2012-05-06 Joshiah：在冥想中使用想象力（N）

Well, now. Well, it’s indeed a pleasure to be invited back into your vibrational level and we would once again like to express our greeting to each of you, and as well express our gratitude for your once again offering us this opportunity to enter into your vibrational level, to interact and to share with each of you. And again, we would suggest that there exists for us to each of you the opportunity to be involved in what we refer to as a silent communication, the telepathic interaction and exchange of information with other entities that would be with us on this afternoon, or indeed that portion that we refer to as your higher self, that spark of consciousness that you are. And once again, many times, the information that you receive in that this telepathic interaction is much more pertinent to what it is that you desire than is the information that we attempt to express through our friend Elias.

And once again, as well, you mind will find that, as a result of the energy that you have created within that space, that it's quite easy for you to alter your consciousness and to enter into that meditative state, and to experience that exchange of information, that silent communication. And while we would encourage you to become involved in that process, we would as well remind you, that choice is yours, absolutely.

Now, reality creation from your consciousness and from your awake consciousness is a possibility that it is becoming more and more available to the entities existing within you vibrational level, as you continue this transformation into what we have referred to as the new age and new energy. Yet, until one accepts certain parameters, if you wish, on what it is that you expect to create in the possibilities and the techniques that you brought and the belief systems that you utilize, conscious creation can become seemingly very difficult, almost impossible, and at least, frustrating, and one as seemingly fruitless attempts as it is, conscious creation process.

So we would suggest, that there are certain techniques that you can utilize. And yet, once again, it's important that you understand that the utilization or usage of the technique, the consequences in the achievement and success that's possible within the utilization of that technique, depends aggressively upon what your beliefs are, and the belief that you have in that technique, that method will give to you that which you desire. Belief, precedes reality, without exception.

It's also important that you grasp a basic message that we have suggested, throughout many of your incarnational periods that you are the one that's responsible for this reality that you exist in. You are all that it is. You create your reality. And you cannot fail to come to the understanding of who and what you truly are. Beyond that basic message, the rest is all a reality that’s in your grasp, not only to alter and to manipulate, but indeed to create and change, that validates the beliefs that you hold. You create your reality.

You see, while we can suggest method and technique, and suggest as well, that the belief that you hold has an effect on the possible outcome of what those beliefs are and the desires that you attempt to experience in your awake conscious reality. The underlying belief, that you are in control, is necessary in order to achieve conscious creation. If you don’t believe you're in control, the spark of consciousness that you are creates the reality to validate that the beliefs you hold. It's that simple.

And while it may be difficult many times to accept the responsibility for the reality that you are experiencing, it's important that you grasp that concept, that you are all that it is. It's important that you understand that this reality that you are experiencing in your awakened consciousness state is created from that spark of consciousness that you are, from a position of absolute and unconditional love. It's a validation of your belief systems. It's not judged as to whether or not it's right or wrong, but once again, the right or wrong concept is an awake human conscious concept, does not exist at the level from which you create your reality.

And so this reality that you experience is a validation of your belief systems and is your creation, and created from a position of absolute, unconditional love. Then it stands to reason that if you can experience the absolute unconditional love for who and what you are in your awakened consciousness state, then it can assist you in this conscious creation process. And so we go back to the basic that we have suggested time and time again, like who you are. It seems like such a basic concept, and yet one that seems to be used by so many in your awakened consciousness state. Because you have chosen to put in place the limitations to understand who and what you truly are in your awakened consciousness state.

And again, as we've suggested many, many times, the reason that you do that is very simple. It's also, it's almost so simple that it's disarming, and that is that you desire to experience the intense range of emotions and feelings that are only available when you believe you're not in control. And if you believe you are not in control, then to love the reality that you are experiencing in your awakened consciousness state, particularly if it's what you refer to as a less than desirable reality, can be difficult. If you experience this reality and you ask yourself are consciously, how can I do this? How can I like who I am? I must be making all types of conscious decisions that are in the wrong area or taking me down the wrong creation path, that are allowing me to experience this reality. It's really not that way at all. The spark of consciousness that you are rejoices in the creation of the reality. And it's only in your awakened consciousness state that you judge as to whether it's desirable or less than desirable or whether it's right or wrong.

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And through acceptance of these basic principles, that you are all that it is, that you create your reality and that you cannot fail to come to that understanding, one of the essential components of reality creation process is like who you are. And we've suggested many times that there are different processes that you can be involved in. Write out a list of principles and apply the principles, rejoice in the accomplishment in and the success in the application of those principles, don't dwell on the odd time that you fail to apply the principles, but rather look at that as being simply a lesson, in the next opportunity that you create, you will apply the principle. It's not a failure. Failure is a human consciousness concept. It does not exist at that level of consciousness from which you create your reality.

Again, a difficult concept to grasp, but essential, if you expect to have some type of positive outcome that you refer to as a positive outcome in your awakened consciousness state in this reality creation process, like who you are. Like who you are, apply the principle. The more you apply the principles, and principles that you choose to be the entity that you wish to be like, not principles that you choose so that others may be impressed by who you are, but rather if you, if you look into your mirror each day, you see the reflection of someone that you love to look at, someone that you like. Apply the principle. Strengthen the character. If you strengthen the character, you begin to like who you are. And as you begin to like who you are, you begin to hold expectation that's necessary for the conscious creation process.

You see, if you don't have any type of expectation to have the capacity to create or to improve your reality from a conscious point of view, then it's very difficult to achieve any type of success in a reality conscious process. You must like who you are, in order to have the expectation. Perhaps one of the most difficult components for you to achieve in this reality conscious process is the expectation, that you can bring it into your reality. Liking yourself is a necessary element to the next important step which is loving yourself consciously. If you don't like who you are, it's very difficult to love yourself consciously. If you don't like that individual that's reflected back from the mirror, then it's very difficult to love that individual.

So, beginning the process by liking who you are. Take whatever step that’s necessary to achieve that, and then you begin to love yourself consciously. Loving yourself consciously is not something that just occurred. Love is that they have been in a state of being and a state of doing. You do certain things that allow you to experience emotions that you in your awakened consciousness state look upon as being very desirable emotion, emotions that you can experience, such as the feelings of joy, or the feelings of belonging, or the feelings of being needed, the feeling of security and of trust. And all of these particular feelings, it's important that you have a mental concept of what they are. But we're not going to get into that. If you have questions on any of those particular feelings, we would be willing to attempt to answer them for you. But it's important that you understand that you do things in order to experience those emotions that allow you to feel self-love and indeed love for others, and that another love you as well. Necessary elements to, once again, achieve the expectation element that's so essential in this conscious creation process, like who you are, do the things that allow you to experience self-love, then give a gift to yourself, and give it unconditionally.

We've spoke before about doing certain things to experience those emotions of love, giving is one of the most important. And what's important in the living process is that the gift beyond conditional. Unconditional means exactly that, it has no conditions. When you begin to apply conditions to a gift. It's no longer a gift, but rather a contract. Unconditional gifts, don't have conditions. Contracts have conditions. And when you give to someone and say, "I'm giving you this because I love you. But if you don't follow the rules that we set out and the guidelines and the conditions, then I will withdraw the gift." That's not a gift, it's a contract.

And I'm not suggesting for an instant that contracts are not necessary for you to be involved in, in certain relationships. Contracts are a necessary element of your societal functions. We're not suggesting that you shouldn't be involved in contracts, absolutely not, but rather that when you give to gift, give a gift as a gift of love, that there are no conditions, that it is not a contract, that it is unconditional. You give someone the gift that allows them to experience the emotions and feelings that are accompanying a gift of love, the emotions of Joy, the emotions of security, the emotions of trust and of being needed, of being understood unconditionally, that they are accepted for who they are without condition. You give to yourself for the same reason, to experience those emotions that are a part of expressing love.

And so to love yourself consciously requires once again, to do certain things that allow you to experience the emotions, the positive emotions that company this feeling of being loved, of being needed, of being important. So love yourself, do the things that allow you to love yourself. Take time for yourself, give to yourself unconditionally, not with the feeling that, "I shouldn't be doing this, because I should be doing something with someone else, or I should be doing this for someone else." First do for yourself.

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You see, if you don't love yourself unconditionally, it's very difficult for you to love someone else unconditionally. If you don't give yourself gifts unconditionally, then it's very difficult for you to give an unconditional gift to another, to allow them to have that experience. Do first for yourself. Like who you are. And do the things for yourself that allow you to experience the emotions and feelings that come when one is involved in a loving relationship or situation. Like who you are, to love yourself unconditionally. Those elements allow you to achieve that expectation that's necessary for the creation of your methods and techniques that you utilize to consciously influence your reality.

Expectation, a very important element, once again, that comes when you love yourself consciously. And you look into the mirror, and you dwell upon each and every element that you see and you like it all. It's who you are, it's your creation. It's a beautiful creation and love it, like it, accept that it is your creation. Accept that it is indeed a very beautiful creation that comes from a position of absolute and unconditional love, not something that's been put there, influenced and controlled by some other elements or entities or force, but indeed your creation, your creation from a position once again of absolute and unconditional love. And when you can bring that into your conscious state that feeling of love, eventually, of unconditional and absolute love, and expectation, a necessary element of the conscious creation process, is there. It exists. You begin to expect, you begin to expect that it will occur, not wish for, not hope, but expect.

Other elements that are necessary for this conscious creation process is to utilize some type of method or technique to assist you in conscious creation. Imagination is a very powerful tool that you can realize to create your reality, not only can but do. The irony of it is that, the reality that you experience, once again, is influenced by what it is that you do desire, by the utilization of your imagination and by your expectation. You do that, whether you accept it, whether you understand it, whether there is a conscious, purposeful concept that you apply or whether it's some type of technique that you imply at different levels. The reality you experience indeed gives to you that which you desire. It validates your imagination and it gives to you what it is that you expect to receive.

Once again, when the reality you're experiencing is less and desirable, that can be a difficult concept to grasp. But again, if you grasp it and understand it, then you have the capacity and the possibility to manipulate it. Desire and expectation, then validate what it is that you imagine you can bring into your reality. And so imagination is a very powerful tool in this creation process.

We suggested before, when you utilize your imagination, it can be very beneficial for you to utilize all of the senses that you employ while utilizing the imagination. Utilizing to your imagination what something feels like or what it tastes, or it smell like, can have an impact upon your subconsciousness in the creation of that which you desire. Be specific in what it is that you desire, and utilize your imagination. Utilizing your imagination does not necessarily mean you have to imagine what the reality would be like in your awakened consciousness state. If you wish to alter the physical aliment or incapacity, you can utilize your imagination in all different types of areas to accomplish that.

It's not necessary that you utilize imagination, only seems to have some type of validation in your awakened consciousness state. It doesn't necessarily have to be completely conceivable in your awaken consciousness state. You can imagine all types of things occurring within your physical being, that when you’re in your awakened consciousness state you would look upon as being absolutely impossible. It doesn't matter. Nothing is impossible. The only impossibility is for you to have someone else create your reality. The only impossibility is that you fail to understand who and what you truly are. Everything else is within the realm of possibility.

So if you utilize your imagination to facilitate alternation of the physical being, they can be very weird imaginations. Whatever you believe will work, it doesn't matter. What matters is what you believe in the method and technique. You may, for example, experience all types of activities going on within your physical body that are completely incomprehensible in your awakened consciousness state, that doesn't make any sense at all. You may, for example, experience some type of explosion occurring within your body or some type of fire occurring within your body, utilizing your imagination to alter certain and manipulate certain elements within the body, which of course in your awakened consciousness state you would look at and say, "well, that's impossible." But it's not impossible, other than what you believe in your awakened consciousness state. The spark of consciousness that you are does not judge whether it's right or wrong, but simply gives to you, once again, that which you desire. And so utilizing imagination to achieve what it is that you desire, can be far out, if you wish to go. There are no limitations on what it is that you can imagine.

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The imagination precedes the reality. So utilize your imagination, a very powerful tool in this reality creation process in giving to you that which you desire. So, understand what it is that you desire, utilizing your imagination and liking who you are, and loving yourself consciously to enhance and to bring into your awakened consciousness state and all other levels of your consciousness the expectation, that this desire and imagination will indeed create and bring to you that which you desire, to experience in your awakened consciousness state, are important elements in this awake consciousness creation process.

The method and technique that you utilize, once again, is not nearly as important as your belief in that method and technique. And so we would suggest to you that one of the methods and techniques that you can utilize, as we have suggested many times, is to alter your consciousness and enter into a meditative state. I give it as a suggestion. Nothing is absolute. The answer that you seeker is withinside each of you. To achieve an understanding of who and what you truly are, it's necessary to go withinside. We've suggested many times that you won't find it written down in a book. You won't find it by attending these seminars. You won't find it by listening to some entity like us attempting as a teacher to explain to you what your creation process is. You achieve it by going withinside, by connecting with that spark of consciousness that you are, by entering into a meditative state. So we suggest that it can be very beneficial for you to utilize meditation in this creation process.

There are many different types of meditations that your consciousness has conceived that you can utilize. We've suggested that, to make the contact with who and what you truly are, that you continuously put aside all of the images that come into your consciousness while you're altering your consciousness, and enter into that meditative state continuously. Put aside the distractions that you continuously recreate and recreate at different levels of consciousness, that make it difficult for you to get to that understanding of who and what you truly are. For, again, you choose to limit that understanding in your awakened conscious state, and it's a difficult process for you to get past that, not impossible, but difficult. What we're suggesting in the creation process, however, in the utilization of your meditation process of your altered states of consciousness, is that you utilize your imagination and your imagery, and that you have in place before you entered into that state of consciousness a definite goal that you wish to achieve, a definite accomplishment, a definite desire, and you utilize your imagination in that state of consciousness to influence an even deeper consciousness to assist in the creation process.

So you enter into that altered state of consciousness, into that meditative state, while you maintain an awareness, and yet alter your consciousness. But it's similar to one entering into what you refer to as a dream state. It‘s difference is in the perspective that you maintain your awareness. And by maintaining that awareness, you can control what it is that you experience. And you can utilize your imagination in that altered state of consciousness to influence the creation process.

So, you once again have a preconceived concept of what it is that you're attempting to achieve, what it is that you desire. Many times in that altered state of consciousness, the imagination will give to you different perspective and technique that you didn't even think of in your awakened consciousness state. That spark of consciousness that you are, that subconsciousness that exists within each of you, begins to have an influence on what it is that you're attempting to achieve, and gives to you once again images and imagination based upon that which you desire, that assist you in utilizing your imagination to accomplish, once again, some type of alternation in your awakened consciousness state in your reality.

If you enter into that meditative state and you allow the subconsciousness to be involved in that imaginary process, you allow the subconsciousness to become involved in that meditation, while you maintain awareness of what you're experiencing, many times, once again, you're off in an entirely different direction than what you may have conceived in your awakened consciousness state and thought that you in your awakened consciousness day state, you're going to achieve in this altered state of consciousness. Allows the imagination, and allow the subconsciousness to have a free reign, if you wish to go beyond the bounds of what you might expect in your awaken consciousness state, and beware of what it is that you're experiencing.

Altering your consciousness and entering into a meditative state, with the purpose in mind of an intent to achieve some type of reality creation process, can be a very effective and very powerful tools in this conscious creation process. We're not for an instant suggesting that it's the only technique, or that it's the most important technique, or that it's the only one you should utilize, absolutely not. You see, once again, the method and technique that you utilize is not nearly as important as your belief in the method and technique. We simply suggesting your subconscious and altering into your altered state of consciousness, into a meditative state, can allow you to have a close contact and connection with your subconsciousness, and thereby have a greater impact upon your reality creation process.

Understanding what it is that you desire, utilizing your imagination, and doing the other elements that we have suggested to create a circumstance, where you have the expectation can be very beneficial in this reality creation process, in achieving that which you desire. Like who you are, love yourself consciously, perhaps the most important element in the conscious creation process. We're not suggesting for an instant that you don't like who you are. We're not suggesting for an instant that you don't love who you are consciously. We're suggesting that the stronger that you can make those particular elements of your conscious state, the more successful you will be in the conscious creation process.

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Making a conscious effort to strengthen your character and to strengthen your self-love, to begin to love yourself unconditionally, can have a huge impact on the conscious creation process. And again, a very beneficial technique that you can apply is to go withinside, to come in contact with your subconsciousness on a regular basis. And by regular bases, we're not suggesting for an instant that you must follow some type of regimen where you must meditate at a certain time of the day, each and every day, but rather that you make a conscious effort to meditate, at least once a day, perhaps twice a day to continuously reinforce in your subconscious the desires, the imagination.

Be aware in your awakened consciousness state, that the choices and decisions that you make, influence the thoughts and feelings that you hold, which in turn influence what you believe, what you expect to create. Your choices and decisions are indeed, as each of you can, except in your awakened consciousness state, completely within your capacity. Choices and decisions influence thoughts and feelings, which influence your expectation, which influence that which you desire.

Like who you are. Love yourself consciously. Understand that you are indeed the creator of your reality. You are all that it is. You cannot fail to come to that understanding. This reality that you are experiencing in your awakened consciousness state is an illusionary reality, that's within your capacity to alter. You have signed on to the human consciousness belief system, a very difficult belief system for you to alter, but not impossible, but very difficult. Understand that you choose to sign on to that human consciousness of belief system, but within that belief system, to continue to be on that creation process that you are ultimately responsible for. And by accepting the responsibility, by understanding who and what you truly are, you have the capacity to alter the reality, absolutely. The choice is yours.

Your limitation to your reality is your imagination. You exist in a multitude of different realities. That is so hard for you to accept in your awakened consciousness state. You are so more than much believe to be. You are so more than this one entity. You are all it is. And from the spark of consciousness that you are, you create a reality not only in this incarnational period, but in a multitude of incarnational periods, from a position of absolute and unconditional love. You cannot fail to come to that understanding.

Utilize imagination. Take the necessary steps to increase and to enhance your expectation. Utilize methods and techniques that utilize your imagination to influence reality. And you will indeed experience conscious creation in a method and in a manner that has been very difficult for you to achieve in your so-called past in your history. The only limitation to your creation is your imagination, your expectation, your desire. What it is that you believe? They are influenced by your thoughts and feelings, by your choices and decisions. It's really that simple. You simply go to huge lengths to make it difficult for you to understand in your awakened consciousness state. You are all it is. You are the god you search for. You create your reality. You cannot fail to come to that understanding. You cannot fail it. The rest is an illusion, significant, many times, very inviting and sometimes not so inviting, but nonetheless, an illusion, a significant illusion that you have the capacity to alter.

Now, we would like to express our gratitude to each of you. And if you wish, we would return and attempt to answer any questions that you have for us. 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 the intent and we would welcome that opportunity to interact and to share with each of you. Now we would see you for a moment, with love and with peace.