

JOSHIAH

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March 11, 2008

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

Now. This vibrational level that you exist in in your so-called awake consciousness state is indeed a very illusionary reality as we've suggested many, many times. That does not suggest that it does not have significance, once again, but rather that it's illusionary. And as an illusionary reality it's within one's capability to alter it. However, as well, in this vibrational level there are, once again, what we refer to as your so-called human consciousness belief systems that you have agreed to participate in. And there is this so-called veil that you put in place that limits one's capacity to grasp the concept of the illusionary reality in your so-called awake consciousness state.

This illusionary reality that you experience in your awake and consciousness state is a reality that one chooses, once again, to be involved in. It's not a situation where one has any type of force supplied to make them be subjected to some type of creation process or to some type of experience, absolutely not. It's a choice to be involved in the creation process in this vibrational level and it's a choice that each individual has made, each entity has chosen to be involved in the creation process.

The reality, once again, is a reflection of beliefs. That's as basic a concept as you can grasp in order to attempt to get some type of understanding. When we suggest that it's a reflection of beliefs it's important that one understands that it's not just a reflection of personal beliefs that you seem to have a grasp of in your awake consciousness state, but rather beliefs that are held at all levels of consciousness. Particularly the human consciousness belief system that one agrees to participate and to validate and to sustain when one chooses to be involved in this creation process in this vibrational level, in this illusionary reality.

It becomes very difficult for one to grasp the concept that time and space are illusions. They don't really exist. And yet, in your awake consciousness state each individual has chosen to, once again, put in place that electromagnetic type of energy, that, what we refer to

as the veil, that limits the capacity to understand the illusionary process that you experience in your awake and consciousness state is indeed within your grasp to alter within the limitations that you agree to participate in.

It's like suggesting that one has agreed to participate in some activity in your so-called awake and consciousness state and then as you [are] participating in that activity which is involving a multitude of other entities you decide, "Well, I don't want to participate anymore." And so, you choose to step aside and not participate anymore, and it's within one's capacity to do so, absolutely. But, in our analogy, if one chooses not to do so, then one steps aside from the process and the rest of the individuals involved in that activity continue with the activity and that individual who chooses not to be involved is no longer involved. They step outside of that circle of influence of individuals.

And so it is, in this vibrational level you choose to be involved at your awake consciousness state in a reality that's illusionary but seemingly very rigid to sustain the human consciousness belief systems. And to step outside of that is very difficult. It's like, to use our analogy, you step outside of this activity that you have agreed to participate in and once you step outside then you're no longer involved. And so it is, in this vibrational level if you choose not to be involved in the so-called human consciousness concepts and agreements and belief systems then you step outside. And in effect you leave the vibrational level.

That's the difficult concept for one to grasp in the so-called awake and consciousness state. That one has agreed to participate and then once involved in the participation one wishes that they could experience all of these other realities in the other vibrational levels while continuing to sustain this illusionary reality in your awake consciousness state in this vibrational level.

Time and space are illusions, absolutely. They don't exist other [than] in your so-called awake and consciousness state. And they don't exist in those levels of vibration, if you wish, and in the other areas of creation. They exist in this vibrational level in your awake and consciousness state and they are very difficult to step outside while being involved in the awake and consciousness state.

Many individuals in your so-called history and in this particular incarnational period have the capacity to experience what seems to be an alteration of their consciousness and a transference of that consciousness to another area, if you wish, of your so-called Earth systems or other areas of your universe. The key to that particular statement is that "in other levels of consciousness." You see, it's possible for one to alter their consciousness. And in that altered state of consciousness have the intent to maintain, if not the total awareness, at least some type of memory of the interaction that one was involved in in that altered state of consciousness. And in that altered state of consciousness to grasp the concept that time and space are illusions. And once that concept is grasped then one can experience indeed certain realities in other areas of your so-called Earth systems or in other areas of your universe.

It's also possible, in that so-called altered state of consciousness, to experience a reality in other time periods, not just in different points in your so-called space, but as well in different points in your illusionary time. And so, in that altered state of consciousness individuals experience and regain memories of their experience of other realities in other incarnational periods that you're involved in, in the creation and in the sustaining of, absolutely.

It's rather ironic that an individual in that altered state of consciousness can experience that alteration of time and what you might refer to as past-life incarnations or reincarnation experiences and yet have more difficulty in grasping the concept of experiencing the transference of the consciousness through space to another portion of your so-called Earth system while maintaining the concept of the present. In other words, time travel in your so-called altered state of consciousness seems to be much easier for one to accept than it is to accept the experience of space travel while maintaining the awareness of the illusionary time period in this particular moment, if you wish, in your so-called present.

A very interesting concept, because you see, both are illusionary. Time and space are illusions. And yet, in your awake consciousness state, once again, an individual agrees to participate, you've agreed to enter into this vibrational level and to sustain that electromagnetic type of energy and to participate in your so-called awake consciousness state of maintaining the illusion of time and space. As well as many of the other illusions that are in what we refer to as the so-called human consciousness belief systems.

If one wishes to have that alteration, once again, the experience can be just as real if one does it in an altered state of consciousness as opposed to attempting to achieve it in a so-called awake and conscious state.

Once again, one must believe. The reality that you experience is a reflection of the belief that you hold. Absolutely and entirely, without exception. And it's important that one understands as well, once again, that there are the various levels of beliefs and belief systems and the so-called human consciousness belief systems are very difficult to set aside in your so-called awake and consciousness state, or to alter, because you've agreed to participate.

It's not that you can't alter them. But the irony of it is that once you alter them then you have, in a sense agreed to step outside of the vibrational level. It makes no sense anymore, it has no validity. There's really no reason to sustain the illusion once you realize that it's no longer an illusion. Then why would one choose to remain in this vibrational level?

And we continuously use phrases that refer to time and space. We refer to things like "when" and "when" is an illusionary concept in this so-called awake and consciousness state. It does not exist in other levels of consciousness, in altered states of consciousness.

We continuously, as well, refer to entities as being somehow separate from each other. And it's not really that way. It becomes a very difficult concept to grasp in your awake consciousness state, that every entity existing within your vibrational level exists within each and every atom of your entire universe.

You see, an atom is a portion, if you wish, of this reality that is so minute that it's beyond your so-called physical abilities to comprehend. It's an element that's there as a hypothesis as opposed to something that you can actually put down and display. It's just almost beyond one's comprehension of how minute an atom is. And yet, we suggest that each entity exists within each and every atom of your entire universe. Because it's illusionary.

It also means, and we'd suggest, absolutely, that every entity in your entire vibrational level is connected to every other entity in your entire vibrational level. And that as well is quite accurate.

It becomes a difficult concept to grasp when we suggest that you are a Piece of the One. It's like suggesting that there's this huge One and yet there really isn't. And yet there is. And every entity is it.

You are no more and no less than any other Piece of the One. So, if you're no more and if you are no less, that it would insinuate that you are all that is. And if you are all that is, then [as well] it would insinuate that every other entity existing in your vibrational level is all that is and every other entity existing in all of the other vibrational levels is all that is.

It becomes a very difficult concept to grasp that there is no separation. It exists in each and every atom of your entire universe because it's an illusionary universe and the illusion is sustained by each and every entity in

your entire universe. And each and every entity is all that is. And each exists within the other.

There are some who would look at that and say, "Well, if that's the case then all of the other individuals that I experience in my awake and consciousness state are simply my illusions, they don't really exist." That's a very limited concept or a very limited definition of the concept of who and what you truly are. For you see, if that were the case then perhaps the individual that you are is simply a creation by some other individual, and it's not that way at all. Absolutely not.

It's a type of an answer that can be experienced by going withinside as opposed to having some type of a vocabulary explanation given. You are all that is. Absolutely. No more and no less than any other entity that exists throughout all of creation. And if you are no more and no less than, once again, you are indeed, as is every entity, connected and they are all that is. And yet, you have the capacity to experience what in your awake consciousness state you believe to be some type of separation.

It's a very difficult concept to grasp. And yet, there is no separation. Absolutely not. We suggest that entities interact with each other in your so-called awake and consciousness state and in altered states of consciousness, and we refer to your dream state and we refer to your between incarnational state, you put in place the agreements and the contracts. Because it makes it easier to understand. It gives some type of an explanation that an individual can grasp in your awake and consciousness state.

And yet, you are all connected. You are all that One. You are all that is.

And so, [these] seemingly individual realities that you're experiencing are only that—seemingly. They're not separate. And yet, when you suggest that in your so-called awake consciousness state then one begins to think, "Well, I'm not [a type] of an individual at all. I'm simply some type of a pawn." And once again, it's not that way at all.

It's a difficult concept to grasp, that you are all that is. And if you are all that is then so is every other entity that exists. Not only in your vibrational level but in all of the vibrational levels. And yet, each entity has the capacity to create and yet they create through interacting with other entities. Because you see, you're all that is. And so, when we suggest that you're in an altered state of consciousness in your so-called dream state and you put in place the agreements and the contracts it's, once again, to give you some type of an explanation that you can grasp the understanding that the connection is always there. You're not separate from any entity, once again, not only in your vibrational level but in all of the vibrational levels throughout all of creation. The separation is illusory. Your reality that

you experience in your awake consciousness state is illusory.

Time and space, you in your awake consciousness state believe that there must be this space and there must, in order to sustain the space, be individuals who have a distance between them, who have some type of individuality and separation, because it validates the reality. It makes it real. It makes it appear that it's beyond your concept to control, that it's beyond your ability to have any real conscious influence because you believe in your awake consciousness state that you're not truly in control.

But it's an illusion. Significant, but illusory nonetheless. And in your awake consciousness state it's very difficult to grasp the illusion as being an illusion. Because you agree to make it real. You agree to put in place that limitation of your capacity to understand not only who and what you truly are but the connection that you have with your entire universe and with all of the entities that exist, not only in your universe, but in all of the vibrational levels that exist throughout all of creation.

And even to give that analogy is to suggest that there is this multitude of vibrational levels that are somehow separate. They are only separate in your awake and consciousness state. They don't exist in some other element of area of creation, for time and space are illusions. They only exist in your awake and consciousness state.

A very difficult concept to grasp, we understand, absolutely. And once again, if one wishes to experience this capacity and ability to travel throughout space, if you wish, or ironically what seems much easier to travel through your so-called past or future time frame and one can achieve much more success in your so-called altered state of consciousness while maintaining the intention to have some type of memory.

Even in that memory one has a tendency, in your awake consciousness state, to question its validity. "Is it real? How can I remember what happened centuries ago?" Time and space are illusions. They are creations that you're involved in, in other incarnational periods that are occurring simultaneously, if you wish. And you have the capacity to have that memory or interaction with that creation process and to maintain some type of an element of understanding that you were involved in that creation process.

It's like looking into your so-called past in this particular incarnational period which you understand, absolutely, you're involved in. And yet, you can't recall all of the experiences in this vibrational level and there are some in this incarnational period that you can indeed pick out as being very important, very memorable. And others that don't seem to be nearly as memorable. And yet, we would suggest, in an altered state of consciousness, that one has the capacity to, if you wish

to use that terminology of “memory,” to remember all of the experiences that you’re involved in, in not only in this incarnational period but in all of the incarnational periods that you’re involved in. You have but to believe.

The difficulty is to understand what the beliefs are. If it were a simple element of, “Well, I believe this and I don’t want to be involved in that experience so I’ll simply change that belief and I’ll change the experience.” Absolutely, that’s an oversimplification of how it truly does operate. The reality you experience is a reflection of the beliefs that you hold. And the belief precedes the reality, absolutely. But it’s a combination of the beliefs that’s the difficult part to grasp.

And many of the beliefs that you’ve chosen to participate and to validate are beliefs that are difficult to set aside and to sustain and maintain your choice to be involved in your so-called awake and consciousness state of creation. To have the two is just not possible for you to do because you don’t believe it’s possible. And to take away the so-called human consciousness belief systems then, once again, is to take away the illusion and if you take away the illusion then you have no vibrational level left to exist in in this particular vibrational level that you choose to create in in this so-called moment or instant or in the now.

You’re here by choice. Absolutely. You sustain the belief systems, particularly your so-called, once again, human consciousness belief systems because you chose to become involved. It’s an activity that you choose to participate in. And should you choose to end that participation, it’s completely within your capability to do so. But once again, similar to choosing to end an activity that you’re participating in in this so-called awake consciousness state, when you choose to not participate in the activity anymore, then the activity continues without you, but you end up being involved in some other type of experience.

And so, when you choose to not sustain the so-called human consciousness belief systems and to be involved in that activity in this vibrational level then you choose to leave it. And that’s not a right or wrong, absolutely not. You’re here, once again, by choice. There’s nothing here that you must learn, there’s no experience here that you must experience and become proficient at before you can move to some other level of experience, absolutely not. Time and space are illusions. Evolution is an illusory reality. Absolutely.

You exist in this reality by choice. It’s an illusory reality. And you can change it if you wish. But understand, as one changes the so-called human consciousness belief systems you normally do so by stepping outside of them and leaving this vibrational level. It is possible to alter the consciousness, once again, and to bring back into your awake and consciousness state memories of interactions that you’re involved in in that altered state of consciousness that can involve indeed your so-called time travel or

travel through space to different areas of your universe, and to retain that memory. But once again, realize that many times that memory can seem to be simply your imagination.

But when you look back in your so-called past in this incarnational period we would challenge anyone to give an explanation that would be validated by every individual involved in a certain circumstance that would be identical for explaining the experience or describing their experience that the individuals were involved in. In a time frame for as recently as two or three of your days ago.

And you begin to use your imagination to explain and give a description of that experience. And once again, you can have five individuals involved in the same experience and you will get five different descriptions of what that experience was. And five different explanations of the emotions that were felt and experienced during that particular activity. It’s illusory.

All of your so-called memory is illusory. It’s based upon your belief systems. It’s based upon your imagination. Many individuals believe that your so-called future can be altered by using your imagination. If they can imagine it then indeed they have the capacity to create it.

And that can be real. You see, there’s no right or wrong, there is no you can and cannot do this particular element within the limitations that you put in in your so-called belief system. And so, if you believe that it’s possible for you to use your imagination and through your imagination to bring into this reality certain experiences that you would like to be involved in then it’s within your capacity to do so. It’s difficult for one to grasp in your so-called belief in the time space concept that you also use your imagination when you give an explanation of your so-called past.

There’s really no difference. Absolutely not. You alter your past as readily as you alter your future. You exist in the now. And that’s a concept that’s difficult to grasp in your awake consciousness state. But one which is entirely within your capacity to experience in your so-called altered states of consciousness. And should you choose to do so and should you choose to believe to have the intent to retain the memory of that interaction in your so-called altered state of consciousness, of not only your future but your past as well.

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

Questioner: OK, I have a question. You often talk about loving yourself and does loving yourself mean even loving beliefs that you hold that do not seem to serve you, and do not seem to be helping you to create the reality you want to experience?

Joshiah: The irony of it is that you create the reality you experience that validates the beliefs. And that spark of consciousness that you are creates that reality from a position of absolute and unconditional love and rejoices in that creation. It's only in your awake and consciousness state that you have this judgment of whether or not it's something you wish or do not wish to desire to experience.

You see, while it may seem like an undesirable reality at some level of one's consciousness one holds, if you wish, the desire to have that experience. The spark of consciousness that you are validates your belief system and gives to you that which you desire.

It's important to understand that concept. For you see, if you don't believe in your awake consciousness state that what you're experiencing is what you desire then how can you alter it by altering the desire? It's an irony that is very difficult to grasp when one's experiencing what seems to be a less than desirable, in your awake consciousness state, [a] reality. But it is a validation of what one truly desires.

Now. You see someone involved in a reality and you say, "Well, how can they desire that reality?" Well, they may not desire that exact particular moment-by-moment blow, if you wish, of a description of the reality that they're experiencing but they may hold a desire to validate the belief that they're not worthy of experiencing any other type of reality.

They may hold a belief that they are not as important, for example, as what another individual might be. And so, they create a reality that validates the belief and gives to them that validation which is a validation and a projection of what they truly desire. It's like, "[Ah, see,] I knew that I wasn't worthy. I knew [that] I happened to have that particular element in my creation. I knew that it wasn't possible." It's a validation of a belief.

When one begins to like who they are—and it's important to understand that one likes who they are because it's what they wish to be—it becomes a very difficult concept to grasp. Two individuals can be entirely different in terms of what they project to other individuals in your awake and consciousness state. And one you might look at as an individual that you would suggest [has] very desirable characteristics. And yet, there's another individual who has characteristics that from your point of view may not be very desirable. And yet, each of them are creating a reality that looks to be quite similar. It's a reality that has with it all of the elements of what you in your so-called awake consciousness state, in your society, might term as being successful.

The importance is that you like who you are, for who you are, based upon one's individual beliefs in the principles that are necessary to form the character and the image that one would present to others as being an image that they desire to express, not an image or a

character that they're expressing to impress other individuals.

That's important to understand. That these two individuals, as we use in our example, may be entirely opposites in terms of the character that they express to others. And yet, once again, each experiencing a creation that seems to be a validation of the beliefs that they hold and gives them that which they seem to desire in their awake and consciousness state that might be abundance for either or both. And it may be in terms of other elements that your society might label as being very successful.

And yet, they are different characters. It's because it's important that one likes who one is for oneself, not to impress others. There's nothing wrong with impressing others, but first of all like who you are. And when you like who you are, you will impress others, absolutely. And when you like who you are for that reason, of validating the particular concepts that one would hold as being desirable characteristics then it's much easier to love yourself consciously.

Loving yourself consciously involves doing certain things to allow you to experience the emotions and feelings that you would term as being positive emotions and feelings. And doing it without conditions. So many individuals in your so-called awake and consciousness state will put in place certain elements that they desire to experience as being positive experiences. But they do so by forming little contracts with themselves: "If I do this then I'll reward myself with this particular piece of reality." There's nothing wrong with that, you can do that, you can set your goals if you wish, and you can reward yourself by doing certain things and it allows you to experience a reward. But understand that it is not an element or a process that's involved in self-love. In self love, you do it without conditions. As you love another without conditions.

And so, it's important to like who you are. And as you like who you are, then it becomes much easier to love who you are consciously. And when you love who you are consciously, it becomes much easier to consciously create your reality. And to accept the responsibility for the creation of the reality. Which is perhaps the most difficult concept because of one's choice to put in place that electromagnetic type of energy that limits your capacity to understand who and what you truly are.

As we've suggested many times, there's a very interesting element that quite frequently enters into the picture when one begins to like who they are and then begins to consciously love who they are. That which they desire quite frequently changes.

Many times, it's not that the reality that they're experiencing has so many changes, but rather their perception of the reality that they experience allows them to experience what you might refer to as the more positive emotions as opposed to what you might refer

to as the more negative emotions. In either way, the spark of consciousness that you are creates it from a position of absolute and unconditional love and it does so joyously.

That's what's important to grasp, that you are the spark of consciousness that creates the reality and you cannot fail to come to that understanding. The rest is illusionary.

Liking who you are and loving yourself at the conscious level can become a great asset in one's ability to consciously create your reality. Absolutely. Because it allows one, first of all, to begin to accept the responsibility for the creation process. And once one begins to accept that responsibility then one begins to have a much more positive outlook, if you wish, and understanding the illusionary process. And you can change it.

And so, it's important, once again, to like who you are. And from liking who you are it's much easier to love who you are, consciously. And when you love yourself consciously, then once again, you begin to experience a different perception of this reality that you're involved in and the interactions that you experience with other entities. And you begin to experience what you refer to as the more positive creation process and more positive emotions and feelings.

Does that answer your question?

Questioner: Yes it does. How does morality relate to beliefs and the beliefs you hold?

Joshiah: Morality. What is morality? A very difficult explanation to give. You see, morality can mean different morals that individuals hold. [What's one of] morality? Well, depending upon one's beliefs, depending upon the society that one's involved in, the morality can be completely different from one particular creation process or from one particular society belief system to another. And it's not right or wrong. Right or wrong is only a human and awake consciousness concept.

And so, morality, or a sense of morals, if you wish, is based upon one's belief system, based upon one's choice of particular principles that one would apply to their strengthening of their character. And so, morality can be a very difficult concept to grasp and to say, "Well, you must have certain type of morals to be involved in a certain type of morality creation process that in one society, once again, would be quite acceptable but in another would not be acceptable at all.

You have certain societies where it's considered well within one's morals to be involved in activities of interactions with other individuals that in another society would be absolutely against all the morals of their belief systems. It's an illusion. It's important to understand that it's an illusion.

Morality only affects one's belief systems (*inaudible*) that to the reality that they're experiencing in their choice of sustaining their principles that they wish to apply to their creation process and to their day-to-day activities. And to say that one is superior to the other is absolutely not right at all.

It's not saying that you can't have that in your so-called society. In fact, it's what allows your society to function. You see, you in your awake consciousness state choose to put in place the boundaries. You choose to put in place the rules and the regulations and you must operate within certain limitations in order to function. You have these boundaries, once again, and these agreements that allow you to, in your awake consciousness state, have the experiences that you desire and to function and to carry on your day-to-day activities with some sense of, once again, some sense of boundaries and some sense of knowing what's allowed and what's not allowed, what's permissible and what's not permissible in your awake consciousness state.

And once again, those boundaries, that what is permissible and what's not permissible, varies greatly as you alter your societal belief systems, and indeed even your individual belief systems.

And so, morality only plays a sense in what your belief systems are, based upon, once again, what you choose to believe, what societal belief systems you choose to put in place, what morality you believe is important and what's not.

It's an illusion. It's important to understand that it's an illusion. It's important to understand that you choose to be involved in the illusion. It's important to understand that one can strengthen one's character and through the strengthening of that character have the capacity to love yourself consciously. And when you begin to love yourself consciously, then you have the capacity to understand all of the interactions that you're involved with with other entities in your awake and consciousness state. And to understand that there is no separation. To understand that you choose to be involved. To accept the responsibility. A very difficult concept to grasp in your awake consciousness state, particularly when the reality is one that you wish you weren't experiencing in the first place.

Does that answer your question?

Questioner: Yes it does. You often say that to create reality you have to have a belief and expectation. How is it [for] a person (*inaudible*) expectation?

Joshiah: Expectation, a very difficult, of all of the creation process, and we hesitate many times to give [particular] techniques or methods because of one's tendency to take that as being the most important method or technique, and it's really not that way. The method or technique is not nearly as important as one's belief in the method or the technique.

Expectation. If you don't have an expectation then the possibility of that particular reality that you desire in your awake consciousness state, coming into your so-called awake consciousness state, is not very great. If you don't believe that it's possible, if you don't believe that it's within your capacity to do so, then you will have a difficult time in creating any type of reality, if you don't believe that you're creating it in the first place.

And when you believe that you're creating it, when you accept that particular element, when you begin to like who you are, and through liking who you are begin to love yourself and as a result of loving yourself begin to experience reality creation processes based upon whatever method or technique you desire to use, then you begin to have more of an expectation.

You see, expectation is a belief system. It's not a separate thing from a belief where, "I have a belief but I don't have the expectation." You can't separate one from the other. You either expect it or you don't. You either believe it or you don't. And if you don't believe that it's within your capacity to alter and to create your reality then you don't have expectation.

It's a belief system and a portion of a belief system. And as you, in your so-called awake consciousness state validate the belief, it's like, "Ah, you see. It does work. I do influence and create my reality. I can use this method and technique or I can use this." It doesn't matter which it is. As long as you believe that that's the one that will work for you then you will indeed begin to experience the reality and have the expectation.

The expectation is a belief system, [and] part of a belief system. You can't separate one from the other. To desire to have some type of reality and say, "Well, that's what I want. And I believe that I create it. And I hold a belief that that's going to come into my reality because I'm doing all of these methods [or] techniques that I believe are going to work to assist me in creating my reality consciously. But over here I don't. I hold a belief system that it doesn't really occur. I hold a belief system that I can't really do that. I hold these nagging doubts I'm going to put this out there. That that's how I believe and that's what I'm going to experience and that's what I desire. And I'm going to consciously create my reality. But then, secretly, I have this doubt. I don't really have that capacity. I'm not really in control."

Well, you see, that's a belief system that eliminates the expectation. The expectation goes with the belief system, it can't be separated. If you believe you create your reality then you have the expectation to create it.

Many of your so-called new agers, [those] individuals who would teach creation process and teach the method or the techniques would also suggest that you must have a sustaining will in order to bring that reality into your creation and to have that experience. The sustaining will is a method or technique. Do you believe? Or do you not believe? It's an illusion. If you

believe that you use a certain method or technique, if you use a method of where you [will teach] certain phrases and that will bring this reality into your experience, then you add onto that belief and onto that method and technique that you must have a sustaining will and you must repeat it and repeat it and repeat it, and you must sustain the will. Then that becomes part of the belief system that reinforces the expectation.

Do you need it? Do you need that sustaining will? Only if you believe. You see, that's the problem with choosing methods or techniques and having us suggest that, "This is the way." That's the problem when you listen to many of your so-called new agers or your teachers in your creation process who put out in front of you all of these methods and techniques and say you must do this and you must do this and if you follow all of these rules and regulations then you'll create your reality.

The irony of it is you create your reality anyway. That's the irony. It takes absolutely no more effort to create a different reality than it does to create the reality that you're experiencing. It simply means holding a different belief system. And if you believe that one must have the sustaining will and one must go through certain methods or techniques, you can have that. It's not right or wrong. It's your choice. Will it work? Absolutely, if you believe. That's the basis of the creation process. What do you believe?

You're entering into what we've referred to as a new age and a new energy, where it's becoming more and more possible for you to consciously influence and to create your reality. You have to but alter your consciousness. And we're not suggesting that one has to go into any type of a deep dream state. You're getting into a state of reality where that's not necessary. But in your altered state of consciousness, to have the intent to grasp an understanding of a belief that you hold and to change it and to bring back into your awake consciousness state a total recall of the elements and the process that you used to alter that particular belief system. Then you can apply whatever technique you wish to bring it into your reality. It really doesn't matter.

And then you have all of these methods and techniques. Some of [those] suggesting that if you hold that particular thought in the forefront of your mental process as you go through your activities that it will come into your reality. And if that's what you believe, it will. There are others who suggest, "Well, I just think about it and then I put it away. And I believe that it's going to be created." If that's what you believe, it will. The method or the technique, once again, is not nearly as important as one's belief in the method or technique.

It really doesn't matter what method or technique one employs. What is important is what one believes. That's what's important. The reality you experience is a reflection of the belief that you hold. And you're

entering into an age, if you wish, to validate your belief in time and space, when it'll be possible for you to consciously influence your reality more readily than it has been in your so-called past.

You create it all. It's not a case of, "Well, I'd like to create this but I don't know how." Not only do you know how, you do it on a regular basis. It's accepting the responsibility. It's liking who you are and loving oneself consciously that will be the most beneficial method or technique in consciously influencing, creating one's reality in your so-called new age and new energy.

We have suggested that the entities entering into this so-called new age and new energy, that are coming into what you refer to as an incarnational period, are entities who are choosing to bring with them, at a certain level of their consciousness, a basic understanding that they are, indeed, responsible for their creation process. And if they don't understand it consciously they would at least hold a concept that if they wish to have it, they can. They don't have to ask someone for it. It's not a gift. They don't have to pray for it. They don't have to go through certain elements. It's theirs to take. It's an illusion. You can have whatever it is you desire. Not only can but do.

And those entities will grasp that understanding. If they're not able to express it verbally, they will nonetheless understand that it's within their capacity to have whatever it is that they desire consciously. It's also within the capacity of every other entity existing within your vibrational level to do the same thing, absolutely. You have but to believe.

And we have suggested that should you continue on your so-called evolutionary process that validates your belief in time and space [then] the next generation will be the entities who understand that they create their reality from a position of absolute and unconditional love and will bring that absolute and unconditional love into [their] conscious state. And will be in what we have referred to as the Peacemakers.

But once again, if there is a method or technique that one desires to utilize and to perfect in this creation process it would be to, first of all, like who you are, and then to love yourself consciously. When you love yourself consciously all types of realities begin to open. And one begins to appreciate your capacity to consciously influence and create your reality.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: When we went to see Angelique she referred to "my kind of alien," and I'm not sure exactly what she meant. She said that there are fewer of my kind incarnated here than any other, and what it is my kind?

Joshiah: Every entity existing, not only in your vibrational level but in any of the vibrational levels is no

more and no less than any other entity, and they're no different. You have individuals existing in your so-called awake and consciousness state, in your vibrational level, who would utilize certain limited understanding of your creation process and utilize that limited understanding to give certain definitions of individuals in your so-called real reality, as if there was some difference between one particular entity and another.

We're not suggesting that every entity is identical, that you don't have that free will, if you wish, but once again, every entity is connected. You are no more and no less than any other entity existing throughout all of creation. You are all that is. You are connected, you are not separate. You are certainly not an entity that you would suggest, "Well, this one is some type of an alien entity, and this is a different type of entity," or, "This is not an alien entity, this is the more popular kind." It just doesn't exist other than one's attempt, once again, to give some type of an influential description in order to gain some type of notoriety in your awake consciousness state. Many of those individuals are lacking, and we're not suggesting for an instant this is right or wrong, once again, but many of those individuals are lacking the ability to truly go withinside and to see who and what they truly are. And they have a tendency to label other individuals and to see other individuals as being completely separate and indifferent. And it's really not that way.

Many entities like to impress other entities and other individuals in your awake and consciousness state. Only in your awake and consciousness state, it does not exist at other levels of consciousness. Because at your altered level of consciousness, at that level from which you create your reality, you understand absolutely that you are all a Piece of that One, that you are all that is and that you are absolutely as small as it's possible for you to even begin to hold a concept of. You are all that is and you are nothing.

And every entity existing, not only in this vibrational level but in all of the other vibrational levels are connected and are all that is and is nothing. And so, there's not these different types of entities.

But you have entities in your so-called awake and consciousness state who would attempt to gain, once again, some type of recognition. Entities who desire to be involved in some type of creation process where they can express some type of knowledge that they believe is not available, or at least would like to leave the impression is not available to each and every one of you, and it's really not that way at all.

And so, they, in their awake and consciousness state, see things. That to them may exactly exist in their awake and consciousness state, absolutely. But it's illusory. It's all illusory. And so, when individuals begin to say, "Well, I see a room full of entities and a room full of guides and a room full of angels," guides to whom? You are all that is. When one is all that is one

does not need a guide. When one is all that is, one has the capacity to go withinside and have access to all of the knowledge that is available. When one is all that is one is not separate or different from any other entity. And you can't class them and say, "Well, you are this type of entity and you are this." When you alter your consciousness or when individuals enter into a different state of consciousness and they leave this incarnational period that they then become guides.

Well, if you wish to believe that you can have it, absolutely. But it's an illusion. Doesn't really exist. Each entity existing, not only in this vibrational level but in all of the vibrational levels create their own reality. And they do so from a position of absolute and unconditional love and they are all that is. And they are not separate. And they are certainly not categorized as one being different from another.

Does that answer your question?

Questioner: Yes. Thank you.

Is the reality the ... when we're here, everything seems evolutionary, and some have said that the reality, this reality is as far from your reality as it's possible to be. So then that leads one to believe that there's a series of realities inbetween this one and yours and that there would be an evolutionary process from this one to yours. And I understand that everyone, every being that is, exists, is an equal Piece of the One so there is no hierarchy. Yet it appears that way.

Joshiah: You see, it's based upon one's belief in time and space. You see, "evolutionary" validates the belief in space and time. Absolutely. And yet, we want to put away the conscious state and exist within your so-called deepest state of consciousness, if you wish to use that type of terminology to give an explanation of the separation between your so-called awake and consciousness state and your other levels of consciousness.

You exist at that level of consciousness that we exist at. There's no separation. It's illusionary. And in your awake and consciousness state you choose to put in place, once again, that electromagnetic type of energy that limits your capacity to have that understanding in your awake and consciousness state, indeed, in all of your levels of consciousness that you can experience while maintaining and sustaining that electromagnetic type of energy in this vibrational level.

And even to use that terminology of this vibrational level as you have suggested gives the illusionary aspect that there are some type of separation. And it's not that way at all. Time and space are illusions. Evolution validates that belief in time and space. Even the evolution, not only that you witness in your so-called awake and consciousness state, in your so-called reality, but the evolution that one believes in your awake and consciousness state, that they're

experiencing and that they're involved in at your so-called spiritual level. It's an illusion. You are all that is.

The only separation is there because you choose to put it there. There is no evolution in spirituality. You are all that is. You are as high as it's possible for one to be. Not only you but every other entity existing, not only in your vibrational level but in all of the vibrational levels throughout all of creation. Accepting that you are all that is is the difficult part.

But there is no separation, not only in the vibrational levels but also in your so-called spirituality. This evolutionary process that one believes they're going through is simply a validation of this reality. Makes it more real. Makes it feel like one has accomplished something. And as you experience that accomplishment there are certain emotions and feelings that one experiences as well, that seem to be beyond your capacity to control. And that's why you're here.

It's really that simple. You're not here because you have to go through some evolutionary process to get to some other area of your so-called spirituality where you can advance. That's illusionary. Doesn't exist. You're here because the seemingly evolutionary process allows you to experience a vast range of emotions and feelings that's not possible when you exist with the understanding of who and what you truly are. And it's not right or wrong, it's a choice that you have made and that other entities in your vibrational level have made to have that experience.

Does that answer your question?

Questioner: Yes. [Very good.] Something that's been puzzling me is I understand that it has to be a truism that belief, that experience follows belief, just as surely as night follows day, that has to be. That has to be true. And yet, some of these transcended-type people will say, "Nothing happens. Nothing has ever happened." Or, "The movie is in the can and it cannot be changed," and I think that they're not seeing that so is every possible beginning, middle and end in the can, and so it all can be changed, everything, everything that can be experienced can be changed. Or at least the perception of it.

Joshiah: Not only can but does. You see, that's the irony. It does. You see, you just in your awake consciousness state can't grasp that concept. But it does.

You change your past as readily as you change your present and your future. There's absolutely nothing that's set, because you see, if it were set it couldn't be changed. And then it would mean that indeed time is real. And it's an illusion. It really doesn't exist.

Your belief precedes reality. That's the difficult concept to grasp. Many individuals believe that it's as a result of

an experience that they form a belief. And it's not that way at all. The experience is a validation of a belief.

Now. Once again, it's a combination of belief systems that create the experience. It's not just necessarily one belief. You have a combination of beliefs. And so, an individual ... seemingly the negative ones are the ones that people don't wish to accept the responsibility for. If you're involved in a reality process where you're creating all of this abundance and you're involved in these absolutely gorgeous relationships, "Oh, I can create all of that. I'll accept that responsibility." So, these are not the ones that individuals have difficulty with. It's the ones that are seemingly the negative realities and experiences that one has the difficulty with. One's experiencing some type of health problem. "Oh, how can that be? How can you suggest ... Joshiah, how can you for an instant suggest that I desire to be involved in experiencing cancer?"

Well, we didn't necessarily say that you were involved and desire to be experiencing cancer. But the reality is a reflection of the belief. And the belief may be beliefs that one is not deserving. May be beliefs that indeed if one consumes certain foods and lives a certain lifestyle that one will develop disease. Beliefs, indeed, that if one exists under certain tensions and has a certain lifestyle that that will influence their reality and they will experience certain negative realities as a result of that lifestyle.

And so, you see, it's not, "Well, I chose to experience cancer." You can't say, "Well, I chose that." Perhaps not, but you hold a belief that you can do certain things, that this is what you can expect to come into your reality. And so, when it happens then you look at that and say, "Well, how could I desire that? How can you suggest, Joshiah, for an instant that that's what I desire?"

We're suggesting that the reality is a reflection of the belief you hold. The belief does not necessarily mean, or to be nailed down to, "Well, when I reach the age of fifty-five I'm going to have cancer. I truly believe that." It's not that way, necessarily. But rather, it's a validation of beliefs that you're not deserving. It's a validation of beliefs that you live a certain lifestyle, for example. It's a validation of beliefs that you bring certain contaminants, what you believe to be contaminants or food types into your physical being, that as a result of that type of lifestyle and consumption that you will indeed experience some type of reality that validates that that's a negative thing to do to your physical body.

And so, the cancer validates the belief. We're not suggesting that you went through life thinking, "Well, I'm going to experience cancer." Although you did, at some level of your consciousness put into your DNA the possibility of that experience. And then by validating the beliefs that doing certain things will indeed allow you to have and to experience that negative reality you alter the energy that surrounds the

DNA and you bring that probability into a possibility and you have cancer. And then they look back and suggest, "Well, I certainly didn't want this. Joshiah, are you suggesting for an instant that that's what I desired?" Absolutely. The reality validates the belief. Without exception.

Does that answer your question?

Questioner: Yes. Thank you.

Joshiah: We would like to, once again, express our gratitude to each of you and it has indeed been a very enjoyable interaction. And as always, we appreciate the opportunity to interact and to share with each of you and to indeed learn from each of you as well. And we would remind you, once again, 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. And we would bid each of you farewell, with love and with peace. ✨