

# JOSHIAH

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**September 7, 2008**

## **Q and A**

**Joshiah:** Well, now. Once again, allow us to express our greetings to each of you. And before we begin we would remind you, once again, that there continues to exist that opportunity for you to be involved in that silent communication, that opportunity for you to alter your consciousness and in that altered meditative state be involved in an interaction with that portion you might refer to as your higher self, subconscious, whatever it is you desire to name that particular portion of your entity.

Now. As we have suggested you exist in this vibrational level through choice. And you create your reality as a result of choices and combinations as well with making certain decisions, holding certain belief systems, understanding what it is that you desire. Certain emotions and feelings that are reflections of those belief systems, indeed, can assist in the decision-making, in the choices, absolutely. And so, once one grasps that concept that you exist in this vibrational level as a result of a personal choice and not as the result of being subjected to some kind of existence by some other force that's outside of your control, then you can as well begin to accept that the choices and decisions that you make influence the day-to-day activities in your entire reality, absolutely.

The personal belief systems are well within each individual's capacity to alter, and as a result of the alteration of that belief system you can experience alterations of the reality. Many times when one's involved in a particular type of alteration and a belief system, you have experiences that seem to be quite similar to experiences that were there before that alteration in the belief system. In other words, it's not like your entire reality suddenly is transformed into a different alien type of reality or experience, absolutely not, but rather that one's perception of that experience is altered; the emotions and feelings that one experiences as a result of being involved in that experience has altered, that one begins to change, indeed, how they look at their existence and their possibilities of altering certain aspects and experiences in that existence.

Once one understands that it's within your capacity to make the choices to influence the belief systems then

as a result of the influencing and alteration of that belief system, indeed, to alter the reality that you're experiencing, then one begins to look at forming various methods or techniques that will assist in the alteration of that belief system and consequently in the alteration of the reality.

We're continuously asked, "How do you change the reality?" and continuously we suggest that the method or the technique is not nearly as important as your belief in the method or technique. If you have a certain method that you would like to attempt to incorporate to alter a belief system, if you believe that that technique will work, then it will work. If you don't believe it will work then it doesn't matter. There are a multitude of entities existing within your incarnational period that are employing and utilizing that technique and are experiencing all types of alterations and experiences in their reality. If you don't believe, then it won't work, (*inaudible*) the reality you're experiencing is a reflection of the belief you hold. If you don't believe that it's possible for you to alter your reality, then certainly if you don't believe it's possible it's very unlikely that it will become probable.

So, you must believe in the method or the technique. And from that perspective we hesitate to give certain methods or techniques. However, there are certain elements that we have suggested in the past that can assist in understanding the possibilities of altering your reality and can assist in developing the individual methods and techniques.

Once again, accepting the responsibility that it's a choice is paramount. If you don't believe that it's within your capacity to alter, if you don't believe that the reality you're experiencing is a result of your choices, that it's a personal creation process, then it's very difficult to change it, absolutely. Understand and accept at least the possibility that you create it all. That that's an absolute possibility. And only when you believe that it's a possibility can you turn it into a probability and bring it into your experiences, into your reality. If you don't believe it's possible, once again, you will not create the experience to validate the possibility or the probability.

You create this reality from a position of absolute unconditional love. The spark of consciousness that you are joyously creates the reality to validate whatever belief that is that you choose to hold. The "right or

wrong” concept is only in your awake and consciousness state. There is no judgment from that spark of consciousness that you are as to whether the experience that you’re having in your awake consciousness state is a good one or a bad one; good or evil is only a human consciousness concept. The spark of consciousness that you are creates the reality to validate the belief and it does so joyously from a position of absolute unconditional love.

To sit and consciously creating the reality, to consciously getting a grasp and an understanding and turning what might be a possibility into a probability, [it’s] beneficial to bring that love, that unconditional love from the subconsciousness into the consciousness state. To like who you are. And we’ve suggested many times that there are various steps that will assist you in liking who you are. Establishing your principles, applying the principles to strengthen the character, and as you strengthen the character, indeed, you begin to like who you are.

When you like who you are then it becomes much easier to love yourself. And there are various things that you do to love yourself. Love is a state of being and a state of doing in your awake and consciousness state, [in your] subconscious, and once again, that spark of consciousness that you are is absolute unconditional love. But in your awake consciousness state you put in place various belief systems that limit your capacity to understand who and what you truly are. And so, it’s necessary to love yourself consciously to assist in that conscious creation process, and once again, one of the keys to that is liking who you are and in doing things that allow you to experience self love.

You see, love, once again, is a state of doing and a state of experiencing. You do certain things in order to experience certain emotions and feelings that allow you to like yourself. One of the elements that you can do is necessary to experience love is the capacity to give. Many individuals can give to others. They have difficulty in giving to themselves. To give a gift as an expression of love, [it’s] important to understand that it must be a gift that has no conditions. When you put a condition on a gift it’s no longer a gift as an expression of love, but rather it’s a contract between two individuals. “I’ll give you this providing that this other element is fulfilled. And if it’s not fulfilled then the gift is not going to be there.”

It’s a contract. Nothing wrong with it. Understand that these types of gifts, if you wish, these types of agreements, these types of interactions are limitations that you put in place so that you can function within a society. There’s nothing wrong with that. But understand as well that when you put a condition on it, it’s not a gift that’s an expression of love. When you give a gift that’s an expression of love it’s an unconditional gift and it’s a gift that allows the receiver to experience certain elements, certain feelings and

emotions. Feelings of joy. Feelings of belonging. Feelings of security. Those are the feelings, the emotions and any other that you find quite desirable that you’re attempting to allow the other to experience when you give a gift without conditions.

The key to beginning to love oneself is to give yourself that gift without conditions. When you don’t feel that you deserve to have that type of a gift from yourself then individuals have a tendency to put on it certain feelings and emotions like guilt. “Why should I do that for myself? Why should I take that time for myself when I could be doing something for someone else? Why should I give myself that particular experience?” The feeling that you’re not worthy. The feeling of guilt. You must put that aside and give so that you can experience the feelings of joy, the feelings of deservability, the feelings of worthiness of who you are.

If you’re not prepared, if you’re not prepared to put that aside then it becomes very difficult to like who you are and as a result to love yourself consciously. Until you begin to love yourself consciously it becomes very difficult to create the reality consciously.

And so, these are all elements that you work on and we’re not suggesting that it has to be in that particular order. We’re not suggesting that you must do this step and then this step and then this step, absolutely not. You work on them all simultaneously. You bring them all into your dreams. You make them all probabilities. You take them from possibilities and make it a probability through a choice, through a decision. A conscious decision to do that, to make the effort, because you do deserve, you are worthy. Absolutely. You are a spark of consciousness that is no less and no more than any other spark of consciousness that exists throughout creation. You are all that is. You are absolutely worthy. That’s not question. It’s only a question because you put it in place. Because you make that choice. It’s not necessary, absolutely not.

And so, you begin to like who you are, you do that certain things that allow you to experience a sense of self love. You bring the love into your consciousness and then you create the reality. And even that can be difficult. Once again, the method or the technique that you utilize is not important. What’s important is that you believe that it will work, that it will accomplish that which you desire.

The difficulty is understanding what it is that you desire, in mapping it out, and being specific. “I want to be involved in a relationship.” Oh, well, that’s easy to do. What type of a relationship? What type of a relationship are you looking for? Are you searching for? What type of a relationship do you desire to be involved in? That’s the difficult part, specifying, laying it out, putting it all in place. Being very specific about what it is that you desire, using your imagination. Using your imagination to experience that reality in your subconsciousness so

that you can bring it into your reality. So that it becomes a belief that it's within your capacity to alter that experience.

Knowing who you are and loving yourself can be beneficial. So it is that altering your consciousness and entering into a meditative state, using your imagination in that meditative state can be very beneficial in assisting in the creation of the reality. And when you begin to like who you are, when you begin to love yourself, then you begin to also have the expectation that it's possible for you to have that creation. And until you do that, until you like who you are, until you feel that you're deserving, until you understand that it's within your capacity to create it, until you indeed hold it in your conscious state that you're a worthy individual, equal to absolutely every other individual that exists, until you accept that then it becomes very difficult to have the expectation that it's within your capacity [through these] simple methods of just liking yourself and putting down an understanding of what it is you desire and then imagining it and entering into a meditative state and simply putting forth the suggestion that that's what you wish to believe, and that's what you wish to bring into your reality.

It becomes very difficult to accept that that's a probability as long as you hold that feeling that you're not worthy. As long as you feel that it can't be that simple. It has to be more complicated than that. As long as you don't like that it's put in your capacity to accomplish such simple things, to achieve such seemingly impossible realities. But it really is that simple. But until you can accept it then you don't hold the expectation. And if you don't hold the expectation, then you validate the reality that it's not within your capacity to do so.

The reality that you experience is a reflection of the beliefs you hold. It seems like such a simple statement. It's so simple that individuals have a tendency to push that aside, say, "Well, let's get on with the real stuff. Tell us what's important here." That's what is important. How you get there, how you get to understand that. You get to accept that. It's simply a choice that you make. And it's not difficult, absolutely not. You have but to believe. And you believe and enhance the possibility and the probability of altering that belief by first of all establishing your list of principles, applying the principles, strengthen the character, begin to like who you are for yourself, not for others—although others will indeed be impressed and be influenced by that choice and decision that you're making—but nonetheless, do it for yourself, make yourself the important one in this existence. Only when you become important in your existence can you allow yourself to feel importance and recognize importance in others.

Like who you are. Begin to love who you are consciously and only when you love who you are consciously can you truly begin to love others without

any types of conditions of that love. And do so, once again, by doing the things that are necessary for you to experience the emotions and feelings that are surrounded in love. Give to yourself. The most important [thing] you can do is give to yourself unconditionally, allow yourself to experience that joy, to experience that security, to experience that worthiness, then the deservability, and then define what it is that you really and truly desire. Be specific. Be absolutely specific about what it is that you desire to experience. Use your imagination, enter into a meditative state, and it's very simple to do, it's not complicated at all. Simply, relax. Concentrate on what it is that you desire, hold that as a very continuous thought, and it doesn't have to be in any type of certain atmosphere, you don't have to have any type of ritual, you can if you wish but it's not necessary. A simple moment of quietness and allowing yourself to concentrate and enter inside.

You see, the answers are withinside. You don't create it out there, you do it from withinside. And go withinside and focus upon that which you desire and use your imagination. And when you begin to like who you are and you begin to experience that self love and that self worthiness and you begin to also have the expectation and take it from a possibility into a probability and to bring it into your reality. It's really that simple. It really is, despite the difficulties and all of the seemingly blockades that you put in place. It's really that simple.

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

**Questioner:** In this vibrational level, in this reality that we have it's illusional. This is an illusion. I just wonder how can it be when we're ... it's real to us, and [like, there's] solid matter? How can it be an illusion?

**Joshiah:** What is real? You see you believe and you put in place all types of limitations on your understanding of what is real. And once again, you put in place that electromagnetic type of energy that you sustain throughout each atom of your entire universe that limits your capacity to understand who and what you truly are. What is solid and what is real? If you were to look at the physical makeup of an atom, which is indeed the foundation and basis of the entire universe that you exist in, if you were to look at that and to expand it proportionally to the size of your universe, you would discover that the particles that exist within that atom have a greater distance between them in, proportional to the elements of your universe. That's what's in an atom between those elements, once again, if you were to expand it to the size of the universe is much greater than the space between the elements of your universe.

So, what is solid? It's only solid because you give it that capacity to believe that it's solid. In between that particular elements and that atom is energy. Energy, that sustains and makes it real. And the energy is the individuals that exist within this vibrational level. It's an

illusion. Difficult as it is to grasp in your consciousness state because you choose to make it difficult, you and each and every other individual existing in your entire vibrational level, in this entire universe chooses to make it seem like it's not real.

You indeed are the energy that exists within each and every atom, and it's an illusion. It doesn't mean it's insignificant, it doesn't mean that you can simply push it aside because you choose to put in place that limitation of the understanding. You choose in your awake and consciousness state to believe that it's real. But it's not. It's an illusion. Not insignificant.

You see, when we talk about the use of a vocabulary and we use the terminology of illusionary, in your so-called awake and consciousness state illusionary, many times, means insignificant. Or illusionary can mean like a some type of a parlor trick where it's an illusion. But that's not what we're suggesting, we're suggesting that it's illusionary in that it only exists in your awake and consciousness state. You only exist because you as a human consciousness agree to perpetuate this existence. But it's illusionary. It's a reflection of your beliefs.

If you were to look back in your history you will discover all types of so-called scientific absolutes that were within a certain span of your, once again, belief in time and space proven to be not absolutes at all, but were entirely different from what your so-called scientists were prepared to not only validate but have all types of proof to validate and to sustain the illusion that it's real. And yet it alters, it changes.

Why does it change? It changes because as you change your belief you change your reality. Not only as an individual but indeed as your whole entire human consciousness changes the belief you change the reality. You as a human consciousness are in the process of altering the energy that makes up this vibrational level. You are altering the energy indeed that sustains this limitation and understanding of who and what you truly are. And within a very short period of time, if you wish to use [as], once again, that concept of time and space you will have successfully as a human consciousness created the alteration in energy.

And in the year of 1985 you began the transition, 1987 you began the transition. In the year of 2012 you will have completed the transition. And when you complete that transition the possibility to consciously alter your reality will be much easier to attain than it is in your so-called past. Not that it was impossible in your past, but you as a human consciousness, once again, put in place this energy that made it much more difficult. You've altered that. You've chosen to alter it. Not some other entities that exist outside of your vibrational level, absolutely not. You as a human consciousness chose to alter that possibility to alter that energy, absolutely. And you're about to achieve that alteration and about to see the completion of that alteration. You chose a 25

year period because it validates, once again, your belief that it takes time, that it's a process that you can look back upon and say, "Oh, look at the changes that have been made. We didn't believe that this was possible. We didn't believe that that was possible."

If you were to look at some type of a history from your year of 1987 you will be able to recognize changes in your reality that in the 25 years previous to that were inconceivable. Absolutely. And it doesn't take a lot of researching to have that type of validation. You've altered it. Your choice. It's an illusion.

The majority of this so-called illusion that you look upon as being some type of solid form is comprised of atoms that are not solid form at all but rather energy. Huge amounts of energy with minute amounts of so-called particles that you can look at and even as scientists say, "Well, that's what's real."

Even your scientists understand the energy that's contained within an atom that's necessary to sustain what you believe to be the reality. And that energy are the entities that choose to exist in this vibrational level. It's an illusion. Absolutely.

It's important to as well to understand that illusion does not mean insignificant. It does not mean that it's not important, absolutely not. In fact, it's entirely the opposite. It has a great importance. You exist in a vibrational level that's not duplicated in any other vibrational level throughout all of creation. All of creation creates similar illusionary realities, absolutely, with the understanding that it's their creation. That's the difference. You in this vibrational level have chosen to limit your capacity to have that understanding in your awake and consciousness state, indeed, even in your so-called altered states of consciousness, in your meditative states, in your dream states, and in your in between incarnational states it's very difficult for you to get a grasp of the concept of who and what you truly are because it would destroy the illusion.

And if it destroyed the illusion then why would you continue to exist in this vibrational level? You'd choose to leave because to exist in this vibrational level and to participate in the creation process you have agreed, you have made a choice to sustain and put in place and perpetuate your so-called human consciousness belief systems, that this is real, that this is solid and it's beyond your capacity to alter it. When really, it's not solid at all. It just seems that way. It's illusionary.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** I have a question. I'm just trying to formulate it here. It has to do with the choice that so many of us make, to suffer, and are we in some way trying to work ourselves through this, because in our awake and conscious states nobody wants to, and we all work towards or we think we do or we want on that

level, perhaps what the other vibrational levels experience, which is joy, I would think, or an awareness of control or of creation. And yet, so many people here are miserable, and even the happy ones seem to experience a balance of discontent or of suffering of some form.

**Joshiah:** You come into this vibrational level for one very simple reason. And that's to experience an intense range of emotions and feelings. In your conscious level you desire to have that experience of joy, that's the ultimate experience that one would like to perpetuate. But [at] other levels of your consciousness you desire to experience the full range of emotions and feelings. The complete range of emotions and feelings.

Indeed, you enter into certain incarnational periods with very, very definite and distinct limitations and create what in your awake consciousness state might seem to be very abhorrent types of reality, why would anyone choose such a thing? Because the spark of consciousness that you are that made the choice to enter into this vibrational level in the first place did so to experience [the] complete range of emotions and feelings.

And while that's difficult to accept—while one would say (*inaudible*), "Well, why would I ever choose that type of reality? Why would I like to experience that?"—until you accept, indeed, that you make that choice, to have that experience, then it becomes difficult to alter it, to change that experience and to have a different type of reality.

As well, one begins to concentrate in this incarnational period. One may experience certain illnesses or diseases that you look at as being inherent. Diseases that indeed might be related to your so-called genetic choices that you make, to put in place, to have that experience so that you can experience the range of emotions and feelings that are associated with that type of reality creation process. Right or wrong, good or bad, only exist, once again, in the awake and consciousness state. The spark of consciousness that you are rejoices at every experience. It rejoices at the complete range of emotions and feelings that are not experienced in other vibrational levels.

A difficult concept to grasp from your conscious state, absolutely. But nonetheless, one that's necessary to accept in order to even have any possibility of consciously altering the reality, and to experience what you might [term] as being more desirable types of experiences and desirable types of emotions and feelings.

Many individuals would challenge, of course, that it's the basic reason why you exist in this vibrational level, simply to experience an emotional feeling. It doesn't seem to make sense; it seems to be too simple. And yet, we would challenge each individual [that're] involved in any experience, why do you do that? You

do it for a very simple reason. [If you] continuously come back to it, you will find that eventually you'll arrive at, "I wish to have an experience of the certain emotions or feelings."

And it doesn't matter what it is that you're doing, if you will honestly keep coming back to that, "Why do I do this? Well, I do this because ..." If you go to some type of employment, "Well, why do I go to do some kind of employment? Well, I'd like to receive some type of remuneration for that particular task that I'm performing." OK, well, why do you wish to receive the remuneration? "Well, I would like to be able to go and purchase certain things that I wish to have into my reality." Well, why would you like to purchase those things? "Well, because I would like to be able to do other things." Well, why would you like to do that? And if you continuously come back you will find that eventually, "Because I want to have an experience of a certain emotion or feeling. I want to experience feelings of joy. I want to experience feelings of worthiness."

It can be very ironic but individuals can create realities that seem to be absolutely abhorrent types of existences to experience emotions and feelings that surround that. And when they alter that reality, and the pendulum swings the other way, it also intensifies the feelings of joy and of accomplishment. It's not just a one-way street.

And each experience intensifies and enhances the emotions and feelings, be whether they, in your awake consciousness state, are what you would term as being negative or positive. The spark of consciousness that you are does not judge that particular element [as] good or bad, but rather creates so that you can experience a reality to validate the belief and as a result of the validation of that belief experience the intense range of emotions and feelings that you choose at some level of your consciousness to experience.

Good or bad only exists in your awake and consciousness state. The spark of consciousness that you are rejoices at every creation as it validates, once again, a belief system and allows you to experience that range of emotions and feelings. And at some level of your consciousness, at some point in time to, once again, give you a reference that you can apply to your belief in time and space, where you make the choice whether or not to stay or to become involved in another creation process or to leave this vibrational level. And at that point, have an absolute deep appreciation of understanding the full spectrum of [the] intense range of emotions and feelings. Once again, that's why you chose to be here.

Does that answer your question?

**Questioner:** Yeah, to a large degree. Can you tell me, are we all one mind? Are we all one? Because we create this together.

**Joshiah:** It becomes very difficult to give an explanation and a definition through the use of a language. You've had many individuals in your so-called past who have gone to great lengths to give you an explanation. And we've suggested that it cannot be written down. We've suggested that it cannot be expressed through the use of a language. You must go withinside to grasp the understanding.

Are you all of one mind? When we continuously say that you are a piece of the One, that's a very poor analogy because it allows you to believe that there's this greater One and that you are but a piece. It's not that way at all. You are all that is.

When we suggest you're are a spark of consciousness, again, a poor analogy because other individuals look at that and say, "Well, then there must be this huge flame and I'm but a spark." It's not that way at all. You are all that is. And so it becomes very difficult to give an explanation.

You and each and every entity that exists within your vibrational level are connected far more than you could ever comprehend in your awake and consciousness state. When we suggest that you exist in each and every atom it becomes beyond your capacity to understand that every individual existing within your vibrational level that's experiencing the creation of that reality exists within each and every atom, because it's an illusion. Because it's a reflection of beliefs that you hold as a human consciousness and as individuals and as a society.

You are all that is. Are you connected? Impossible to give you, once again, a definition that you can really get a grasp of the understanding. When you go withinside, and you meditate, and you get deep withinside, you can get a glimpse of that concept, that you exist within each and every atom. And then when you get a glimpse as well that all of the other entities exist as well within that atom, then you can begin to get a grasp of the concept that you are all that is.

And you see, there becomes the difficulty. Because while you're all that is you are also an individual, with free choice, as is every other individual who is all that is.

We've used the analogy that you are all that is and yet you are smaller than the possible smallest particle than you can even imagine. You are everything.

Are you connected? Absolutely. You cannot be separated. But yet, are you an individual? Absolutely. And therein lies the difficulty in attempting to give an explanation. And once again, your scholars have attempted throughout your centuries in your history to philosophize and to give you the answers. Ironically, it cannot be written down. It can be experienced withinside. But when you grasp that experience, if you were to bring it out and have it available within your so-called awake and consciousness state then you would

immediately take away the veil that limits your capacity to have that understanding in this vibrational level.

So, there's that irony. That's why you desire to have it, on one hand. On the other hand, you choose not to. You chose to put in place the limitations, to have that understanding.

*(Inaudible)*? Absolutely. Let it come forth. In your so-called existence you cannot fail to come to that understanding of who and what you truly are and how this creation process works. You absolutely cannot fail. This is not a test. You don't have to progress through something. You choose to put in place the limitations and you will at some point, if you wish to use your belief in time and space, make the choice to leave this vibrational level. Make the choice, not be subjected to someone else's choice.

Does that answer your question?

**Questioner:** *(Laughs)* I think it's as good as gets.

**Joshiah:** Once again, you're asking to give an explanation that cannot be given. [It's not there.]

**Questioner:** *(Inaudible)*, it was wonderful.

**Joshiah:** Well, once again, we would like to express our gratitude for your offering us this opportunity to interact and to share with each of you, for indeed for us it is a learning experience as well. To believe that we exist at some level outside of your vibrational level that has access to information about how you create your reality is ludicrous. We simply suggest to you that which you desire to hear. That information that is contained within each of you. You have but to believe and to go withinside and to have access to that information. Absolutely.

We welcome that opportunity to interact and to share. We view it as a learning experience, absolutely, for that opportunity for us to, through our interaction with our friend, Elias, get a glimpse of that intense range of emotions and feelings without our ever entering into or experiencing an incarnational period in your vibrational level. Our choice.

We also welcome that opportunity to interact and to share with each of you. For you see, we are not separated by time or space but rather a vibrational level and should you choose to have that interaction you have but to express the intent. And we welcome that opportunity.

Until the next time that we once again interact with you we would like to bid you a farewell, with love and with peace. ✨