

JOSHIAH

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

Now, once again, before we begin this afternoon, we would like to suggest that there exists for each of you the opportunity to be involved in what we refer to as a silent communication, the opportunity for you to have a telepathic interaction with other entities that would be with us on this afternoon. The opportunity for you to alter your consciousness and to enter into a meditative state, if you wish. And in that meditative state to have that telepathic communication and interaction with other entities there.

Once again, that interaction or that silent communication as we refer to it, many times is much more accurate and much more pertinent to your individual needs and requirements than is this information that we attempt to express through our friend Elias through this rather limited use of a vocabulary. And that telepathic interaction or exchange of information comes through through a transmission of emotions and feelings as opposed to, once again, this attempt to express concepts through the use of a vocabulary.

You will find, once again, that as a result of the energy that you have created in this place on this afternoon that, once again, altering your consciousness would come quite readily and quite easily. You have but to close your eyes and express the intent and you can alter your consciousness and enter into that meditative state and have that opportunity to be involved in that telepathic interaction. But as always, of course, the choice is yours, absolutely.

Now. You exist, once again, in what we refer to as a vibrational level. We use the term vibrational level simply because it's a terminology that comes the closest to explaining what this reality that you exist in is composed of. You could call it any type of terminology that you wish. You could call it a plane of existence, if you wish. It doesn't really matter. We use the terminology "vibrational level," once again, because it's

the closest to giving your some type of a concept of what this reality is composed of.

You see, there are a multitude of vibrational levels, different energy levels, throughout all of creation. A multitude. They have many similarities. The individuals or entities existing in those vibrational levels are there by their choice. The individuals existing in those vibrational levels create the reality as an expression of their beliefs and of their choices and of their thoughts and of their desires. The reality that the entities experience in all of the vibrational levels is a reflection of and a validation of the beliefs that they hold.

The vibrational level that you exist in is unique in several ways. And those ways have to do with the establishment of what we refer to as a veil, an electromagnetic type of energy that exists throughout your entire vibrational level. An electromagnetic type of energy, it's not exactly an electromagnetic energy but it's quite similar. And it's an electromagnetic type of energy that you as the entities existing within this vibrational level have chosen to establish and to sustain. It's not an energy that's been put here by someone else and that you're subjected to being involved in. Absolutely not. It's your choice. It's your energy. It's your vibrational level and it is your electromagnetic type of energy that we refer to as the veil.

Now. The uniqueness of that electromagnetic type of energy [it is that] when you exist in this vibrational level the electromagnetic type of energy, that veil, limits your capacity, in your so-called awake consciousness state and indeed in all of the levels of consciousness that you experience in this vibrational level, from comprehending who and what you truly are. That electromagnetic type of energy, that veil, separates you while you're in your so-called conscious state and, once again, in other various levels of consciousness, from the understanding of who and what you truly are. One purpose of the veil.

The veil also limits other entities existing outside of your vibrational level to have the capacity to interfere in your creation process. In other words, entities existing outside of your vibrational level in other vibrational levels cannot create in this vibrational level unless they choose to enter into the vibrational level.

You see, the irony of it is that the entities existing outside of this vibrational level, for the most part, have no desire to influence or to create your reality for you anyway. It's your reality, it's your creation, it's your vibrational level which you are here [in] by choice as you would be in any other vibrational level, and all of the other entities existing in the other vibrational levels are as well. If they chose to be involved in the creation process in this vibrational level it's quite simple to enter into the vibrational level, you just simply make the choice. It's not a difficult concept to grasp and it's not a difficult achievement. You simply make the choice to enter into the vibrational level that you exist in, as we have made the choice to exist in the vibrational level that we exist in, similar to the vibrational level that you are existing [in].

The other purpose of the veil is that it allows you to believe that this reality is real. And you do that by putting in place what we refer to as the human consciousness belief systems. You see, once again, the reality that you experience is a reflection of the belief that you hold. It's really that simple. You can make it more complicated, not only can but in this vibrational level and in your so-called awake consciousness state you go to all different lengths to make it seem more difficult to create this reality. For you to be involved in the creation of this reality it's much easier in your so-called awake consciousness state to believe that you're not in control. It's [a] much more comforting aspect to believe that there are other entities that are influencing and creating your reality for you.

But nonetheless, in this vibrational level in your awake consciousness state you as individuals have put in place what we refer to as the human consciousness belief system, and it's the reflection of that belief system and those multitudes of belief systems that make this reality seem real. And one of the most difficult for you to alter is your belief in time and space. You believe in evolution and a passage of time. And you believe that there is space between different elements in your so-called Earth systems in your universe. They're illusions. They only exist because you believe that they exist.

You see, all of the other vibrational levels that exist throughout all of creation exist within the same time and the same space as this vibrational level that you exist in. A difficult concept for you to grasp, absolutely, but nonetheless quite accurate. This vibrational level that you exist in is an illusionary vibrational level. And that doesn't mean that it's insignificant, absolutely not. All of the vibrational levels that exist throughout all of creation experience realities that are a reflection of the beliefs that individuals hold. And they are—to use that terminology, which once again, is in its capacity quite limiting—illusionary.

You see, illusionary does not mean that it's not real. It's a terminology that allows you to believe that if it's illusionary it doesn't have importance. If it's illusionary it's more insignificant than if it's real.

And yet, when you're in your so-called awake consciousness state and you're experiencing this reality that you believe is beyond your capacity to control, that has within it that influence of time and space, you are indeed existing in the most illusionary reality of all of the realities that you will create throughout all of your levels of consciousness. Not only in this vibrational level but in any other vibrational level.

And this so-called awake consciousness state that you exist in is an illusionary state. Absolutely. Doesn't mean that it's insignificant, once again. The significance is indeed quite valid. The significance is what you came into this vibrational level for in the first place. You came in to create and to experience and to exist within the limitations of that veil that's put in place. You came in to experience the emotions and feelings that's only possible to experience when you believe that you're not in control.

And so, you came into this vibrational level by choice. Similarly, you will leave this vibrational level by choice. Absolutely. And when you're in your so-called awake consciousness state in this so-called reality you are existing in an illusionary reality. Once again, not insignificant. It's important to separate the distinction between illusionary and something being insignificant. Simply because we suggest it's illusionary does not necessarily mean that it's insignificant. Absolutely not. The two don't necessarily go hand in hand.

It's illusionary in that it's a reflection of the belief that you hold. It's illusionary in that it only exists in your awake consciousness state. And that, once again, becomes a very difficult concept to grasp.

When you alter your consciousness, when you go into your so-called meditative states or your dream states or even that what you refer to as between incarnational states, you exist in a type of consciousness state that's quite easy for you to maintain. The most difficult state for you to sustain is your awake consciousness state. You all know, absolutely, that at some point you will alter your consciousness and you will sleep. Guaranteed. You all believe that. It's a part of your belief system. It's a part of the so-called human consciousness belief systems. Now, you can quite possibly sustain your awake consciousness state through various methods for a longer time than what you might deem as to be ordinary, but you cannot sustain it indefinitely. At some point you will sleep. At some point you will alter your consciousness and if you don't sleep you may only do what we refer to as that between incarnational state, that death state, if you wish, which is only one step beyond the dream state.

But then, nonetheless, you will alter your consciousness, you will not sustain the so-called awake consciousness state because that particular state of consciousness is the most difficult for you to sustain. It's also the most illusionary. You will enter into those other states of consciousness, absolutely, and you all as well accept that at some point you will die. At some point you will end this so-called incarnational period. And that termination validates your belief in time and space.

You can mark the passage of time when you're in your awake consciousness state. The irony of it is, when you enter into your altered states of consciousness that passage of time disappears. It doesn't exist. When you enter into your altered state of consciousness, into either a meditative state or into the dream state or even what you refer to as the between incarnational state this time concept does not exist. It's possible in your altered states of consciousness to have experiences that are involving complete alterations of the existing areas that you are presently involved in. In other words, you can in your altered state of consciousness, in a meditative state, have your consciousness travel to the other side of this Earth that you exist on, and you can do that quite easily. It's not a difficult concept. It's only difficult because you don't believe.

[It's] when you believe, then you begin to grasp the simplicity of it. Then it's possible for you to have that experience. It's possible for you to have that experience of having your consciousness existing on the other side of your so-called Earth system while you're in an altered state of consciousness. It's not a difficult concept at all. It's only difficult because you believe it's difficult. In your altered states of consciousness, in your so-called dream states, you interact with a multitude of entities that exist not only in this particular incarnational period but in all of the other incarnational periods that exist throughout all of your so-called history and your so-called past and your future.

That time frame, that passage of time only exists, once again, in your awake consciousness state. It doesn't exist in that altered state of consciousness. Absolutely not. But it's that passage of time and that belief in time and space that allow you to believe in your awake consciousness state that this is real. That this reality is something that may be completely beyond your control.

It allows you to believe that you're not in control. And when you're not in control then you can indeed experience a much broader range of emotions and feelings than what you can experience when you hold in your awake consciousness state the concept that you are in control.

And so, it becomes very difficult for you to grasp that concept in your awake consciousness state that time and space are illusions. It's difficult because you, as individuals existing within this vibrational level have

chosen to put in place those belief systems and you have chosen, as well, to put in place that electromagnetic type of energy that limits your capacity to understand who and what you truly are in your so-called awake consciousness state.

You see, you can't have it both. You can't hold conflicting belief systems. You can't hold a belief system that you bought into, that you agreed to participate in, that you had put in place this electromagnetic type of energy that limits your capacity to understand who and what you truly are in your awake consciousness state and then, in the awake consciousness state, throw that all aside and say, "Well, I want to have that experience." We're not suggesting that you can't get an understanding and you can't even get glimpses of that experience, absolutely. You can get glimpses, then, of the understanding of who and what you truly are. You can get glimpses of what it's like to alter your consciousness and bring back into this particular incarnational period, into your awake consciousness state, some memory of what that experience was like in your altered state of consciousness. But to hold that altered state of consciousness into your so-called awake consciousness state is something that you just have chosen to not be possible.

In your awake consciousness state you have, once again, agreed to participate in a reality creation process that puts in place that limitation of understanding who and what you truly are. It's not something that some other individual said [when you were] going to be put down on this Earth and how, and while you're on Earth you're going to have to have all of these experiences and you're going to have to have these lessons and you're going to have to learn and you're going to have to grow. Absolutely not.

You can have that, if that's what you choose. You see, you can have whatever it is that you desire. Not only can, but do have whatever it is you desire. So, if you wish to believe you're not in control it's not a right or wrong concept. You can have that choice. And you can have a reality that validates it consciously [and] continuously to prove that you're not in control. The irony of it is, that the mere validation of the belief that you hold is also a validation that you are absolutely in control.

If you don't like your reality, change your belief system. It's really that simple. It's really that simple. Changing the belief system is what's the difficult part. But once you change the belief system you will change your reality, absolutely guaranteed. It is that simple: change the belief, you change the reality. The reality you experience in your awake consciousness state is a reflection of the belief that you hold.

You see, this reality that you exist in, once again, is the reality that you as individuals and as a human consciousness and as entities that are involved in this

creation process have chosen to put in place. Not created by some other entity existing outside of your vibrational level. It's not even influenced by other entities existing outside of your vibrational level. It's your choice, it's your creation, and it's your reality.

You choose to be involved in this vibrational level. You are the entities that are responsible for the reality that you experience. Absolutely. And many individuals can understand and grasp the concept that you might be in control of certain aspects of your reality. And for some, it's more than others. But how can that be? How can it be that for some it's possible to control certain aspects of their reality? For example, there are some entities who would suggest, "Well, I realize that I can control what time I get up in the morning. And I can control certain aspects of the reality that I'm going to experience. Right up to the point when I interact with others, when I have to become involved in my type of employment, whatever that might be. At that point, I'm no longer in control. At that point, some other entities are influencing and creating and controlling my reality. But there's a slim element of my existence that I'm in control of."

And it may only be for a certain period of time of the twenty-four hours that you hold within your daily system, but nonetheless, many entities believe that they are in control of that particular element of the creation process. And yet, their neighbor, who exists in the same vibrational level, who has exactly the same capacities and abilities to create the reality, believes that they are in control of a much larger concept and portion of their reality creation. They may be entities who believe that they are in control of rather than that one or two hours of [the] twenty-four hour period, they may believe that they are in control of maybe three or four hours.

But why is that so? What makes one different than the other? The only thing that makes one different than the other is what one believes.

If you believe that you're not in control of anything, if you believe that it's all just (*inaudible*) and it's just happened haphazardly, then you will have that as well. You see, the irony of it is you get whatever it is that you desire. You see, desire to believe that you're not in control, the spark of consciousness which you are creates the reality to validate the belief that you hold. It's really that simple. And if you wish to believe you're not in control, you have all types of realities that validate the belief system and the spark of consciousness that you are will rejoice at creating the reality that validates the belief that you hold.

And if, on the other hand, you wish to be in control of your reality and if you wish to believe that there are certain methods or techniques that you can employ, that will assist you in creating your reality, then once again, the spark of consciousness that you are

validates the belief system and rejoices in the validation.

You see, the spark of consciousness that you are never judges whether this reality that you're experiencing is one that's good or bad, right or wrong. Absolutely not. The spark of consciousness that you are creates the reality that you desire as a reflection of the beliefs that you hold and it does so from a position of absolute and unconditional love. It does so without judgment.

Right or wrong is an awake human consciousness concept. It does not exist in that level of consciousness from which you create your reality, from who and what you truly are. You see, it's an illusion. You can have whatever it is that you desire. Not only can but do.

And so, this reality that you exist in is a creation that's a reflection of your beliefs. And from there you can begin to understand that it's your creation, not some other entity out there that's creating it for you. It's your creation, and it's illusionary. It's not real. It can be changed. Not only can change but does change on a constant basis. The reality that you're experiencing is a complex makeup of all of the beliefs that you hold. And if you wish to believe that it's not within your capacity to control your reality, then the spark of consciousness that you are will grant that wish and give you exactly what it is that you desire to believe.

If you hold a belief that you're not worthy to have whatever it is that you so-called consciously desire, then the spark of consciousness grants you exactly what it is that you desire. It validates your belief that you're less than worthy. It validates your belief that you don't believe you deserve.

You see, once again, you create your reality from a position of absolute unconditional love. And the key to being successful in creating the reality consciously is to love yourself, consciously. And for many that's a very difficult concept. It's difficult because, once again, you choose to believe that you're not in control. And you validate that belief on a continual basis.

It's difficult to grasp that concept—that you are a spark of consciousness, no more, no less than any other spark of consciousness, not only in this vibrational level but in all of the vibrational levels throughout all of creation. There is no more and no less than what you are. And for many that's a difficult concept to grasp. And yet, the spark of consciousness that you are not only understands that but accepts that, without question. And has absolutely no doubt that you can have whatever it is that you desire.

You see, you put in place this electromagnetic type of energy, once again, to limit your capacity to understand who and what you truly are. And the reason you did that is quite simple. You go to great lengths to make it complicated, absolutely, but it is really quite simple. You entered into this vibrational level because only in

this vibrational level when you believe that you're not in control do you have the capacity to experience realities that allow you to experience an intense range of emotions and feelings that cannot be duplicated in any of the other vibrational levels throughout all of creation.

You exist in this vibrational level for that opportunity to experience those intense [ranges] of emotions and feelings. It's really that simple. We would tell you, each individual, to look at any activity that you're involved in in your day-to-day activities and break it down as to the ultimate reason of why you're involved, why do you do the things that you do? And ultimately, it's to achieve an emotion or feeling.

Now, many times those emotions and feelings that you end up achieving are not necessarily what you might believe in your so-called awake consciousness state that you desire. But once again, if you hold a belief that you're not worthy, if you hold a belief that there are other individuals who are out there to make your life very difficult, then you will indeed experience realities to validate the belief.

If you believe that you must experience pain, if you believe that to be involved in any relationship requires a certain amount of discomfort or pain or difficulty, then you will experience that, absolutely. And the spark of consciousness that you are creates the reality to validate the experience. If you believe that you're not worthy and if you believe that there are other individuals who are going to treat you as a victim and be aggressive, then we would suggest that there are other entities who are desiring to experience that feeling of aggression who are more than willing to accommodate you.

And in your altered states of consciousness that we refer to as your dream state, at that level of consciousness—although it's not always a dream state, you don't have to be in that dream state because you see, once again, time and space are illusions—but nonetheless, at that level of your consciousness you put in place, you make the agreements and the contracts that you will indeed create the reality to validate the belief system and you'll interact with the other individual. And while it may be, indeed, experiencing an event that is similar to both in terms of what you are seeing and experiencing, the emotions that you experience, the feelings that you experience as a result of that interaction can be quite different.

And it's because you validate beliefs that you hold in order to experience the intense range of emotions and feelings that accompany that experience. It's really that simple. Once again, the difficult part is altering the beliefs.

Many individuals—and we've used this analogy many, many times—many individuals go through their lifetime attempting to find the right solution. And we've suggested that it's like you come upon a shore and you

see in front of you a body of water that you have to cross and you don't know how far it is across that body of water. In fact, there's a bank of fog just offshore, and you can't really see where it is that you're going.

And lined up along this shore are a multitude of vessels. And these vessels vary in size and they vary in how they are, indeed, outfitted, what they have for their ability to take you on known voyages. And you have right from the very simplest to the most complex. You might have what you refer to as a simple canoe or motorboat or rowboat. And at the other end of the spectrum you may have these ocean-going vessels.

Now. Many individuals run up and down the shore, and they check out the vessels. They check out to see if they are adequately provisioned. Or they might check out to see what kind of staff they have. And they look at one vessel and, "Well, this one looks pretty good, but I think there's another one over there. I'm going to try that one." And so they run up and down the shore. And they're continuously searching for the proper vessel, searching for that ideal one that can take them on their voyage.

And then there are other individuals who come down to the shore. And they come to the first vessel that they see and they get on board and they begin the journey. And they're quite confident that this vessel that they have chosen will accomplish that which they desire to experience. And they are successful in their journey.

You see, the irony of it is that this is a very safe journey that you cannot get lost in. The fog bank is an illusion. The irony of it is that you could walk across the water if you believed it. You didn't really need a vessel.

Begin the journey. That's the key. The method or the technique that you choose is not nearly as important as your belief. If you believe that it will accomplish that which you desire, then it will. [And] if you have doubts the doubts will be validated.

The reality that you experience is a reflection of the belief that you hold. You exist in this vibrational level through choice. You are the entity that is responsible for the reality that you experience. You are the god that you search for. And you absolutely cannot fail at some level of your consciousness to come to that understanding. Those are but the three truisms, if you wish, that exist within your vibrational level. Not only within your vibrational level, but all of the vibrational levels throughout all of creation. You create the reality, you're the god that you search for, and you absolutely cannot fail to come that understanding. The rest is illusionary. The rest is a validation of the belief that you hold. The rest is simply giving to you that which you desire.

You see, the irony of it is that many individuals, if they were to sit down and try to express and to put into writing what it is that they truly desire would have a difficult time in doing so. It might be very vague, it might

be very unspecific, and so they go through their existence in this vibrational level having all types of vague realities and vague experiences and never knowing what to expect, and believing that they're not in control. Because that's the belief that they hold. It validates it.

If you can express what it is that you desire and if you can hold that as being something that you can accomplish and if you can believe that it's within your capacity to do so, then you can have it. And once again, as we've suggested so many times, the key to that is to like who you are. To like who you are so that you can begin to consciously love yourself. And when you begin to like who you are, when you put in place all of the necessary elements to allow yourself to become the entity that you desire to be in your awake consciousness state, then you begin to like who you are. When you begin to like who you are you begin to love yourself consciously. And when you begin to love yourself consciously then you begin to believe that it's within your capacity to have that which you desire, and when you begin to believe that's within your capacity to have that which you desire, then you begin to have it, consciously.

The irony of it is that you have it anyway. That's the irony. You create it all. All of the reality that you're experiencing is a reflection of the belief that you hold. If you don't like the reality, change the belief. And once again, the difficult part is not understanding that concept, but rather the difficult part is changing the belief. And once again, in order to change the belief you must believe that it's within your capacity to do so.

And it's really quite simple. When you begin to believe that others have the capacity to influence your reality, when you begin to blame others for the reality that you're experiencing, when you begin to allow others to influence your reality, then you give away your conscious power. And at the level of consciousness from which you create this reality that spark of consciousness gladly, gladly allows you to have that experience because, once again, it validates the beliefs that you hold. And the (*inaudible*) right or wrong is what you experience in your awake consciousness state, the spark of consciousness you are never judges whether or not what you're creating for yourself is something that's a good or bad experience. Absolutely not. It validates your belief systems. It gives to you that which you desire and it does so joyously.

Like who you are. And if you don't like who you are, then change it. And once again, the changing is quite simple. Put down the set of principles, write them all out, all the principles that you can imagine. And then pick the ones that are important to you. And then apply the principles. When you create the circumstance that allows you to apply the principle, then apply it. And as you apply the principles, indeed, you begin to strengthen your character. And you begin to like who

you are. You like who you are for yourself, not for others. And when you begin to like who you are, then others will begin to like you as well. And when you begin to like who you are then, indeed, you begin to love yourself consciously.

When you begin to love yourself consciously, you begin to believe, as well, that it's within your capacity to have those things that you desire. It's within your capacity to be whoever it is that you desire to be. Absolutely.

You create this reality from a position of absolute unconditional love and when you can bring that love into your conscious state then you have the capacity to do it consciously. We've suggested many times that you're entering into what your so-called metaphysical entities have referred to as the New Age and the new energy. Entities that are reentering your so-called incarnational period are bringing with them the understanding of the concept of who and what they truly are, at a level that's much closer to their conscious state. And they are beginning to believe, consciously, that they can have whatever it is that they desire. And many of them are being much more successful at this reality creating process than many of the so-called individuals of your past ever thought was possible.

The entities that will come in your next generation will bring with them the understanding that they create this reality from a position of absolute unconditional love. And in that step in your so-called evolution in time and space, they will be the entities that we refer to as the peacemakers, the entities who understand that this reality is created from absolute unconditional love. And they will bring that unconditional love into their conscious state.

And so, once again, we would suggest that you are the entities that exist in this vibrational level by choice. You are the spark of consciousness that creates the reality that you experience, and at some level of your so-called existence in your conscious state you cannot fail to come to that understanding. You cannot be separated from who and what you truly are. You cannot lose your spirituality. It's not something you have to find. You simply choose to hide from it. It's like placing your right hand behind your back and then wondering where it went. You can't lose it. You can hide from it, but you cannot be separated from it.

And so, you are that spark of consciousness that creates your reality. You are indeed the god that you search for. And you absolutely cannot fail to come to that understanding. The rest is a reflection of the belief that you hold. And if you don't like your reality, change the belief. And we absolutely guarantee you will change the reality.

Now. We would break for a moment or two and if you have any questions we would be willing to return and attempt to answer them for you. 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. In the meantime, we would bid you farewell, with love and with peace. ✿