2011-04-03 Joshiah：问答录-出体体验与清明梦

Well now… allow us to express our greeting and our gratitude to each of you. And we remind you that there continue to exist that opportunity for you to be involved in that silent communication, in that telepathic interaction, in the exchange of information with other entities that would be with us in this afternoon, indeed that portion that you like to refer to as your higher self, that spark of consciousness that you are. And again you will find it's quite easy for you to alter your consciousness into that meditative state, that you enjoy that interaction and have that possibility to have that telepathic exchange of information. But once again, as always, that choice is yours, absolutely.

Now we've spoken to you this afternoon about the utilization of imagination in your creation process. This important element in the creation process that it can assist you in that connection, if you wish, between your consciousness and your subconsciousness, is creating from a conscious level and experience a reality that you desire to have in your so called vibrational level in your awakened consciousness state. Utilization of knowing what it is that you desire, and then the imagination of what it would be like to experience that, then of course, do you really believe that it's possible, what are your expectation.

You see, we continuously come from a point of understanding what it is to do that from a position that's an unconditional love and attempts to express to each of you the possibilities, assuming that there are fantastic understanding, that one must have the expectation that it is possible. In order to have that expectation that it's possible for you to consciously create your reality, for you to consciously influence the creation of your reality, it's necessary to experience love and self-love at the conscious level. In order to experience love and self-love at the conscious level, then one must like who you are. If you don't like who you are, then it becomes very difficult to love yourself. When you don't love yourself, it becomes very difficult to expect it’s possible to create an experience that you see others having, that you would really desire, that you would think it would be just great to be existing in that type of reality.

###

“But that's really not me. I can't get there. It's not possible for me to do that. ”It is possible. However, if you choose to believe it's not possible, the spark of consciousness that you are validates the belief system, you don't get that. You see it doesn't matter what the technique is that you utilize. There are various techniques that are put out. Individuals would teach you to do this or do this. Or if you have continuous affirmation with you, you take a photograph of what it is, if you wish, to bring into your reality, and you paste it on your refrigerator and look at it every day, then you can have that. There's all parts of techniques. But it boils down to that basic element of, "do you believe".

We've used the analogy many-many times. It is like going down upon the shore. You have a body of water that you desire to cross. And just offshore, there is a bank of fog. So you don't have any idea of what the journey is going to be like. And so lined up along the shore these various vessels. And they range from from your very simplest type of canoe that operates with the utilization of paddles, right up to the most luxurious oceangoing vessel that you could possibly imagine. And many individuals spend their time running up and down the shoreline, checking out the vessel to see whether or not it's seaworthy, whether it's really well equipped, whether it has all of the bells and whistles that are going to be made utilized and be in need of. And consequently, they never make the journey. They simply keep exploring for the different methods and the different techniques.

And then there's the other individuals who understand that any vessels will accomplish what they desire, that the vessel is simply utilization of the tool. And they simply choose the first vessel that they come to and they go on that journey and achieve tremendous success. Because the irony of it is that you can walk across the water if that's what you so believe. If you don't believe then you cannot.

So, the method and technique is not nearly as important as what your beliefs are. What your beliefs are, in terms of being able to consciously influence your reaction process, are utilized and influenced by what you consciously think of yourself as being possible for you to create. Do you like who you are? You see, self-love is what it is, although not necessary, but very beneficial elements to hold on the conscious level in this creation process. Love who you are. In order to love who you are, you must like who you are.

Meanwhile, we very hesitate, once again, to give methods of techniques. It's not what we're here for. We're not telling you should do this and you should do that. There are some relatively successful techniques that you can employ to like who you are. Make a list of principles that you wish to apply to various experiences that you have throughout your day-to-day activities. And put them in the order of which you believe to be the most important. It is the opportunity presents itself. You apply the principle. And pretty soon you begin to like who you are. Pretty soon you begin to like who you are without worrying about what others think about who you are. Pretty soon some of the principles may change, you find that what you thought was really important, maybe now, it's somewhere down the line of principles to a different level of importance. So you apply a different principle.

You begin to like who you are. You begin to like who you are, because they're your principle, because it's what you want to be. You're not doing this, to impress some other entities. You're not doing this, so that others who look at you and think you are a better person. You're doing this, so that, you like who you are, you become the person that you wish to be, you like yourself. The more you apply the principles, the more you like yourself.

Then when you begin this process, there is a tendency many times for individuals who come upon a certain situation, and you fail to apply the principles. If you're in that particular element where you don't really like yourself, you have a tendency to dwell on the negative parts of that experience. Instead of looking upon all of the times that you successfully apply the principles, you dwell on the negative aspect of this one time when you failed. You continue to dwell on it and put all the other aside and pretty soon you right back where you started from, you believe that you are failure. And yet, that spark of consciousness that you are brings it into your reality, all types of experiences validate the belief system that you have held in your conscious state to influence the reality that you experience.

It's really ironic, you involve in any other type of situation, and you see another entity involved in some type of experience creation process. And if they're successful 90 % of the time, you look at that as being hugely successful and you dwell on the positive aspect of 90%, not the negative effect of the 10%. And yet for many entities trying and attempting to apply principles in day-to-day activities, they have the tendency to dwell on the negative aspect of that minority group of experiences, where they failed to apply the principles.

So what? It's an illusion, [give all of it-10:43], dwell on the positive. Like who you are. Like who you are. When you like who you are, you begin to do the necessary things to accomplish self-love. In beginning, to do things that allow you to experience feelings of joy and well being, that allow you to experience feelings of confidence, to allow you to experience feelings of willingness and of trust, and of loyalty, and of self-worth

###

You begin to give gifts to yourself that have no condition. You begin to do things because it's what you want to do, because [you like what you did 11:33], without worrying about whether or not some other entity thinks that you're being over indulgent, or that you're being selfish. It's not selfish to love yourself. It's not selfish to feel confident. Like who you are. Do the necessary things to experience self-love.

These amazing things begin to occur in your so called awakened consciousness state. You begin to have the capacity to love others and to be loved as well. You see, it's very difficult to love some other entity at a conscious level, when you don't understand what it is to love yourself. How can you do something or someone else that you can't be do for yourself? Think about that. How can you love someone else, if you don't, first of all, love yourself? You can't give something that you don't know how to incorporate within your own being in the first place.

And you see when you love yourself, then that the magic element of the expectation, of the capacity and possibility, that you can consciously influence your reality creation process comes into effect. In the longer run up and down the shore searching for the vessels, you understand that the vessel is within your control, it does not control you. You understand that it's your reality, it's your creation. And you do have the capacity to influence it, consciously. You do have the deserve-ability to have the expectation to bring it to your experience, into your conscious awake state. Self-love is a tremendous asset in this conscious reaction process, in having the ability to get an understanding of what the beliefs are that you hold, that are responsible for the reality that you experience.

So the technique can either enhance them to perpetuate and enhance the experience, or if you don't like the experience, you can change the belief and ultimately change the experience as well. Self-love, as a result of self-worth are key elements that can be tremendously beneficial in that process. Like who you are. You are all that it is. You would create a new reality, and you cannot say fail, absolutely.

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

Questioner: I want to ask about out-of-body experiences and lucid dreaming. Is there a difference from your perspective between those two?

We‘re never be in the body, that can be very difficult. [Laughing…] Never in the body. Nonetheless, the consciousness is contained within your physical being, because you choose to be there. It's not just there. That's ironic of it, it not just there. Your consciousness exists within each and every atom of your entire universe. It's not to walk out the body experiences so much as it is an out-of-body awareness that you're already there. It's not like you have to get there, but it's like being aware that you're there already. But that's part of who and what you truly are. You choose to have this, once again, lack of better terminology, electromagnetic type of energy that limits your capacity to understand who and what you truly are.

And when you attempt to have this out-of-body experience, you're attempting to remove that way veil, to experience something that you have agreed at a certain level of your consciousness, to participate in eliminating from your so-called awakened consciousness experience.

One of the keys to achieving that out-of-body experience, if you wish, is to understand that you're already there. So it's not so much attempting to experience out-of-body, as much as it is to experience that portion of your consciousness that already exists there. Certain entities in your so-called history became very adept at understanding that the consciousness was already in various elements and places, if you wish, around the earth system that you exist in.

This isn't so much projecting consciousness to point as much as it is understanding that your consciousness is already there and connecting to that portion of your consciousness and retaining the memory of that connection. You see, that's the key. That's the trick. If you wish to have that experience and recall it in your conscious state, it's to understand that the connection is already there and you're experiencing it continuously. You just don't remember this in your so-called awakened consciousness state.

In your altered states of consciousness, however, it's entirely different. In your altered state of consciousness, you not only understand, but are very adept at that creation process in being involved, once again, in each and every atom of this entire universe. In your altered states of consciousness, and you can call it lucid dreaming, or you can call it meditative state, it doesn't really matter. It becomes difficult to give an explanation, which is, many explanations are based upon the concept, that there are different levels of consciousness that it's like you go deeper, you go higher. It is not like it's something that's away from you, but rather something that you choose to block out. There's not so much that you are going higher or lower or that you're really altering your consciousness, so much as you becoming aware of a different level of your consciousness by retaining conscious memory of it.

We've referred to it as lucid dreaming and it's possible for you to take your conscious state into that altered state of consciousness. And for many who have difficulty in meditating, they find it much more convenient to take it into the dream start (state). Because you see, most of them believe that they have difficulty in sleeping, may have difficulty in meditating, but sleeping, which is much more difficult than meditating, they have no difficulty in sleeping. And so it's sleeping, that leads to a dream state. That's a belief they hold in their consciousness state. So it's much easier to be done to take it into that lucid dreaming state as you refer to, rather than into the meditative state, because you see, for many meditation is hard.

###

So if you go into the dream state, where it's much more acceptable, not only for many entities in the conscious state, but even your so-called scientists would recognize that you do dream in your so called sleep state, within that state, you can take your consciousness and you can influence and retain a memory of that influence. But the realities that you experience is that dream stats state, it's much easier in that dream state to retain the memory of what it was that you experiencing and influencing the reality creation process, to bring it back into your so-called conscious state, many times than what it is to have a similar experience in the so-called out-of-body state. And during the lucid dream state, where you from your conscious state, look upon it, many times, as being illusionary.

Anyway, it's much easier to alter the illusion. For many, it's not real. I believe it is that it's more real than what you experience in your awakened consciousness state. With many times general entities, to stay in your awakened consciousness state, you know, you cannot sustain this state. It is the most difficult state of consciousness for you to be involved in. You know, that at some level you will sleep, absolutely. You will enter into that dream state. You also know that at some state, you will end your so-called incarnational period, and you will enter into an even more altered state of consciousness. And that effect is the one that you believe is truly sustainable. The irony of it is that when you're in a meditative state, and you develop that capacity to not necessarily have an out-of-body experience to connect with the consciousness that you are throughout your entire universe.

And when you are in the lucid dream state, you similarly consciously influence the realities that you're creating and participating in, even in other life times, which you have experienced quite frequently. You are involved in a reality that's much more real than this reality that you have in your so-called awakened consciousness state. You are also, this becomes difficult for entities to grasp, very, very close to experiencing this so-called in between incarnational state, the level of consciousness that you are at when you die.

In other words, you can have that experience. You don't have to die. It's a case of getting into that state where it's possible for you to become aware of the entire universe that you are involved in the creation process of, and then putting all that away as well, going a little deeper, getting into the nothing.

When you're in the dreams state in that so-called lucid dreaming, you're involved in creation processes in other incarnational periods. And you put that aside and you look deeper and you go that one small step further, and you experiences that overwhelming sense of self-love and unconditional creation process, that’s the experience that you have in your so called between incarnational period, when you so-called die.

In other words, we [have for a time-23:49], used the terminology die, you never really die. You took that as far as this incarnational period as law, but you don't god (die), you want to (alter) your consciousness. This is an illusion. The entities continue to remain in this illusion after you choose to leave it, if you wish, to go into a different state, to [take terminate 24:12] this particular element of your dream.

When you are in awakened consciousness state, you choose to leave it, it's only the entities who remain so are aware of what's going on, feel like it's real, and you are somehow gone. You're not gone. You simply alter your state of consciousness. You're just not there. You're just not tapping into this particular consciousness. If you can in your meditative state, take that same analogy, can understand you have the capacity to tap into all of the other areas where your consciousness is involved in, then you can have not necessarily know out-of-body experience, but awareness that your consciousness is not limited to your physical body. That is the key. That is your question.

Questioner: Along that way, when we go into our sleep state into our dream state, and it's so vivid now. Is that now past the memories there, are those memories of your past lives? And then when you wake up, it's so vivid, it's so clear. What's the difference from different area？

Joshiah: What do you believe? New experience of reality in altered state of consciousness that is more valid than the reality that you experience in your awakened consciousness state. Once again, this state is the most difficult state for you to sustain. You can't stay in this awakened consciousness state forever. However, you don't have any difficulty accepting that when you so-called die, you will enter into an area that could be perpetual, if you wish. The iron of it is that all of those references are based upon your belief in time and space. It doesn't exist. It's an illusion. What you experience in your so-called dream state is interactions with your so-called higher self. And you, if you believe and if you are willing to extend the energy, have the capacity to allow your football so-called conscious state, the eagle, if you wish, to enter in to influence the creation process that's occurring in that altered state of consciousness.

You have but to believe. The only limitation to your creation process is what you believe. If you don't believe it's possible, then of course it's going to be very difficult. If you believe it's possible, then you can achieve it. If you wish to in that so called altered state of consciousness, retain the memory of what it was that you were involved in and bring it back into your conscious state, you can do that. Is it real? What do you believe? It's more real than this conscious state, but that's only what we are suggesting. If you don't believe it, then you will experience all types of realities to validate that this is real, that the dream state is illusionary.

###

What do you believe? We say that over and over again, and we don't mean for it to be degrading or mean for it to be anything but absolutely serious. What do you believe? The reality you experience is a reflection of the belief you hold at all levels of your consciousness, not just your so-called awakened consciousness state. The spark of consciousness that you are gives to you that what you believe from a position of absolute, unconditional love, which means there are no conditions attached to the creation process of whether it's good or bad, right or wrong, should or shouldn't. It just gives to you that which you desire. That's to your question.

Questioner: One more about the year, the little boy that was in a tree in Thailand, [eat nothing at all-28:56] and what was he doing?

You have, in your reality, many individuals, and particularly what you might refer to as indigo children, entities who have so-called arrived within this vibration level, bringing with them, not necessarily the understanding of how they create the reality, but rather the understanding that it's within their grasp to have that which they desire.

As a result of that, the experience in all type creation process in the achieving things, which if you look at them from your perspective appear to be not only different, but absolutely amazing. Those children don't necessarily feel that they have to ask for certain things, but rather understand it's theirs to take. And there's a huge difference.

You see, in your so-called, past history, many individuals held the belief that, to take things was a sign of selfishness, or was a sign of someone who was conceded, for example, was someone who was completely disregarding other elements of individuals in that so-called [supplyment-30:54] relationships and concentrating on taking for themselves. These children don't look at it that way. They understand at some level of their existence, that what they want is that they have but to take it. They understand as well, that exists for everyone existing in your vibration level. It is not like they are trying to achieve something that's not available to others. And as a result of having that knowledge, we hesitate to do to use that terminology, but as a result of knowing at some level of their consciousness, but that's possible, they become involved in certain experience. If you look upon that and wonder why, it's because it's possible, because they have that capacity to have that experience.

You look upon entities existing within your vibration level, who adhere strictly to the so-called human consciousness belief system, He went (and when they enter) into this new age and new energy, there will be many children, very similar who will be achieving and doing things that seem to be without reason, seem to be possible to achieve. You, should you continue in your present belief system, will have children who seemingly accomplish what you now look at as being absolutely impossible. There are children who can exist without the so-called necessary elements for existence. Many individuals would scout at the possibility. Yet those children will achieve that effortlessly because they believe, because they can simply reach out and take it.

You're beginning to see entities who understand that the true limitation to the creation process is indeed their imagination. You've been here before. This is not new to your so called existence in this vibrational level. And we've spoken of other civilizations that have existed and in your so-called past, in other elements of this vibrational level that you exist in, entities who understood the capacity to come and go, if you wish, at will, from this large, rational vibrational level to suspend their existence in time, for they are interacting in and creating another element.

If you look upon that as individuals who were existing seemingly without any type of so-called necessary support system in your reality and in your conscious state, do exist until and will continue to exist, that these types of children will also begin to understand the limitless amount of energy that is not outside of their creation, but indeed is their creation. And it's available at a conscious level, should you choose to believe. Many children that are involved in these seemingly bizarre activities are simply testing the water, are finding out, and are proving to themselves, that things are possible, that they can do it.

The iron of it is, as well, that they don't do it to impress another, they don't do it because they want some type of glory, but rather because they know they can, because it's a validation of their worthiness, of who and what they truly are. That's answer to your question.

We now, would express that it has be a very enjoyable interaction and would like to express our gratitude to each of you, once again, for offering us this opportunity. 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 but to express the intent and we would welcome that opportunity to interact and to share with you. So until the next time we are invited back to participate with each of you, we bid each of you farewell, with love and with peace.