

# JOSHIAH

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**Q and A**

**Joshiah:** Well, now. Well, it is, once again, indeed a pleasure to be invited back into your vibrational level and we'd like to express our gratitude, once again, for you offering us this opportunity to interact and to share with each of you. And we would remind each of you that there continues to exist that opportunity for you to be involved in that silent communication, in that telepathic interaction and exchange of information, and, once again, as always the choice is yours, absolutely.

Now. We suggest that you exist in this vibrational level through choice, and through various choices you continue to exist in and to perpetuate and to validate belief systems that you hold. Absolutely. What becomes difficult for you to grasp is that concept that many of those choices are made at a level that you refer to as your subconsciousness, or your altered state of consciousness, or your between incarnational state, whatever level of consciousness you choose to label it. It's a state of consciousness that is not your awake and consciousness state.

Your choice to be involved in this particular vibrational level, for example, is a choice that's made at a level of consciousness that you, as well, have made a choice to make inaccessible when you're in your so-called awake and conscious state. And that becomes difficult to grasp that concept, to accept it without having a validation that's within your conscious grasp or understanding. Difficult for you to accept that many of the choices for the reality that you're experiencing were choices that you made at another level of your consciousness.

You believe in the passage of time. You believe in this time and space concept, a choice that you made in another level, if you wish, of your consciousness, to validate the so-called human consciousness belief system in time and space, to be a part of that, the consensus to make that the human consciousness belief system that's very difficult for you to alter or to step outside of while you're in your awake and conscious state.

And so, you have this belief in time and space. And in your awake and consciousness state it's difficult for you to accept the reality that time and space are illusionary.

That they only exist in your awake and consciousness state. That this reality, as well as all of the other incarnational periods that you're experiencing, occur in the now. They're simultaneous. Again, a very difficult concept to grasp, we understand. And so it is that we continuously refer to your belief in time and space, and attempt to give you explanations based upon that context of time and space belief systems. And yet, understanding from our perspective, that you exist in the now, that it occurs all in one, if you wish, or simultaneously. You see, it doesn't matter what choice of words we use to attempt to give you an explanation, it still reflects back to your belief in time and space.

"Now," for example, gives the impression that we're referring to an instant between your so-called past and your so-called future, in the present or the now, and it's not that way at all. It's all of the realities. It's all of your pasts and your presents and [the] futures occurring. Even to use the word "simultaneously" goes back on that, reflects on the belief in time and space. And yet they occur in the now. All is one, if you wish, all together.

And so, that choice is not a choice that you necessarily made at another time, but a choice that you make continuously and perpetuate, to be involved in this reality, to be involved in this belief system, to perpetuate this vibrational level so that you can have the experiences while you believe in your awake and consciousness state that you're not in control. Well, you have a difficult time in your awake and consciousness state grasping that concept that it all occurs simultaneously. And so, that choice is made in the now. It's made at a level of consciousness that you may not be aware of in your awake and consciousness state, but this awake and consciousness state is an illusionary reality. It's very difficult for you to sustain.

As we've suggested many times, this awake and consciousness state that you're involved in is the most difficult reality for you to perpetuate. Absolutely. You all understand that you will not remain in this state for an indefinite period. And once again, we fall back onto that belief in time. You will not sustain this awake and consciousness state. At the very least you understand that you will sleep at some point. Absolutely. You will enter into an altered state of consciousness, into a dream state, into a state that's, for lack of a better terminology, very near the state of consciousness that

you are existing in when you're in that between incarnational state. A simple step [forward.] And yet, you exist in all of those so-called states of consciousness in the now. And yet, in those altered states of consciousness, in that dream state, it's much easier for you to sustain that reality—the one that in your awake and consciousness state many individuals look at and say that it's the illusionary one. It's not the illusionary one. It's much more near real, much more near the real reality than what you're experiencing in your awake and consciousness state.

So, you understand that you cannot sustain this awake and consciousness state, that you will enter into the so-called dream state. And then you understand as well that you will alter your consciousness even one step farther, at some point in time, to, once again, fall back upon your belief in time and space, and you will die. You will enter into that between incarnational state, one step farther, in terms of a level of consciousness.

And this can be difficult for you to grasp the concept, but it's possible for you to experience interactions in that level of consciousness if you so desire. Absolutely. Not only possible, but in your altered state of consciousness, in your dream state, you do so on a regular basis. It's possible for you to do so in an altered state of consciousness, in like a meditative state, if that's what you choose to experience. It's within your capacity to do so. Absolutely.

However, to, once again, speak of sustaining your so-called awake and consciousness state being the most difficult state for you to perpetuate. And then into the dream state, which you all accept that at some point in time you will definitely enter into the dream state. And from that dream state you understand as well that at some point in time you will enter into the between incarnational state.

Now, if there's any state that you believe in your awake and consciousness state that is permanent, it's not the awake and consciousness state, it's the between incarnational state. Many individuals will accept that, "Oh yes, when I die that's it, I'm done. This incarnational period ends and I'm done." Well, you're not done. You can't die. You only alter your state of consciousness. You change the illusion, but you don't die.

This reality that you're existing in, this awake and consciousness state, indeed, you for in all intents and purposes with other individuals that you're interacting with, you choose to leave this incarnational state. It only appears that you leave this incarnational state because in your awake and conscious state you believe in that passage of time. And so, in order to validate that belief in time and space there are continuous turnovers, if you wish, of incarnations. Evolution, if you wish to use that terminology, once again, validates the belief in time and space. The irony of it is that you never really die. The irony of it is that

time and space are illusions. And the irony of it is that you exist in many incarnational periods, as many as you choose to be involved in. Absolutely. As many as you choose to be involved in.

It's important to come back to and to grasp and to understand that "choice" concept, that it's your belief, that it's your reality, and that it's your choice to be involved in that reality, including the so-called between incarnational states.

And so, this awake and consciousness state is the most difficult state for you to perpetuate. And yet, when you're in this state you believe that it's the most important, that the rest are just imaginary or illusionary, and it's exactly the opposite. This awake and consciousness state is the illusionary reality. This awake and consciousness state is the difficult reality for you to sustain. Absolutely. Requires the most energy for you to be involved in, in a state that you comprehend what's occurring, and indeed (*inaudible*) that information and that emotions and feelings to your so-called inner self.

So, the awake and consciousness state is the difficult state. The awake and consciousness state is the illusionary state. The dream state's not so difficult. You all absolutely understand that at some point you will enter into the dream state. And you also understand that at some point you will enter into the between incarnational state, and for many you believe that the between incarnational state is the final state, that it's the perpetual, eternity state. Eternity is based upon a belief in time and space.

The irony of it is if you enter into those various levels, and depending upon the beliefs that you hold, you continue to perpetuate and to create the reality. It doesn't just end because you alter your state of consciousness. You say, "Oh well, I'm in an altered state of consciousness. I no longer now create my reality." Absolutely not. You continue to create the reality and if you wish to believe that there are certain realities that you are going to experience when you enter into that so-called between incarnational state you can have that. It's not a right or wrong. You can experience that reality. It can be a very enjoyable experience. Absolutely. It becomes more difficult to perpetuate it as being beyond your control because you begin to comprehend. "Oh yeah, well that's how I believe, that's why it's there. Maybe I want to try this type of a belief system. Maybe I want to try that belief system. Or maybe I'd like to reincarnate and come back into this awake and consciousness state, only this time maybe I want to change my gender. And maybe I want to experience a different type of a physical reality. Maybe I'd like to try some other part of your so-called Earth system, or your universe. Maybe I want to experience a reality with some different entities that [we've been] involved with in other areas of my creation process."

And so, you make the choice. You make the choice. And that's a choice that's made at a level of consciousness that's not your awake and consciousness state. It's not illusionary. It's more valid than this awake and consciousness state. But nonetheless, it's a choice that you make. And so, you put in place [the] choices and decisions, and you bring it into that incarnational period. And you put in [place] the agreements and contracts with other entities to be involved in that particular incarnational period; other entities who are going to be involved in various ways, various interactions, various relationships throughout that incarnational period. You put in place the possibility to have those experiences.

You put in place the possibility to experience, for example, certain diseases and it's carried within your DNA. And depending upon the choices that you make that influence the beliefs that you hold you activate the energy that surrounds the DNA in such a manner that it takes what was once a possibility and turns it into a probability, and you can have that experience that you made the choice, that you made the choice to put in place at some other level of your consciousness.

We keep on referring to "made," and we keep on referring to some past tense, when it's all in the now. And so, you make that choice. You make the choice to be involved. And it becomes difficult to give you an explanation that has any type of reasoning or logic within your belief system in time and space. It becomes very difficult to give you that understanding that you make the choice. That you make the choice. It's not "made"—but you make the choice.

And yet it seems, through your belief in time and space and your awake and consciousness state, that it takes a passage of time in order for that reality to come into being, that there's an evolutionary process or a growth process, or a changing process or whatever terminology you wish to apply to that passage of time that validates it, it makes it more real, makes it appear like it's beyond your capacity to control. Makes it appear that it's beyond your capacity to control, and yet it's entirely within your control. It's a reflection of your beliefs.

Many individuals will hold certain beliefs that it's possible to make a choice. "I can make a choice to have that particular type of reality come into existence so that I can experience it in my awake and consciousness state," but continue to make other choices that influence that choice. You see, it's a situation where your belief systems interact with each other. That's why we call them belief systems. They interact. And one belief influences another belief, influences another belief, and together they make your reality.

It's like the analogy that we've used many times that these solid, or so-called seemingly solid, objects that you experience are made up of atoms. And while all

atoms are all very similar in their basic makeup, it's the combination of the atoms that forms the molecules, that forms the so-called solid or not so solid objects that you're experiencing in your awake and consciousness state. All comprised of very similar atoms.

And so, beliefs combine to make belief systems, and the reflection of that belief system is your reality. Absolutely. You have your human consciousness belief system, your societal belief system, and your individual belief system. It's what's in your individual belief system that you make a choice, "I'd like to have that reality." You make the choice. But you continue to make other choices that influence all of the other realities that you're experiencing. "Well, I'll make that choice, but I still choose to believe that I'm not really in control." Or, "I choose to believe that I'm not worthy." Or, "I choose to believe that, well, if I happen to gain that reality I cannot sustain it." Choices—that you make. Choices.

We've suggested many, many times that if you wish to experience a reality, if you wish to have this capacity to consciously influence your reality and to make choices, that it's important that you, first of all, like who you are, that you remove some of those elements of being not worthy, that you remove some of those elements that it's not possible, that you remove some of those choices that you make that influence who you are. Not who you are to others, but who you are to yourself. You see, it's important to be who you are to yourself and that's what you reflect to others as well. Like who you are.

And once again, the system is very easy. You put in place the principles, you apply the principles, you strengthen the character, you begin to like that character or the character being the character you wish to be. You portray that character to others, others begin to like who you are, and as you begin to have interaction you begin to feel more worthy, you begin to do things that allow you to experience joy, that allow you to experience fulfillment, that allow you to experience security and trust, that allow you to experience knowing who you are, and you begin to love yourself consciously.

And from that point on you begin to consciously influence the reality. And now you make the choice and you don't have the conflicting belief system of, "Perhaps I'm not worthy enough," or, "Perhaps I'm a failure," or, "Perhaps it's not possible," or, "Perhaps others won't like me." All of those elements disappear and they don't influence your reality. You begin to expect that what you're creating is within your grasp.

What you desire you can have, that the choices indeed will come into your reality so that you can experience it. Desire what it is that you want. Use your imagination to have it, not just for a short period of time, but to have it and the expectation, indeed, that you can have it, that it's yours. Expectation because you believe that it's

possible and that you're worthy, and that you deserve, and that you like who you are, and that you love yourself consciously. Key elements, not only to creating, but to experiencing a reality that can be the type of reality that you view as being positive versus negative.

You see, many times when you're involved in an interaction in a day-to-day activity, the activity or the reaction or the interaction or the particular event that you're experiencing may involve a multitude of people. Depending upon the belief systems, and depending upon how an individual looks upon themselves, influence the perception of that event or interaction or reality.

Different individuals may look upon the same event and some may look at it as being a very joyous event and others can look at it as being a very devastating event. And yet, it's the same event. It's the same interaction. It's the belief systems that influence the perception of the event or the reality. And so, you may interact with another individual and there may not be much change, in terms of the event or the reality, but the perception and the experience, the feelings and the emotions that you experience can be extremely different. Absolutely.

You are the god that you search for. You create your reality and you cannot fail. If you are the god that you search for, then you are all that is. There is no more, no less, there is not one other entity that's existing, not only in your vibrational level but in any other vibrational level, who is any more or any less than what you are. There is not one element of creation upon this universe that another individual is capable of that you are not capable of. Absolutely, not one.

You have but to believe. You create your reality. You make the choices. It's a reflection of the belief that you hold. And it's important, once again, to understand, that many of those choices are made at a level of your so-called consciousness that you're not aware of in this so-called illusionary reality. Illusionary. Not insignificant. And once again, these new age and new energy, you as individuals and as a society and as a human consciousness have put in place the alteration of the so-called electromagnetic type of energy that we refer to as the veil, that will allow you access in your conscious state to a better understanding of what your belief systems are and the ability to consciously alter that belief system and consequently consciously alter your reality. And whether you choose to believe that or not really doesn't matter. The choice is yours. The choice is yours. Absolutely.

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

**Questioner:** You talk about beliefs, so how do you know, know or understand a belief system, or beliefs that you want to change? How do you know if it's detrimental to your health and to your (*inaudible*)?

**Joshiah:** It's important to understand what, first of all, that there's no such a thing as a "detrimental" in your so-called subconsciousness. The spark of consciousness that you are creates the reality you experience and it does so without judgment. It doesn't judge whether this would be right or wrong. Whether it's detrimental or whether it's something that can be an attribute to your existence. It's a human consciousness and awake perception and judgment. It does not exist at that level of consciousness from which you create the reality. And so, it's a choice that you make. It's within your so-called awake and consciousness state that you make that determination. "Is it right or wrong? Is it something that I desire or don't desire?" And if it isn't then you'll change the belief system that's responsible for the reality that you're experiencing.

Many times that can be a difficult change, absolutely. And we continuously come back to that understanding, first of all, that one must like who they are. That one must love themselves consciously to have the capacity to consciously influence and to create your reality. You see, if you don't believe that you're deserving, if you believe that it's not possible for you to have that or to sustain a certain type of reality, that's a belief that indeed will be validated. If you believe that you're not worthy then indeed the spark of consciousness that you are creates the reality to validate the belief, without judgment, without determining, "Is it right or wrong," without determining, "Is that a detrimental reality or would that be a joyous experience?" It doesn't matter.

It's the range of emotions and feelings that that spark of consciousness desires to experience, that you as an individual desire to experience, that creates the reality, that's responsible for the reality that you're experiencing. It's the desire, your desire to be involved in this vibrational level, your choice to be involved in this vibrational level that's responsible for the reality that you're experiencing. If you don't like it, change the belief.

Now. Therein comes the difficulty. Once again, many individuals have a difficulty understanding what a belief is. "How do I change it when I don't know what it is?" First of all, pay attention to the so-called spontaneous attitudes that you experience, that you feel when you're involved in a situation. And it will give you glimpses into beliefs that you didn't know you held. Like, "Oh I'm not supposed to believe that," or, "I'm not supposed to experience that," or, "I'm not supposed to feel that." What do you mean you're not supposed to? "Well, if you feel that then you can't have the experience that you desire, because you can't have this negative feeling." Well, if you don't have the negative feeling, the negative attitude, if it's spontaneous it can be a glimpse to the belief system that you hold that's responsible for the experience in the first place.

If you wish to have that experience in the awake and consciousness state, that understanding, that ability to

grasp the belief system and to change it, you must first of all, as well, understand that you create it all and that you are indeed worthy of whatever it is that you desire to experience. You have to like who you are. You have to love yourself consciously as you love yourself eternally.

The irony of it is that every individual, not only in your vibrational level but in every vibrational level throughout all of creation, loves themselves and all other entities unconditionally and absolutely. At some level of your consciousness every individual loves themselves and every other entity unconditionally and absolutely.

It's in your awake and consciousness state that you put in place the beliefs that limit your capacity to experience that self love in the awake and consciousness state. Like who you are. If you don't like who you are it's very difficult to love who you are consciously. It's very difficult to bring that expression into your conscious being, into your conscious state of awareness. You have to like who you are. Like who you are for who you are, not for other individuals. It's important to understand that you don't do this because you want to impress someone else. You do this because you wish to like who you are. You put in place the principles, and you apply the principles that are important to you so that you can become the individual, the entity in the awake and consciousness state, that you wish to be, that you choose to be, and then you apply the principles.

It's also important, as we've suggested many times, that if you fail to apply the principle you don't dwell on that particular incident. Many individuals have a tendency, particularly when you're in a state of being where you don't believe that it's possible or you don't believe that you're worthy, where you hold and harbor those feelings of being less than someone else, that you apply the principles and then a situation comes along that you've been involved in many times, and it's a very particularly difficult situation, and you fail to apply this principle. And you look back and say, "Well, there it is. Every time I come into that situation, or every time I'm faced with this difficulty, that's how I react. I'm not worthy." And you dwell on that instance. And as you dwell on that instance it becomes the primary aspect of your belief system and you believe that you're not worthy. You believe that you're a failure. And guess what? The spark of consciousness that you are gladly validates the belief system.

And so, it's important that you don't dwell on what you might refer to as negative. It's important that you understand certain definitions of what it is that you desire, what it is that you believe when you suggest that you trust someone. What does that mean? When you give to someone, what does that mean? When you know someone, and when you're intimate with someone, it all, all of those have to be specific understandings of what that means to you. It's not just

a word. It's like when you like who you are. What do you mean you like who you are? Like ... "I've all of these principles and ninety percent of the time I apply the principles and as a result of applying my principles I'm the type of person that I wish to be. And I'm successful ninety-nine percent of the time," or ninety-five or ninety, whatever. It doesn't matter.

If you're involved in any type of activity in your awake and consciousness state and you are successful ninety percent of the time, you'd be held up as being very, very successful! An honor student, if you were involved in some type of education process. Or in your workplace you would be held up as being a very industrious individual. A very high rate of success—ninety percent! Well, if you can apply that to your principles you must look at it the same way. Ninety percent of the time, that's very good. "I do like who I am." And when you like who you are that begins to reflect to other individuals and you begin to believe that you're worthy and you begin to believe that you have that capacity to love yourself.

And so, it's important that when you look at liking yourself, what's that involve, what does that mean? "It means I apply the principles, and as I apply the principles indeed I strengthen the character and I become the individual that I wish to be. And as a result of that I can have the capacity to love myself consciously." When you give to someone you give to yourself. And it's just as important to give love to yourself as it is to another. It's just as important that you do the things for yourself that you do for others.

And so, when you give to yourself don't give to yourself with conditions. It's not a wrong to say, "Well, if I do this I'm going to reward myself with this." That's fine. You can do that. You can do that if you wish to entice yourself to be involved in some type of creation process, absolutely. If you have a habit that you're trying to break and you say, "OK, if I do this and I'm successful at not being involved in this particular habit for a certain amount of time, then I'm going to reward myself." That's fine. But understand that that reward is not a gift. It's exactly what it suggests. It's a reward. It's a contract. It's something you give, someone a gift, or yourself a gift and you put conditions on: "I must first of all conform to the conditions if I wish to continue receiving the gift." It's not a gift. It's a contract. Nothing wrong with contracts. They allow you to function in a society, but they're not unconditional gifts.

When you give a gift, as you give a gift of love, it's to allow yourself to experience joy or to allow yourself to experience knowing who you are, it's to allow yourself to experience security, it's to allow yourself to experience a commitment, and you do so without any conditions to that gift.

So, it's important that you understand the terminology, that you don't confuse it when you give yourself a gift. "Providing I do this and then when that doesn't

succeed, well, I didn't give myself the gift. I was not as successful. I can't do that." That's not a gift. It's a contract. If you break a contract that's fine, but understand you're breaking a contract, you're not violating a gift.

And so it is that you understand, what is trust? Many individuals become involved with another individual and that other individual lets them down and then they say, "Well I trusted them." What's trust? If you didn't solicit the trust from them, if you didn't ask them, "Can I trust you?" you don't understand that that trust has to be in a situation where you have a potential loss. If you just say, "Well, I trusted them," that's not trust. That's not trust. You have a potential loss and you must be indeed, believe that you can trust that individual, and then you must solicit the trust. And if you don't do all of those processes then it's not a trusting situation.

And so, you say, "Well, I trusted that individual to not tell anyone else." But you didn't solicit the trust. And you didn't really believe that they wouldn't, [but you] trust them anyway. You set yourself up. You sabotaged your own existence. There's no trust. That's self-destruction. And it's important to understand, so that you don't look back upon that and say, "Well, I'm not worthy. Look at that. I can't even trust anyone. And no one can trust me." It's got to be an understanding of those elements.

To be intimate, what's to be intimate? To be intimate is to know. To be intimate is to allow another to know who you are. To allow yourself to be intimate, to know who you are. And to love who you are, regardless of what it is that you find there. That's true intimacy. You can talk about the physical intimacy and all of that can play a part in your awake and consciousness state, but the intimacy that allows you to love yourself is an intimacy that allows you to know who you are.

And so, it's important when you look at those elements of creation, when you look at those elements of what it is that you desire, when you look at those elements that allow you to like yourself and to eventually love yourself consciously, that you understand what it means to give. When you understand what it means to be intimate, when you understand what it means to trust, when you understand what it means to know, when you understand what it means to be secure, when you understand what it means to not worry about losing something. When you understand all of those elements of the feelings and emotions that are involved in love and self love, when you put them into perspective and they're not just words but they are true meanings that you apply as part of your principles so that you begin to like who you are and you begin to love yourself, then it all becomes irrelevant. And you begin to understand consciously that indeed it's within your capacity to create the reality. And when you make the choice, and you express the desire, and you use your imagination, you indeed do have the expectation,

because you've removed the limitations. And you can create the reality that you desire, consciously.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** Anybody else?

**Joshiah:** Well, now. It, once again, has been indeed a pleasure to be with you in this afternoon and we would like to, once again, remind you that we are not separated by time or space but rather by a vibrational level and we welcome the opportunity to interact and to share with each of you. You have but to express the intent and we would be with you always. And in the meantime we bid each of you farewell, with love and with peace. ✨