

JOSHIAH

www.joshiah.com

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

May 4, 2008

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

Now. Before we begin we would, once again, suggest there exists for each of you that opportunity to be involved in with what we refer to as that silent communication, that telepathic interaction and exchange of information with that portion that you might refer to as your higher self or indeed other entities that would be with us as well on this afternoon. And once again, many times the information you receive as exchange in that altered state of consciousness is much more pertinent to your individual needs and desires than is this information as we attempt to express to you through this rather limited use of a vocabulary.

And once again, you'll find that should you choose to alter your consciousness you have but to close your eyes and express the intent and as a result of the energy that you have created this afternoon, it would be quite possible and quite easy for you to alter your consciousness and to enter into that meditative state and to be involved in that telepathic interaction and exchange of information. And of course, as always, the choice is yours, absolutely.

Now. This vibrational level that you exist in, once again, you understand through so many of our previous interactions is a result of beliefs that you hold, is an expression and indeed it's indeed a result of beliefs that you choose to hold withinside or indeed beliefs that you even choose to hold in your conscious state that your so-called spark of consciousness validates by creating the reality. And so, the reality is a validation of beliefs that you hold. We've suggested that many, many times. And so, in your awake and consciousness state, in this so-called new age and new energy that you're entering into, the trick of altering this so-called reality, this conscious state reality that you experience is to have the capacity and to understand that you have the capacity to alter your belief systems consciously. Absolutely.

Now. That all seems like a simple straightforward concept. You see, the reality that you exist in, indeed, when you break it down into the methods that you use to create the reality, is really quite simple. It's simply a validation of beliefs that you hold, absolutely. However, when you're in your awake and consciousness state and you desire to have some type of control over this reality creation process it becomes much more difficult. Much more difficult because, once again, you choose to put in place that electromagnetic type of energy that limits your capacity to understand that you are indeed in control and the creator of this reality that you're experiencing in your awake and consciousness state.

And so once again, the reality (*inaudible*) in your awakened consciousness state quite difficult for you to have any type of control over. And you become involved in your day-to-day activities and your interacting with other individuals and other entities that you are recognizing in your awake and consciousness state. And you enter into various reactions and relationships and interactions with those entities. And it becomes, once again, difficult to understand that you at some level of your consciousness are in complete control of the reality that you are experiencing in relationship, in conjunction with, and in agreement with the other entities you're interacting with. It's not something that's just occurring through some haphazard a manner, absolutely not. It's, once again, a reality that's a reflection of the beliefs that you hold. And the interactions are there to allow you to experience certain emotions and feelings that are associated with those interactions so that you can, once again, have that opportunity to experience that intense range of emotions and feelings that are not available at any other level of your consciousness or indeed in any of the other vibrational levels that exist.

And so, in your day-to-day activities, in that awake consciousness state, once again, it's very difficult for you to grasp that concept that you're in control. And so, you enter into interactions and relationships where you feel that the other entities that you're interacting with are having a tremendous influence upon the reality that you're experiencing.

If that's so it's because you allow it to be. It's important that you understand that if you are in control, if it appears that you're not in control it's because you believe that you're not in control and you create the

realities to validate the belief. It's really that simple. And so, even when it appears that you're not in control, it's imperative that you understand that you are in control, that you're creating that reality in conjunction with and in agreement with other entities that are interacting with you, no doubt, but nonetheless you are in control of your participation in that reality creation process, absolutely. Without exception. And that's the difficult part for many to accept. That it's without exception.

And so, you interact with other entities and you have these experiences that may be either negative or positive, it really doesn't matter. The spark of consciousness that you are, once again, creates the reality that you desire without judgment. So, it doesn't matter what you believe that particular activity to be in terms of whether it's a negative or positive experience. That's an awake and consciousness comprehension and thought, not one that's available at your so-called altered level of consciousness, at your level of consciousness from which you create this vibrational level, this reality that you're existing in and experiencing.

And so, at that awake and consciousness level you have those experiences that validate beliefs, perhaps, once again, beliefs that you're not in control. We continuously break it down to the simplicity that the reality is a reflection of the beliefs that you hold. And therefore, so much more seemingly complicated methods involved, when you are in your awake consciousness state in this reality creation, in this reality experience, that it can't really seem to be that simple. Because it's a reflection of beliefs. And yet it is, absolutely. (*Inaudible*) these so-called awake and consciousness states, and you're interacting with other entities, and you're involved in experiences without at some level of your consciousness determining what it is that you truly desire, what it is that you wish to experience. As we've suggested before if you wish to alter your reality, if you wish to change beliefs, if you wish to hold a desire and to use your imagination as [to] what it would be like to achieve that desire, it's necessary for you to outline very specifically what it is that you desire.

And if you desire to be involved in relationships then outline what type of a relationship that it is that you desire to be involved in. Not just that you want to be in a relationship. You can be in relationships continuously, not only can but are. And the question is are those relationships the type of relationships that you desire to be involved in? And if they're not, then what it is that you're creating and what do you hold as a belief system that's resulting in that reality and in that creation of a relationship?

You see, once again, if you desire to be in any type of relationship there are other entities existing in your vibrational level who will be more than willing to facilitate creating that type of relationship. The spark of

consciousness that you are, once again, does not judge whether one's right or wrong, absolutely not. It creates what it is that you desire as a reflection of the beliefs that you hold. And it does that not only you but for every other entity that's existing in your vibrational level. And so, in your awake consciousness state, understand to a certain point, if you wish, the truth of that concept.

You see, you in your awake consciousness state had these little sayings, little, like, "Individuals will attract like individuals." Why is that? It seems like just one of those little things that you put out there. One of those little idiosyncrasies. And yet, there's a lot of validity. Because you see, at some level of your consciousness, you hold belief systems that are going to be validated in your day-to-day activities, in your awake consciousness state. And in that level of your consciousness you interact with other entities at that level of their consciousness as well. And if you desire to be involved in a certain type of a relationship, then there are others that, once again, who be quite willing to facilitate that involvement and to assist you in that creation for their intents and for their purposes as well. For them to have that opportunity to validate the belief systems that they hold.

And so, if you believe, for example, that you're going to be involved in an abusive relationship, that you're not worthy of having a loving relationship, then there are other entities there that will help you to accomplish that validation, absolutely. If you believe to have a different type of belief system then you can have that as easily and readily. Absolutely.

So, it's important that you understand in this relationship creation process what type of a relationship it is that you wish to be involved in. You see, many individuals would like to be involved in a loving relationship. They never sit down and attempt to understand what to them is to them a loving relationship. You see, in your so-called altered state of consciousness, and we're going to refer now to your belief in time and space, in your so-called in-between incarnational periods you put in place certain belief systems that you brought into this incarnation, and some of them may have been to have certain experiences so that you can indeed experience the emotions and feelings that accompany that type of experience, that type of relationship.

And so, you enter into a situation in your so-called childhood where you become involved with entities that enhance and give you the type of relationships that you desire to validate the beliefs that you hold. And the irony of it is, once again, that that the spark of consciousness that you are creates the reality that you desire without judgment as to whether it is right or wrong. So it doesn't matter whether we're suggesting to you that you choose to enter into a relationship and a family type situation that's a loving and caring family

that teaches you what your so-called society would call loving belief systems and circumstances for you to build your so-called character upon or whether you choose to enter into a family type situation that teaches you that love may involve abusive situations. Understand that regardless, it's as a result of a belief that you choose to hold. And the spark of consciousness that you are gives it to you without judging whether this one's right or wrong or whether this one is better or worse. Absolutely not. At some level of your consciousness, you rejoice at the creation that you're experiencing because it validates the beliefs that you hold. And if you don't like it, change the belief.

We've suggested that so many times, if you don't like the reality, change the belief and you'll change the reality. In your awake consciousness state you look at that and say, "Well, that's easy to say but it's much more difficult than it is to simply express it, the doing becomes more difficult than the saying." If you believe it, absolutely. And so, if you are having that difficulty, if you believe it is much more difficult, then go back and look at what it is that you desire to create and to have in your so-called awake and consciousness state. Go back and take a look at what it is that you desire to have, and what it is that you hold as beliefs surrounding the elements of the relationships that you wish to be involved in.

So, many individuals have entirely different concepts of what love is. It seems like such a simple concept, doesn't it? Just love yourself and you'll love others. And yet, in your awake consciousness state, if you were to sit down with a group of individuals and ask them to write out what's important to them in terms of a loving relationship, you would have entirely different lists from the top to the bottom. Well, there may be similarities in certain places but the level of importance of them would alter. Absolutely.

And then when you were to ask them to, "OK, give us an explanation of what you mean by the certain elements that you've put in place to be incorporated in a loving situation," you would also find that even within the concept of the elements that they all might believe are necessary to be involved in a loving relationship there will be extreme differences in what they believe is necessary to achieve that element of the relationship that they desire.

It's important not only that you understand what it is that you desire, in terms of being able to sit down and say, "OK, I desire to be in a trusting relationship. I desire to be in a committed relationship. I desire to be in a giving relationship. I desire to be in a relationship in which there is an understanding." And so, if you look at the trusting, which is trusting? If individuals like to make a presentation in which they had to describe what trust meant to them, you would find an entirely different set of answers and responses from different individuals.

So, it's important that you understand what it is you believe, trust to be.

You see, there are some very basic elements that should be put in place when you are in a trusting situation that most people don't even consider. You see, when you're involved with an individual and you're interacting with them on a day-to-day basis in a day-to-day activity, and then when you're involved in an interaction and you decide, "Oh, I think I should trust this person". And then, in that instance you say, "Now I want to solicit your trust," after the fact, then you question yourself, "Now I wonder, can I trust this individual?" It's a little late to be soliciting trust after the fact, because you have to understand what that means. You have to understand when you [be] involved in the trusting relationship, first of all, you have to believe that the individuals that you enter into that situation, into that activity with can be trusted. If they can't it can never be a trusting relationship if somewhere deep inside you think, "Oh well, I can't really trust this person now, can I?" Well then, it's no longer a trusting situation, you're simply casting your fate to the wind and hoping that it comes out in some beneficial way to you. They have to understand what that means, to trust someone.

You must, first of all, be in the situation where [there,] there is something for you to lose. You see, if there's nothing for you to lose, it can't be a trusting situation. And then you must understand as well, that the person that you're entering into that interaction with and the trusting situation or relationship must indeed be a person that you believe you [can] trust. And then you solicit the trust before you enter into that situation. If you're going to tell someone something that very important that it remains in some kind of confidentiality, then it's important that you solicit that confidentiality before you hand out the information. "Can I trust you? I wish to tell you something. I wish to have your help and assistance in this situation but I need your trust first."

And so, if you don't go through those steps and you continuously believe that other individuals can't be trusted, just ask yourself, "Why can they not be trusted? Do I understand what that means?"

And so it is when you want to be into a giving relationship. We've suggested many times that when you give something to someone in an act of love that you give it without conditions. It's not that you can't give informed conditions and then, once again, we're not inferring for an instant that you can't be in a loving situation and yet give something to someone and say, "OK, now here's the circumstances that have to be agreed to before I give this to you." There's nothing wrong with that, that allows you to have limitations upon your interactions in your relationships. It allows your society to function. But if you want to be into a situation where you have an intimate loving situation with another individual then you give that gift without

conditions. And you allow that individual to do with it what they would, without conditions.

You see, as soon as you put conditions on it, then it is no longer a gift that's a loving situation. It's a gift that's allowing each of you to enter into a contractual situation. Entirely different. And so, if you give a gift in an act of loving, you want to be into a loving situation where there's giving back and forth, that giving, in order to be in that loving situation and to support that loving situation, has to be unconditional.

To commit—if you're going to commit then you have to decide what is that commitment. "I commit to this and this and this and this. Oh, but that, no, I won't commit to that. That goes beyond what my limitations are to the principles I hold. So, I won't commit to that." And so, when you understand what that is and you put that all in place, then you can understand what commitment is. And if the other individual that you're interacting with is, "Oh, I'm not willing to be involved in that type of a commitment," then you ask yourself, is that the type of relationship that you desire to be involved in.

And it's not a right or wrong. It's important that you understand because another individual does not agree with you does not make them right and you wrong or you right and them wrong. That's not the, that's not the idea of this interaction at all with other individuals. But it's rather to understand what it is that you desire to experience in your reality, in your relationships. Because when you understand and you hold that belief system, once again, the spark of consciousness that you are creates the reality to validate the belief system and you have the types of relationships that you desire to be involved in. And if you don't understand what those relationships are, and if you don't understand the concepts that you put into that relationship and you don't outline them, if you, for example, believe that a commitment is something that's, "Well, I can commit to this and this but commitments are not really something that one can really depend on. You know, if the other doesn't become involved in, [is] committed as I am, well, you know, that's just how it really is." And if you hold that belief, you create the reality to validate the belief and you will experience that type of interactions and relationships.

It's important that you understand what it is that you desire, and it's important that you have that capacity to understand as well the certain aspects that are involved in that reality creation process. Such as relationships and knowing what it is that you expect from a relationship and what you're willing to put into the relationship. What you believe is tremendously important to understand.

You see, you look at other individuals and they seem to be having this perfect reality. They're just going along and they have all types of abundance or they're involved in relationships that you look at and you think, "Oh, that's a very, very desirable type of existence. I

wish I could have that experience." And yet, within, you really have that limitation because of the beliefs that you hold. "It's alright for them, but I can't do that." The irony of it is, that every entity existing within your vibrational level uses exactly the same method to create their reality.

If you think that it's necessary for you to go through all types of difficulties and hardships before you can experience abundance, well then, you can have that. Absolutely. If you believe that it's something that's available to each and you have but to deserve that and to accept it, and it should come to you without a tremendous amount of effort, then you can have that as well. You see, it takes absolutely no more effort to create one type of reality than it does the other, that's the irony. The irony of it is that for you to alter your reality does not mean that you have to alter the effort that you're putting into creating the reality. It means you have to alter your belief systems. If you don't alter your belief systems it doesn't matter how much effort you put into it, you will not alter your reality. The reality you experience is a reflection of the beliefs that you hold. How do you change your beliefs? [You use] whatever method you desire. The method or technique that you use to alter your belief, once again, is not nearly as important as your belief in that method or technique.

And so, it becomes important if you wish to be involved in a different type of experience in your awake and consciousness state that you outline what it is that you desire. Be specific. You see, the more specific you are the more you enhance the probability of that reality [to] be experienced in your awake and consciousness state.

Many individuals have a difficult time trying to accept that responsibility in your awake consciousness state, and yet at other levels of your consciousness you rejoice at the creation of the reality that you're experiencing. It doesn't change. It hasn't changed to use your so-called perception of time and space since the beginning of this vibrational level. The reality you experience is a reflection of the belief that you hold. If you believe you are having difficulty in experiencing that feeling of deservability, experiencing that self-worthiness in your awake and consciousness state, then once again, begin to like who you are, consciously. Make a conscious effort to alter that perception of who and what you truly are in your awake and consciousness state.

At some level of your consciousness you love yourself absolutely and unconditionally. It's from that level of your consciousness that you create this reality. The trick is to bring that into your consciousness. The trick is to love yourself consciously as well, to like who you are. And once again, that technique is relatively simple and while we often hesitate to give you methods and techniques, that's a relatively simple and very successful one, and that simply put in place, once

again, a list of the principles that you would wish to abide by, that you would wish to apply to your day-to-day activities, and then, when the opportunities arise, you apply the principles. And you, as well, put in that list some level of importance of which is the most important to do and go down the line, so to speak, and as the realities change and as your perception of who and what you are in your awake consciousness state changes, you may change some the importance of those principles that you put in place.

You apply the principles, and as you apply the principles, then these realities and these experiences that you're creating to give you the opportunity to apply the principles, you'll begin to consciously like who you are. You will strengthen your character. And if you strengthen your character, indeed, other individuals will begin to like who you are as well. It's that like attracts like situation.

And so, you strengthen the character and as you strengthen the character you begin to like who you are and as you begin to like who you are you begin to do the things to allow you to experience self-love. You begin to believe that you're worthy and deserving of those types of experiences and you create the experiences to validate the belief that you are worthy and you create the experiences to validate that you are indeed a deserving individual. And you begin to attract individuals around you that have similar characters and feelings of deservability and you begin to create the relationships that you desire. You begin to create the experiences that you consciously desire. And that spark of consciousness that you are, once again, creates the reality to validate the belief systems and it does so joyously regardless of what that experience is.

It's really that simple. You make it complicated because when it's complicated in your awake and consciousness state then it seems beyond your control. And when it's beyond your control then it enhances the experience in terms of the emotions and feelings that you can experience in relation to the interaction. It's really that simple. You create your reality, it's a reflection of the beliefs that you hold. You are the god that you search for and you cannot fail. All the rest is up for grabs. If you don't like your reality, change the belief and you will change the reality. It's really that simple.

Now. We will break for a moment or two and if you have any questions we would be willing to 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. And now, we would break for a moment or two, and we would leave you with love and with peace. ✨