2012-05-06 Joshiah：问答录——区分直觉与想象（N）

Well, now. Well, it's once again… allow us to express us to express our greeting to each of you. And before we begin, we would remind you that there continues to exist that opportunity for you to be involved in that silent communication or that telepathic interaction and that exchange of information with other entities that would be with us on this afternoon, or indeed with that portion that you refer to as you higher self or that subconsciousness that you are. And once again as a result of the energy that you have created, and you will find that it's quite easy for you to close your eyes and express the intent, and enter into that meditative state or that altered state of consciousness and to participate and be involved in that telepathic or silent communication. And once again, as always, that choice is yours, absolutely.

Now, your consciousness or subconsciousness, whichever terminology you choose to describe it, exists within each and every cell of your entire being. For many, there's this perception that your consciousness is somehow restricted to your mental capacity or to that part of your physical being that is capable of the thought process. And yet your consciousness exists, once again throughout your entire physical being. Not only does it exist throughout your entire physical being, which is a concept that each of you can easily grasp, we are quite sure and confident, however, when we suggest that your consciousness exists within each and every atom of your entire universe, that becomes a little bit more difficult for you to grasp. And yet it is an absolute that you exist throughout the entire illusion that you experience in your awakened consciousness state.

However, again, it's much easier for you to grasp the concept that your consciousness exists in each and every cell of your entire being. You see, you understand, that while you are in any state of consciousness, that you are aware of in your so-called awakened consciousness state, whether they are meditating or dreaming or sleeping, regardless as long as you are continuing to exist within this incarnational period, your physical being continuously is involved in a multitude of various activities. Each and every cell of your entire physical being is carrying out tasks, is continuing to be involved, once again, in the multitude of tasks that allow your physical body to continue to exist, with an exchange of energy in the distribution of oxygen throughout your physical being that is utilized in the energy process of utilizing the nutritional aspect that you have taken into your physical being and elimination of the waste that are a result of that utilization of that energy.

Each and every cell is involved in these processes, and it does so without your so-called awake conscious interference. Not that your thoughts and feelings can't influence that process, but nonetheless, process continues without your consciously thinking about each and every cell being involved in the process. The heart continues to be to beat, and you continue to believe all of the other elements that are involved in the billions of activities that are being carried out within your physical being are operating on a different level of your consciousness, from what you refer to as you awakened consciousness state. Your consciousness exists within each and every cell of your entire physical being.

Many times it becomes difficult for an individual to grasp that there is no separation between that consciousness and your so-called awake consciousness, other than the one that you put in place that you maintain. It is quite possible for you to experience the consciousness that's operating in all areas of your being. So many times in your awakened consciousness state, you have a tendency to look at various parts of your physical body as that are somehow separated from your consciousness. You may look at your toe, for example, if you look at that as simply some appendix that sit on there and has a function to assist you in your mobility, but is somehow separate from your consciousness from your thinking state, from your reasoning, from your mental capacity, from your consciousness. And yet it is not. Contained with each and every cell of your physical being is that spark of consciousness that you are. It's not separate.

Understanding that concepts can assist you in feeling the connection, if you wish, of all of the cells within your physical being, allow you, particularly in an altered state of consciousness to experience a consciousness that exists in what you might refer to as some extremity of your physical being, to experience that consciousness that exists within your toe, to allow that consciousness to be as aware of what's occurring as the mental capacity that you experience in your so-called awakened consciousness state. It's possible for you to experience that consciousness throughout your entire physical being. And it's really not very difficult, particularly in your altered state of consciousness.

Any individual in your awakened consciousness state attempts to be involved in, when they enter into a meditative state, what you refer to as an out-of-body experience, the attempt and the perception is that, they wish to have the so-called consciousness, their awareness, leave the body and be aware something that's occurring in some other state, to somehow travel from one place to another, to have again, what you refer to as an out-body-experience. Well, we're not suggesting that that's impossible, absolutely not, that it is possible for you to experience occurrences anywhere within your entire universe, not only this universe that you're experiencing in your weak consciousness state in this particular incarnational period, but should you choose to believe, you can experience other occurrences in any of your other incarnational periods as well.

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You are all that it is. You are so much more than what you perceive. You are a multidimensional personality. To experience occurrences that are outside of your physical being, while it may seem much more difficult, is as entirely possible as what we suggest for you to experience the consciousness that exists within each and every cell of your physical being. One of the keys to success at this type of interaction is to understand that's not so much that you are attempting to have your consciousness leave your physical being in order to travel to some other area of your so-called universe, but rather understanding that your consciousness exists in that area that you wish to experience. Your consciousness, the spark of consciousness that you are, exists within each and every atom of your entire universe, and it's not so much a case of traveling to that, as becoming aware of the consciousness that already is there.

Like becoming aware of a consciousness that exists within the soul of your toe, so it is to becoming aware of your consciousness that exists in some other area of your so-called universe, to give you that perception that you have somehow left this physical being with your consciousness and travel to some other area, it's not really that way at all. It's rather a concept of becoming aware of the consciousness that exists in the other areas, either within your physical being or within your entire universe. And for some who wish to hold the belief that there are other incarnational periods, that you are that multi-dimensional personality that we refer to, the possibility as well to experience your consciousness in other incarnational periods, where you, once again, are involved in the creation of, by participating in the creation and being actually in each and every atom of each and every universe.

A difficult concept to grasp. But nonetheless, the reality you experience in your awakened consciousness state is the most illusionary reality that you shall experience. Not insignificant, absolutely not, very significant, but nonetheless illusionary. You create the multitude of these so-called illusionary realities, these lifetimes, these incarnational periods, these existences that you are involved in the creation process of. You are so much more than you perceive in your awakened consciousness state. You are all that it is. In your so-called past, in your present and in your future, you exist in the now. Your consciousness exists throughout your entire universe, in each and every atom of the entire universe. You are all that it is, yet you're separate entities. Your consciousness exists throughout every cell of your entire being. And you have the capacity to tap into that consciousness in those other areas of your physical being that seem remote from your so-called mental capacity or your awake consciousness state. The subconsciousness that exists within your entire being is within your grasp to experience and to retain the memory of that interaction in the experience and indeed, to alter the experience, if you so choose to do so.

Meditation can be a powerful tool. Utilization of your imagination, the expectation, understanding what it is that you desire, liking who you are, strengthening your character and your self-love, are all elements that you can utilize to alter your experience or to enhance the experience, whatever it is you choose to desire to do. You are all that it is.

Existing within this incarnational period seems like the most important element of your entire creation. For many, it is the only thing that exists. It's like there is no other existence. It's just this incarnational period. Yet it's not really that way. You are a multi-dimensional personality. You create the reality to validate the belief that you hold. The only limitation to your creation process, is you imagination. Utilizing your imagination, understanding what it is that you desire, liking who you are, and self-love, increase the perception that you can indeed accomplish and expect to accomplish that which you desire, which you imagine. All of it is influenced by your choices and decisions, by your thoughts and feelings, by the belief you hold.

It’s really that simple, and yet it is so difficult to achieve. Because you put in place the limitations, you put in place the electromagnetic type of energy that limits your capacity in your awakened consciousness state to understand who and what you truly are. Go withinside. Utilize altered state of consciousness. Utilize your imagination. Strengthen your self-worth, your character, your feelings of love, your expectation.

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

Questioner: Can you speak a bit about intuition, what it deal with, and whether it's important to trust your gut feeling, or whether that's just something to do with the imagination.

Joshiah: We suggested that, if you were to utilize the meditation, go withinside, that many times, you may not in your so-called awakened consciousness state remember the interactions, remember the exchange of information that you were involved with between your so-called conscious state and your subconscious state, or that spark of consciousness that you are. And yet when you are in your so-called awakened consciousness state, you can be given intuitive suggestions that can assist you in your creation process.

Each of you are always separated from the thoughts and feelings and understanding of others, because you choose to be. You are only separated from your so-called intuition or that spark consciousness that you are, because you put in place the limitations. And yet, continuously, you are bombarded, if you wish, by other thoughts and feelings, by intuitive suggestion. And many times, an entity has the attitude that they should simply push that aside, that it's just imagination, that it's not really important. You can, if you begin to pay attention, you begin to understand that it is indeed an intuitive suggestion, or indeed it is an interaction with another, pay attention to the mental capability of exchanges of information, you begin to separate what you imagine and what is indeed an intuitive suggestion, what it is you refer to as a gut feeling. And you begin to, if you pay attention, have the capacity to react to and as a result of, the reacting to utilize that gut feeling or that intuitive suggestion to assist you in your so-called awakened consciousness creation process.

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Intuitive suggestions are continuously there. You're not separate from that spark of consciousness that you are, other than the veil that you put in place to limit that interaction. The more that you go withinside and the more that you attempted to thin that veil, if you reach wish, something that is more readily achievable in your so-called new age and new energy than what was in your so-called past or your history, the more you will have access to and an understanding of intuitive suggestions.

We have suggested in the past, that you pay attention to the spontaneous attitude that seemed to come in and one wonders, “Where did that come from?” Attitudes are a reflection of belief system, if you can hold attitudes, because you consciously think, “I should hold this particular attitude, I should never be angry with others or that's a bad thing, or you should never have a particular attitude where you are judging someone or that's a bad thing,” yet from where out of nowhere, certain events can occur. If you can have an attitude that you look at, “Oh, well, where did that come from?” It comes from a belief system that one holds, not good or bad. It's important that you understand that it's not good or bad, but rather a belief system that you hold. The good or bad is an awake human consciousness concept. The spark of consciousness that you are, once again does not judge, whether it's good or bad. And so it simply gives to you a validation of the beliefs and it creates that reality to validate the belief. You get an overwhelming feeling of an attitude that you didn't believe or you did not realize that you hold.

Pay pension. Pay attention to it, because it can give you insights into what the belief is that you hold, in order to change the reality that you experience. And it's like an intuitive suggestion, it like a gut feeling. Pay attention. Learn to recognize what‘s a gut feeling that is real or something that is just your imagination. When you pay attention to the gut feelings, and when you pay attention to the intuitive suggestion, when you begin to pay attention to what is a thought that you are generating versus a thought that seems to come from nowhere, you begin to separate from two, and you begin to recognize the intuitive suggestions. You begin to recognize, that part is from someone else, and not particularly something that your subconsciousness is putting into your so-called awake consciousness state.

Each of you has that capacity. It’s there continuously. This ability to be able to perceive or to read another's mind is something that's available to each of you. It's not something that's gifted to someone and not available to someone else. Someone simply believes. Someone begins to utilize that belief system. Someone begins to pay attention to what it is that they're experiencing, whether it's their imagination, or whether it's their thought process or whether it's someone else that’s being there and they're tapping into it, and as a consequence, becomes very proficient at understanding how another feels, tapping into another's emotions and tapping into and understanding what is as referred to as a gut feeling, that can indeed have an impact upon your reality creation process.

The more you believe that your intuition can assist you, the more it will. The reality you experience is the validation of the belief hold. When you go withinside, we continuously suggest that you may not have a memory of what it was that you experience in that so-called silent communication or telepathic exchange of information. Many times, if you're experiencing the reality you create, you will have intuitive suggestions and gut feelings, if you wish, that can affect you in creating a reality that you may in your awakened consciousness state find more desirable.

Does that answer your question?

Questioner: Yes, thanks.

Joshiah: Well, now. You are losing the perception of time. It has been a very fast interaction.

[Laughing…]

You exist in the now. A difficult concept to grasp, but one, if you attempt to apply, can have a tremendous impact upon what that you experience. To attempt to live in what you refer to as the future that does not exist, it's an illusion. There is no future. The past does not exist. You exist in the Now. And it's from the now, it’s in this encompassing concept that you experience your reality. To spend time in that now, wondering what you will experience in your so-called future, is a futile waste of time. It never restrict you. It's different if you're utilizing imagination to achieve something that you desire to have come into your so-called future. But to worry, if you wish, about that future, without utilizing the imagination to control it, is indeed a very useless utilization of your experience and your creation.

You live within the now, experience now. Utilize your imagination to have what it is that you desire to experience in your so-called future, but do it from the perception that it's the now, not worrying about the future, but rather expecting the future to be that which you desire. Living in your so-called past or living in your so-called future is once again a complete waste of your time. It doesn't exist. It simply blur your so-call capacity to utilize the beliefs and the methods and the techniques that you use to apply in the now to create that you desire. You cannot live in your future, and you cannot live in your past. You only live in the now. Don't waste your time, either live in the future or live in the past. And Live in the now. Utilize the perceptions. Utilize your methods and techniques to control not only your future, but also your past. The irony of it is that you alter…

[Tap end]