2012-02-05 Joshiah：冥想与逃避现实（N）

Well, now. Well, it's once again indeed a pleasure to be invited back into your vibrational level. And once again we would like to take a moment to express our greeting to each of you and as well to express our gratitude for your once again offering this opportunity to interact and to share with each of you in your vibrational level. For indeed, it is for us our most enjoyable interaction and experience.

Now, before we begin, there are once again exist for each of you that opportunity to be involved in the telepathic interaction or exchange of information with other entities that would be with us on this afternoon, or indeed with that portion that you might refer to with your higher self, or you in your consciousness, or whatever terminology you wish to utilize to give an explanation of who and what you truly are. That opportunity exists for each of you. And the energy that you have created on this afternoon in this space, indeed, will enhance that experience and your opportunity to have in that altered state of consciousness, in that meditative state if you wish. You will find that you have but to close your eyes and express the intent, and the shift of consciousness will become quite easily to you, should you so desire to do so. But once again, as always, that choice is yours, absolutely.

Now, we continuously suggest to you, that you exist in this vibrational level by choice, that your existence is indeed in your awakened consciousness state a reality, that is creation, that is the result of the belief that you hold, belief that you hold consciously and subconsciously, that you have put in place and that you personally sustain. And also in this reality, altering your experiences ultimately is your responsibility, is your choice, if you wish. We suggested many times that while you can alter almost infinity, in terms of the amount or the distance to which you can go, to create or to alter this reality, you cannot change that three things, the simple fact that, one, you are the creator of your reality, you are the god you search for, in other words, and that you create the reality, and that, indeed, you cannot fail to come to the understanding of who and what you truly are. The rest of this reality that you exist in is illusionary, significant, but nonetheless illusionary.

The use of that word vocabulary of the illusionary gives the impression that somehow it's not real. And in a sense, it is a real. It's the least real of all of the environments that you will exist in. And yet in your awakened consciousness state, it is, for all intents and purposes, the real, and it seems to be very much beyond your control, very much beyond your capacity to alter, particularly to alter as well that illusionary reality. And that difficulty in the alternation of that illusionary reality is your choice.

You put in place an electromagnetic type of energy, that we like to refer to as the veil that limits your capacity to understand that you are the creator of your reality and that you are indeed the one that has the capacity to alter the reality, not only has, but does alter, change, manipulate and create the reality constantly. But you choose to believe that you are not in your awakened consciousness state. At some level of your consciousness you understand that. That spark of consciousness that you are, that creates this reality for you to experience in your awakened consciousness state, does so from a position of absolute and unconditional love, and understand absolutely the process and the concept of reality creation, validates the beliefs that you hold, without any judgment as to whether it's right or wrong, but gives to you that which you desire. Even though in your awakened consciousness state you may feel, that you don't really desire that reality, that you don't really hold those particular belief systems, and yet at some level of your consciousness, you do.

If you choose to believe that, you're not in control, for the example, then that spark of consciousness that you are will create realities to validate the belief, without judging whether it's right or wrong, gives to you that which you desire, does so without judgment and does so rejoicing in the creation process. And you create those realities, once again, for a very simple reason. And that's for the opportunity to experience a very intense range of emotions and feelings, that's simply not possible to be experienced to that extent when you understand that you are in control of your creation and understand absolutely that you have but to change a desire and a belief, in order to change the reality. When you understand that, then the intensity of the emotions and the feelings is not nearly as much as it is when you are in your so-called awakened consciousness state, that you have this electromagnetic type of energy that veil, that limits your capacity to understand that you are in control.

And so you experience a reality in your day-to-day activities that once again is reflection of beliefs and belief system. A combination of your various beliefs, what we refer to many times as your human consciousness beliefs and your societal beliefs, and your individual beliefs, all add together to form one that's responsible for the creation of this consciousness reality that you are experiencing, all interacting in belief systems in that creation process. And it can appear to be, and indeed is very complicated, particularly for you to grasp in your so-called awakened consciousness state. But nonetheless, you create your reality and it is a reflection of those beliefs that you hold at various levels of your consciousness.

###

Now, we have suggested, you as a human consciousness, have in a consensus, been in a transition period of the energy that is involved in the makeup of your so-called conscious reality. And you and for many, have already reached the end of that transition period. In this year of 2012 in your so-called concept of time and space in your awakened consciousness state you have once again as a human consciousness agreed to have the termination of this particular time period. You will have altered the energy to the extent that it will allow you to consciously influence your reality in a manner that has been very difficult for you to accomplish in your so-called past in your history. It becomes difficult to utilize your vocabulary in order to express certain concepts, because those concepts really don't occur in time and space and yet your entire conscious reality is based upon this concept of time and space, one of your so-called human consciousness belief systems, the time and space exist, but they really don't. It's an imaginary. It's an illusionary reality that you create in your awakened consciousness state, certainly enhances this concept that you're holding in your conscious state, that there are certain elements of which you are not in control, and some of those which you believe in your so-called future that you cannot perceive what is about to occur in the future.

And so it becomes very difficult to give an accurate description of this alternation of the energy and to suggest that it's going to allow you to create a reality in a manner that has been difficult in your so-called past, when the past really doesn't exist, it's illusionary. You alter your past as readily as you alter your future. Therein lies the difficulty in attempting to give some type of an explanation that you can hold in your conscious state and you can have a definite perception of what you are about to experience in your so-called future. And particularly as you enter into this completion of this transition of the energy, it becomes very difficult to give any type of a prediction of your future, as it becomes much, much more available to you to consciously influence and create that reality, to consciously get a glimpse of the understanding of your belief systems in a manner that has been very difficult in your so-called past. And as a result of grasping the concept of those beliefs, you can consciously influence and alter them as a result consciously influence and alter your reality.

So therein once again lies the difficulty in an attempting to give an explanation to the use of a vocabulary that's based on an illusionary reality. Difficult, difficult than something that you can experience to a great extent from withinside, with this understanding from withinside, the time and space are illusionary. When you go withinside and you are involved in a meditative experience or when you're involved in a dream state, time and space lose the perception that you experience in your awakened consciousness state. They don't exist in the altered states of consciousness. It's possible for you to experience, even for those who choose to believe other alternate incarnations, that you're involved in, and we hesitate to utilize that terminology of a past incarnation, although once again because of your belief in time and space, it becomes much easier for you to accept in your awakened consciousness state, if you refer to it as a past incarnation, rather than an incarnation that you're experiencing in now, certainly much easier for you to refer to a past incarnation rather than a future incarnation, which, if we believe in that concept of time and space, has not yet occurred.

And so, this illusion of time and space once again make it very difficult to give any type of an explanation that will be able to apply to your awakened consciousness state with the understanding that this new age new energy is not really new, but rather, a concept that you have been experiencing another lifetime. In fact, this new age and new energy and this ability to consciously create your reality is an experience that you are involved in, in what we refer to as the Atlantic periods. In the periods before that, the capacity to consciously influence your reality was that even greater than what it is and showed in your so-called new age and new energy. And so it's not really new, but it's a concept that in your so-called awakened consciousness state, in this incarnational period will appear to be new and the capacity will be something that for many will be new, indeed, once again in your awakened consciousness state.

So, here we are entering the final stages of this transition period. And many individuals who are desiring the capacity to have a greater capacity to consciously influence the reality, are questioning, "How do we do that? What is a technique? what's the method?" Well, we are hesitated to give you method of or technique, because you see, a method or a technique is only as valuable as your belief in that method or technique. If you don't believe that it's going to work, then is it doesn't matter what the method or the technique is. If your belief is that it's not something that will accomplish that which you desire, then the spark of consciousness that you are, once again validates the belief. And the method of technique, while it may work for some, may not work for others. So it becomes very difficult to give you method.

However we had suggested, and we continue to suggest that altering your consciousness and going withinside, allows you the capacity to come in contact with other levels of your consciousness and to have influence and understanding upon your reality creation process that is very difficult for you to achieve in your so-called awakened consciousness state. Altering your consciousness, what many refer to as entering into a meditative state, meditation, can be a great aid in achieving an understanding of the belief that you hold. And meditation can be, as well, a tool, if you wish, a method, a technique that you can utilize to alter the belief systems. And as a result of the alteration of the belief systems, you alter the reality that you experience in your awakened consciousness state, absolutely.

###

So going withinside, going withinside will give you answers that are not available to any other means. You can't find it written in a book. You won't find it through listening through entities such as us trying to relay information to you. That source of information is simply like presenting to you an opportunity. But you must make the journey. You must go withinside. You must open the door and pass through that door, if you wish, to step into your so-called inner self. You must go withinside to find the answers, and by going withinside once again, you can indeed assist yourself in discovering what the beliefs are that you hold, and assist in the alteration of that belief system.

So, meditation, altering your consciousness, can be a very precious tools if you wish, a very important aspect of this new age and new energy and the ability to consciously influence and to consciously create your reality. Meditation, simple concept of altering your consciousness to the point where your physical being seems to be in a state of sleep, if you wish, but your consciousness, your awake consciousness is aware of and participating in the events that you are experiencing in an altered state of consciousness. When you return to your so-called the awakened consciousness state, you can, if you so desire, retain the memory of that interaction with your so-called inner self, or that spark of consciousness that you are, or your inner consciousness, whatever terminology you wish to utilize to give an explanation of who and what you truly are.

So going withinside, altering your consciousness and entering into a meditative state can assist in this transition into the new age and new energy and your ability to consciously influence and create your reality. Meditation, for many, has been portrayed as a very difficult state of consciousness to achieve and it's not really. Each of you who has the capacity to concentrate, even for a few moments to meditate can alter your consciousness, through which you're boarding into a sleep state, if you wish, while maintaining the awareness of your consciousness and what is occurring in your so-called subconsciousness. It's really not difficult state of consciousness to either achieve or to maintain. Each of you has that capacity.

Entering into that meditative state, once again, can assist you in this understanding of your belief systems and the capacity and ability to influence them from your conscious state of mind and as a result, have a conscious influence on your reality process. Entering into a meditative state simply involves closing your eyes and expressing the intent. It's very difficult to enter into any state of consciousness and have your mind to go absolutely and completely blank. You believe, once again, in the concept of time and space and it takes some time to achieve certain states of accomplishment. If it takes time, if it passes over a period of time to accomplish that, then once again it becomes more real. And so you believe that it's necessary, in many instances, to practice in order to achieve some type of excellence or achieve some level of accomplishment. So it is in meditating, the more you do it, the more you will feel comfortable doing it, and the more you will believe in your awakened consciousness state, that you are getting better at it, that you can achieve some better level of understanding and of consciousness, because you have practiced it, because, once again, it validates your belief in time and space.

We would suggest, that it's very difficult once again to get your mind into that blank state. So, the opportunity, is to begin by concentrating on one particular thought, whatever that is, it can be concentrating on your breathing, if you reach, it can be concentrating on a particular word that you choose to utilize, and relaxing and relaxing and relaxing. It doesn't matter what it is, but matters what you believe in the concept, that it will utilize and bring to you that which you desire. Your belief, once again, is far more important than the technique or the method. What do you believe will work for you and that's you utilize.

So, you may find that it's quite beneficial to concentrate on one particular thought. You will have other thoughts coming into your mind. You simply put them aside and go back to concentrating on what it was. It's a difficult process to satisfy your ego and you let that go. Because you choose to make it difficult, because you choose to limit your capacity to understand who and what you are, while you exist in this vibrational level, even in those altered state of consciousness, that veil exists, doesn't go away. So you work within the limitations that you have put upon yourself. And you bring your mind back and your thought process back to the one particular thought, whatever it is that you choose to utilize.

When you're entering the that meditative state if you're finding it difficult, then there are different techniques and methods as well, if you may wish to utilize and to attempt to see what gives you your best achievement and your best success. It's possible for you, for example to have what you refer to as that guided meditation. Some entity or some voice, that's suggesting to you that you relax and that you achieve certain things. You may have certain health issues that you wish to work on. And many times, that suggestion, coming through some type of a guided meditation, can assist you in achieving and accomplishing that which you desire and altering your belief systems, allowing you to utilize your imagination to achieve that which you desire.

###

Imagination plays a huge part in your creation process. Huge, first, you imagine it, and then you desire it, and then you begin to believe that it's possible that you create it. Imagination is a very essential part of your creation process. You desire it, you imagine it, and then you have the expectation to bring it into your reality. To utilize your imagination in your meditative process, to accomplish whatever it is that you desire, whether it's a health issue, whether there is some issue that has to do with interactions with other entities, it doesn't matter what it is. The entire reality, once again is your creation and you can alter it, if you so desire. If you have some particular part of your day-to-day activities that you would like to influence, that you would like to alter, or perhaps you would like to enhance and to extend and utilize that in your meditation, bring it in, use your imagination to experience what it would be like to have that achievement. Utilize your imagination to begin the process of understanding what the belief is, so that you can alter it.

Your consciousness exists within each and every cell of the entire universe. And that becomes a difficult concept to grasp. We even search for different words within your vocabulary to give a different description or an explanation and it becomes very difficult. Even when we begin to use analogies, they always fall short, they always are based upon this concept of time and space. For example, you can understand that your consciousness exists within your so-called mental capacity, that's easier for you to grasp, which becomes more difficult, is to grasp the concept that, that consciousness exists within each and every cell of your entire body. That, once again, although a little more difficult, you can grasp that, each cell of your body is carrying out certain activities. And the mental capacity of you is not necessarily directing those activities. But your inner consciousness, your subconscious is the consciousness that you are, exists within each and every cell. It's not like you have this mental capacity that's sitting up here in this consciousness that somehow is simply located in this your brain or somewhere in your mental being, and that is influencing all the rest. And to a certain extent it is, but all the rest are influencing it.

You see, if all are one, that consciousness exists within each and every cell of your entire being, it is not something that's separate from any part of your being. And that consciousness carries on billions of activities within your physical being and you're not consciously aware of those activities. But we're suggesting that it even goes beyond that and that that consciousness is involved in the activities of every act in your entire universe. Because it's an illusionary reality that is your creation, and that's a reflection of your belief system.

And so we urge you use your imagination in the meditative state, to begin the alternation. You interact with other entities as well, even though you're not aware. But similar to all of these activities that are going on within your physical being, the billions and billions of activities that are occurring within your physical being, that your mental consciousness if you wish is not aware of, your so-called awake consciousness is not aware of. So it is that there are all of these other interactions with other entities occurring simultaneously that your awake consciousness is not aware of. And when you utilize your imagination and you begin to express the desires and change the beliefs to alter your reality, you are interacting with multitudes of other entities, similar to the activities that are going on within your physical being.

It becomes difficult to give an explanation, because it once again lacks that possibility within the utilization of a vocabulary. You are all one, and yet you are all separate. You are all that it is, and yet you are nothing. It's a contradiction. And yet it is the absolute truth, that each of you are separate entities, as each cell within your physical being is separate and yet each of you interact and are connected with each other, and as each cell within your physical being is connected, interact with each other. And the consciousness, that as each cell in your physical being, is the same consciousness that is in every other entity and every other cell that exists throughout your universe.

It suggests you are separate entities, a difficult concept to grasp, almost impossible to put into words that makes sense. To suggest that you are a spark of consciousness, is to infer there is this greater huge fire, if you wish, and you are but a spark, and it's not that way at all. You are all that it is. To suggest that you are a piece of the One, is to suggest that there's this huge one and you are, but a minute part and you're not. You are all that it is and yet you are as well that minute piece that you in your awakened consciousness state believe that you are. And yet, you are so much more.

And when you are in that meditative state, and when you are utilizing your imagination, and when you're beginning to alter your belief systems, you are at a subconscious level interacting with the human consciousness. And you are at a subconscious level, having an impact on all of the other entities who are willing to participate and to interact with you in that creation process. Once again, similar to, and we hesitate to use energy, because they can be misunderstood so easily, but nonetheless similar to all of the activities that are carried on by the cells within your body that are individual and yet are connected, they are a piece of the entire body and yet are separate cells, carrying on their individual activities and yet with a consciousness that's connected to each and every cell throughout your entire physical being. And, ironically, throughout your entire universe, you are all that it is.

###

So in that meditative state, you have a capacity to utilize your consciousness and influence your subconscious and influence as well activities that are occurring in your reality, in your day-to-day activities, get an understanding of what the beliefs are that you hold that's responsible for the reality that you experience, and alter those belief systems, that if you so choose, or to enhance them, if you so choose. That choice is yours, absolutely.

So in that meditative state, you have a capacity to utilize your consciousness and influence your subconscious and influence as well activities that are occurring in your reality, in your day-to-day activities, get an understanding of what the beliefs are that you hold that's responsible for the reality that you experience, and alter those belief systems, if you so choose, or to enhance them, if you so choose, that choice is yours absolutely.

And so you can enter into the meditative state with that intent in mind, or you can enter into a meditative state simply because you desire to achieve some type of relaxation. And you can have that as well, if you wish. Choice is yours, absolutely. Or, if you wish, when you enter into that meditative state, and, as we've suggested many times, you can discover the answers to who and what you truly are, you can put aside the illusions and the imaginary realities that come into effect, and you put them aside and you can go deeper, and you can, putting them aside, until it appears like there is nothing. And you begin to realize that it's everything. And you can experience that connection with that higher self that you are, with that spark of consciousness that you are. That ability exists for each of you as well. You have but to express the desire. You have but to believe that you can achieve that interaction, that connection.

Now, you exist within this reality, once again, by choice. You're not put here because some entity thought it would be a good lesson for you to learn, to have to go through certain experiences, absolutely not. You can have that, if you wish, that's your choice. But it is your choice, it's not someone else's choice. It is your choice. It is your choice to be here. It is your choice to experience this reality.

Now, some entities enter into this meditative state, and they find that it's a very desirable state to be in, and they attempt to get into that meditative state, to escape this reality that you experience in your awakened consciousness state, rather than to enhance and to have some type of conscious impact upon the creation process. They enter into a meditative state because it allows them to escape the creation that they experience in their awakened consciousness state that they don't want to accept the responsibility for, perhaps. You can do that. We're not suggesting for an instant that it's right or wrong. But we suggest that you understand that you exist in this vibrational level by choice. And your choice is that, you completely escape it by entering into a meditative state and hoping that, through that meditative state, you cannot escape your awaken conscious reality, is indeed grasping at straws at best. You exist in this vibrational level by choice. You will be chosen, when you are making the choice, leave this vibrational level, your choice. You don't have to learn any lessons. You don't have to go through any type of growth, unless, of course, you wish to believe that that's a necessary part of transition, that's your choice. It's your choice.

It comes back to the basics. You create your reality. You are the god you search for, and you cannot fail to come to that understanding. All the rats rest is illusionary. All the rest is simply a validation of your belief system that you have made by choice. You exist in this vibrational level by choice. The reality you experience in your so-called awakened consciousness state is an absolute verification of your desires and your belief systems that you choose, that no one else inflicts upon you, that you choose.

And so entering into a meditative state in an attempt to escape from that reality, is indeed once again, grasping at straws. Because you exist in this reality because you choose to be here. You create the reality by the choices and decisions that you make, by the beliefs that you hold, by your attitudes, by the utilization of what it is that you desire and your imagination and what you expect to experience. Meditation can assist you in that conscious creation process, and to some extent, it can even give you the illusion that you're escaping from this reality. But it's an illusion. You exist because you choose. You won't to escape it, through extended meditation. So our suggestion is that you utilize the meditation to assist you in your conscious creation process, not to escape from it. Utilize the meditative process and utilize your imagination in that process to enhance your physical existence and to enhance your physical being. Utilize that process that meditative process to come in contact with who and what you truly are. Utilize it to enhance the experience, not to escape it, unless, of course, that's what you wish.

When we're telling you that you should do or shouldn't do anything that choice is yours. Your experiences are your choices. Your experiences, once again, are simply a validation of what it is that you believe. We're suggesting that altering your consciousness and going withinside will assist you the ability to consciously influence that reality in that creation process. And if you wish to even go deeper inside, you can discover the answers, that you may seek as to who and what you truly are and how this creation process truly works. Those answers once again now are inside each of you. You have but to search. You have but to believe. For you are all that it is, you create your reality, and you cannot fail to come to that understanding, the rest is an illusion. The rest is your reaction, absolutely and completely. You exist within each and every atom of your entire conscious experience, absolutely. You are all that it is.

Now, we would break for a moment or two, and if you have any questions we would be willing to return and attempt to answer them for you. And 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 intent, we would welcome that opportunity to interact and to share with each of you. So we would bid you farewell with love and with peace.