and we would bid each of you farewell, with love and peace. ✨