

JOSHIAH

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Q and A

Joshiah: Once again, allow us to express our greetings to each of you and our gratitude as well for your, once again, presenting us with this opportunity to enter into your vibrational level and to interact with each of you in your reality. We remind you that the entities and the energy you have allowed for within this sacred space are with us still on this afternoon, and should you choose to have that silent communication, that telepathic exchange of information, you have but to express the intent to allow your consciousness to shift ever so slightly, and, as always, the information that you receive during those exchanges quite often is much more accurate and complete and pertinent to the individual than the information that we express through this rather limited use of the vocabulary.

You see, we continuously suggest to you that the information that we present to you is based upon your present understandings and belief systems. And we operate within that range of understanding and belief systems as we present that information. You believe, for example, that there is a linear time frame. You believe that there is a beginning and an end, and that you are somewhere in the middle of that beginning and that end. Whether it is close to the beginning or the end depends as well upon your belief systems. But nonetheless, as individuals and as a human consciousness, you believe in a linear time frame, and so when we present information to you we present it based upon that belief system, based upon that understanding.

And we refer to your between incarnation states like it is a progression, like it is a part of your past and you are progressing through an incarnational period and you die, if you wish to use that term, and you go into a different state and you are in that between incarnational period. And we have even suggested that while you are in that between incarnation period that you had the opportunity to go through various levels of consciousness and to make the choices and decisions as to what your next incarnational period would be, in order to establish the belief systems that you would bring in under what you would refer to as contracts or karma, in order to create the reality that you desire within that incarnational period. And it is all based upon this belief that you have a linear time frame, that there

is a beginning and an end, when in actuality you exist in the now.

And once again, even the now is a difficult concept to explain. As we have suggested in the past it refers to an instant. It refers to your present, if you wish. And actually the concept of the now encompasses the past, the present, and the future. It encompasses all of your incarnational periods and all of the times that you are between incarnations, so to speak. And even attempting to give you that type of an explanation falls back upon that belief in a linear time frame. So much of the information that we give is based on that understanding and that belief system, and also many others that you hold; many other belief systems or understandings that you have of a concept when you are in your consciousness state, which from your subconsciousness state are not real. They are illusionary, like time and space is an illusion. It is a belief system that you have and it is one that we have to operate in as we attempt to give you explanations and relay information that you desire to hear. But nonetheless, they are illusions. And so this information that we give to you through our rather limited use of the vocabulary, and working within the limitations of the use and understandings, is not nearly as accurate as that information that you have the opportunity to receive through that telepathic exchange of information.

Now, while you are in your consciousness state and you perceive this information that we are expressing to you, you get the sense that is more real. You get the sense that because you can hear it physically and that you can recall it in your physical and conscious memory that somehow it is more real. However, as we have suggested in the past, that exchange of information of that silent communication, that telepathic exchange of information, is much more real. You may not have a total recall while you are in your consciousness state, but nonetheless, by being involved in that silent communication, that telepathic exchange of information, you put in place the steps—if you need to refer to them as steps—you put in place the requirements that allow you to bring that information into your consciousness when it is the most pertinent, when it can have the most desired effect upon your reality creation process.

It will come to you in the forms of intuitions, if you wish, those hunches that you get. Those thoughts that seem to come from out of nowhere and you wonder what on Earth made you think of that particular thought or that particular activity at that instant. How on Earth did you get that intuitive suggestion, that you just knew what was going to happen? And [that] in many cases allow you, if you wish, to make the conscious choices to alter that reality, to consciously get an understanding of what the belief system is so that you can not only alter that one instance of that reality, but totally alter all of the realities that seem to stem from that belief system.

So, when we encourage you to become involved in that telepathic exchange of information, it is to encourage you to have that interaction that reaches beyond the limitations that we are subjected to by your understanding and your belief systems. It reaches beyond the limitations that you put on the information that you desire to hear while in your consciousness state. It assists you in bringing into your consciousness that information which is contained within each and every one of you in what you would call your subconsciousness or your higher self or the Piece of the One—that spark of consciousness that you are. It assists you to bring it into your consciousness at the time when it can have the most effect on the creation of the reality that you most desire.

So, once again, we encourage you to be involved in that telepathic exchange of information. And we would suggest to you as well that it is well within the capacity of each of you—not only within your small group, but each who would hear this message—to express the intent to alter your consciousness and to be involved in that telepathic exchange of information with other entities and with that portion which you refer to as your higher self, to assist you in bringing into your consciousness that which you desire to have an understanding of, that which will assist you in this transformation into the new age and into the new energy, and that which will assist you in consciously creating your reality by having a conscious understanding of the belief systems that are affecting your reality creation process.

Each of you—once again, not only within this group, but who are choosing to hear this message in whatever form—have within you that capacity to recreate that interaction at any time that you choose. You have but to close your eyes and to express the intent, to believe, and you can recreate the energy. You can recreate the interaction that you experience in these times when we meet as a group.

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

Questioner: I have a question that involves the reality creation process. I heard of a way that the hole in the ozone layer was being repaired, and it was like a total surprise or shock to me how it was coming about. And

then I realized that this information was coming into my reality, and how could how it was being done be a total shock to me if I am creating all of my reality? Why wouldn't something more familiar be taking place?

Joshiah: You have within your vibrational level what we refer to as the human consciousness belief systems, society belief systems, and individual belief systems. And you create this reality and you create this entire Earth system, so to speak, based upon the combination of those belief systems. Now, there are human consciousness belief systems that each individual within your vibrational level has agreed to, is involved in, whether they understand that at the conscious level or not. It is an agreement that they all participated in in the creation of this vibrational level, that there would be certain belief systems that would be human consciousness belief systems, if you would, that would tend to lend legitimacy to the solidity of this reality that you are experiencing. Your scientists would refer to many of those belief systems as laws. Laws of physics, for example, which would be beyond reproach, which you could not change. And yet ironically, when the human consciousness agrees to alter some of those so-called laws of physics, the scientists discover that there can be some cracks in the armor, so to speak. There tends to be some areas where the physics can change. And that is an alteration of a human consciousness belief system.

Now, the human consciousness belief system at this time has agreed to an alteration of the very physical makeup of your entire universe, of your entire vibrational level, and it is what we have referred to as the transformation into the new age and into the new energy. Now, there are many entities involved in your vibrational level that have absolutely no concept of the phrase or the term new age or new energy. They have absolutely no conscious understanding that there is this transformation taking place and that they have the opportunity, should they desire, to be involved in that conscious understanding of that transformation process. And yet at some level within their consciousness and within their subconsciousness, so to speak, they absolutely understand and agree to this transformation of your vibrational level.

Now, you also have other aspects of your creation, of your Earth system, that at some level you are in agreement with, and yet at the conscious level have absolutely no understanding of. Now, it is not that you can't have an understanding of it. It is that you don't believe, or that you hold a different belief system and you create the reality to support that belief system where you don't have any desire to be consciously involved in the understanding of all of those subconsciousness human consciousness belief systems that you are involved in [in] the creation and in the maintenance of this entire Earth system, of your entire vibrational level—even outside of your Earth system.

So, it should come as no surprise that in areas such as the re-creation of your ozone layer that you refer to that there are indeed processes involved in the creation and reestablishment, so to speak, of that ozone layer that individuals are not consciously aware of, and yet in their subconsciousness, in the human consciousness concept, or many times even within the societal concept of belief systems, there is an understanding. There is an agreement. There is that subconsciousness belief system, that human consciousness or that societal belief system, that you have absolutely no conscious understanding of or awareness of, that you are involved in.

Now, your ozone layer which your scientists have proven has been depleted, ironically, has been depleted and replaced and depleted and replaced many, many times over your so-called linear time frame. At one time your ozone layer was many, many times more intense than what it is in your so-called present incarnational period. And it has been depleted at times to be much thinner, so to speak, or much less than what it is at this particular instant in your incarnational period.

Your scientists in this incarnational period have very little understanding of your past history of your ozone layer. And in fact, if you wish to use your linear time frame, it is not long ago that they didn't even understand the concept that there was such a thing as an ozone layer. And so the understanding of the ozone layer and of the destruction and re-creation is very limited in terms of your linear time frame, in terms of your past history, in terms of your scientific understanding in your consciousness state.

However, in your subconsciousness state, in that human consciousness belief systems, the ozone layer has been depleted and replaced many times in the alterations of your Earth system to facilitate the creation of your Earth systems and of the various life forms that exist on your Earth systems. It is but one of the elements that affects the existence of life on your planet. And you have, as individuals involved in this reality creation process, depleted and restored it many times over your so-called past, through your so-called history and pre-human history, if you wish to use those terms. And so it should come as no surprise that it is now being once again restored—restored, ironically, only within the memory of this particular incarnational period or, at best, within the memories of your last century; absolutely not restored to what it was at what you would call prehistoric periods. And it should also come as no surprise that you, in the consciousness state, were not previously aware of the various methods of either eliminating or recreating that ozone layer.

Does that answer your question?

Questioner: When I reviewed the written version of last month's channeling, I noticed there was an

emphasis on how the veil prevents entities from other vibrational levels participating in any way in our vibrational level. And it made me wonder how you participate in our vibrational level.

Joshiah: We have given an explanation to that question, but we will give it to you again. It is not a problem. We do not have the capacity to interfere in your reality creation process. Absolutely not. We are interacting with this particular group and with other individuals in your vibrational level because you, as individuals and as a group, expressed the desire. Because you create the opportunities. Because you allow for us to interact, to share in the experiences that you create, in the feelings that you experience in your vibrational level and in your reality creation process.

Now, it is rather ironic that the information that we express to you is information that you desire to hear. It is information that is contained within each and every one of you, and we assist to bring that into your consciousness at your request. So many times the information that you desire to hear is information that each of you has the capacity to attain in many, many other forms. Each of you has the capacity to attain that information simply by altering your consciousness slightly and allowing that information to come into your consciousness, and retaining the memory of the interaction with that so-called higher self, that so-called subconsciousness or Piece of the One that you are.

The information that we give to you is information that you desire to hear. We do not have the capacity to interfere. We do not have the capacity to enter into your vibrational level without your invitation. And even at that invitation, we do not have the capacity to create for you. It is a very complex situation to allow for that alteration that allows us to interact through our friend in order to express to you that which you desire to hear. We do not have control over the information that you receive. It is within your control. We simply express to you that which you desire to hear and that which is contained within each of you.

We do not have the capacity to interfere. There is no entity existing outside of your vibrational level that has the capacity to interfere in your reality creation process. There are entities who may claim to have that capacity—there are those who believe that there are entities who have that capacity, and ironically, they create an illusionary reality to support that belief system. The sad part of that is that they do not accept responsibility for their own reality creation. And by not accepting responsibility, they create out of default; but they create, nonetheless.

Only individuals involved in your particular vibrational level can have the capacity to create within this vibrational level, and we are no exception to that rule. And so we interact with you because you ask for us to come, because you express the desire, and because you offer us the opportunity. And we are, as always,

grateful for that opportunity, for it is an opportunity for us to share. It is an opportunity for us to learn.

And ironically, while you may feel that you are experiencing and receiving some type of mystic type of information, it is only information that is being reflected back upon yourselves from your so-called higher selves, or your subconsciousness, and it is us who gain from these interactions. It is us who learns, and it is us who has that opportunity to share in the intensity of feelings that you have the capacity to experience in your vibrational level. It is us who gains the most from our interactions. While you maintain a veil, which limits our interference in your creation in your vibrational level, you do not, however, limit your capacity to share what it is that you learn with others [from] outside of your vibrational level. And so it is more of a giving on your part than it is on our part.

When we interact in your vibrational level we do so at your desire, at your request, at your expressing of an intent. We are a spark of consciousness. We are a source of energy. And when you allow us to enter into your vibrational level for the purposes of interacting with you, and if you desire to have some type of proof that we are an energy source and you allow for our interaction in your vibrational level, we are limited to having the capacity to interfere with some of your electromagnetic type of energy systems because we are basically, as are you, an electromagnetic type of energy.

Our interference in your vibrational level is limited to your allowing us the opportunity to interact with each of you, and to have that capacity to interact with your electromagnetic type of devices, based upon your desires, based upon your belief systems, based upon your permission. We, as other entities, do not have the capacity to enter into, to interfere in your vibrational level. And the only time that we can interact with you is when you express the desire, when you hold the belief, when you wish to have that type of interaction.

Does that answer your question?

Questioner: From what I understand, we obviously create our experience here through our beliefs. What I am curious about is, is experiencing physical pain simply from a lack of self-love at the conscious level? Is that ultimately the core belief in that?

Joshiah: Many times we give you the very basic belief systems. It is like in your physical explanations of your physical world, the scientists will break down each and every element within your physical world to first a molecule, and then the atoms within a molecule, and so you can say that your entire reality is composed of atoms. And based upon that, it seems rather simple that, "Well, if we change atoms, we can change our reality. We can change our physical perception of our reality." And in a sense that is true. And so it is that we will suggest to you that you create your reality based

upon your belief systems—that that is comparable to your scientists breaking down the construction of your physical reality to the atom. It is the composition of atoms that form the molecules that form the solidity that give your reality that perception of being real. And so it is that when we suggest you alter a belief, that it is a composition of beliefs—and so we use the term belief systems.

There can be within those belief systems many beliefs that interact with each other. And many times when you are experiencing a reality and you get that feeling of understanding the belief, ironically, it is a belief system that you didn't even think was associated with that particular reality. It is something that you didn't even believe, so to speak, was in any way involved in that reality, and yet there it was. It is like, "Oh, I didn't know I believed that." It's, "I didn't know that that could have such an effect in creating this particular aspect of my reality." And so we use the term belief systems to encompass not only one particular individual belief, but the understanding that there are many beliefs comprised to create a reality.

And so it is with self-love. We break it down, suggesting if you only had self-love that you could control it all. And that is an oversimplification. It is not that it is not true, it is absolutely true. But you see, in many areas you have self-love. However, it is the other areas where you may think that you have self-love, and suddenly you create a circumstance and along comes this belief and it springs up in your face and you realize, "Whoa, I didn't really love myself there, did I? I didn't know that there was that aspect of my personality that I just absolutely abhorred. And suddenly there it is. I create the reality that puts it out there."

And so it is in any circumstance within your reality creation process that it cannot be simply broken down, or it would be an oversimplification to break it down and say, "Well, if I only had self-love then I wouldn't experience that. Or if I only held this particular belief then I wouldn't have that in my reality." In a sense, that is true, but it is much more complicated. Similar to saying, in a sense, that each object or material device within your vibrational level is composed of an atom. In a sense, that is true, but the atoms form the molecules that form the cells that form the object. And there are many variations, many different types of cells that form the various objects in your reality. And so it is, as well, that in your experiences there are many beliefs, and it is very difficult to say, "Well, if I just had more self-love that that would end it all."

You see, we have suggested many times that self-love is the key. We have suggested many times that as you continue on this process of self-love that you shall have that capacity to enhance and complete this transference into the new age and into the new energy where you can get glimpses of the concept of who and what you truly are so that you can get an

understanding of the reality creation process. So that when you experience that reality, you get a glimpse not only of the belief system, but of the various beliefs within that belief system that are having the most effect on the creation of that particular reality, and you have the opportunity to change those beliefs. And you have the opportunity to expand that self-love.

You asked us once if you ever reach a stage where, "That is it, we have created all there is and there can be no more creation." And we answered very simply that no, you don't reach that stage. Similarly, we would suggest to you when you ask about self-love, would you ever reach the point where, "That's it. I am out of self-love." Absolutely not. It is ever-expanding. It is like creation; it is ever-expanding. It is something that you continuously work on. And when you expand your self-love, then you expand as well the love for others. And it never reaches an end. You never say, "Well, that's it. I have got all the self-love I can handle and I love everyone there is to love, and that's it."

Self-love is like creation. It is an ever-expanding process. And to feel that, "If I just had self-love that suddenly all of this would disappear," is like saying, "If I could just change that particular individual atom, then I could change the whole world." And so we continuously encourage you to expand on self-love and we continuously refer to belief systems, as opposed to individual beliefs, as you create your reality. It is an ongoing process.

Individuals entered into this vibrational level—and exist in this vibrational level—by agreeing to human consciousness belief systems, by agreeing to participate in the creation of this reality, of this illusionary reality. And then when they get involved, they decide that there are aspects of it that they don't like. Some of them would suggest to you that they don't like the weather systems that they agreed to create in the first place in some area of their subconsciousness. They don't like the fact that the sun gets so hot, even though they agreed before they entered into this vibrational level to participate in that particular reality creation process. There are some who don't believe that there exists at all this process of reality creation. They just simply would like to drift along and shift off all of that responsibility.

There are others who don't like growing old. Now, they entered into this vibrational level, they entered into this incarnational period, agreeing to that human consciousness belief that there would be that phase of what you would call old age. And yet now when they are getting there, they don't want to believe that anymore. They didn't create that. Why on Earth would they be involved in such a creation? And yet they absolutely did create it. They absolutely do agree to it at some level within their consciousness. And it is not that it can't be changed. Many times that particular individual that would like to change that reality is

challenging a human consciousness belief system that they agreed to. And as we have suggested in the past, it is not impossible but it is very difficult to step outside of those human consciousness belief systems that have been agreed to to create this reality, just because you don't like the one that you are experiencing, that you—at some level within your consciousness—hold the belief system that you shall experience it.

We have suggested many times that as you hold more of the understanding of who and what you truly are, as you hold more of the responsibility for the reality creation process, and as you truly understand that you cannot fail, then this reality becomes more and more illusionary, and less and less important, and the concepts of love and self-love become more important, and you begin to alter what you once felt was such a desirable reality to create. When you understand that you can create whatever it is you desire, suddenly you don't desire the things that you once had.

When you understand that you are a Piece of God and you begin to look within yourself, then you begin to understand more of that concept of self-love and begin to love others and begin to love this reality that you are creating and experiencing. And when you understand absolutely beyond a doubt that you cannot fail, then all of this illusionary reality begins to lose its importance. You don't struggle to attempt to achieve some type of ascension where you are going to be guaranteed this place in heaven. It is a given. You don't have to work for it.

And when you understand those belief systems and when they become part of your reality creation process, when they are absolute—there is never a doubt—then the self-love expands, the love for others expands, the understanding of the human consciousness belief systems, that you agreed to at some level in order to create this illusionary reality, become less important. The desire to alter them becomes less important. It is an illusion. The entire vibrational level that you exist in is an illusion and one which you chose to participate in.

Does that answer your question?

Questioner: Yes, I suppose so. What I was wondering was if the magnitude of physical pain that a person feels is an indication of the magnitude of self-love that they are not holding at the conscious level. And what came to me the other day was why should my conscious self be any less important than the rest of me? If my conscious self doesn't want to experience this physical pain anymore, even though I agreed—on some level that I can't remember—to experience it, why does this conscious self that doesn't remember that become less important and have to experience it just because some other part of me, or me—I call it some other part because it is not a part I can remember saying, "Hey, this would be a great idea," I see it from that angle and I can see, yes, it is a great idea to experience this, but I am done with that

experience. It is getting old. I really don't want it anymore. And that is what came to me is why should this conscious self be any less important with my desires? If I desire to be pain-free, that should be just as important and I should be able to change that. So that is what I was wondering.

Joshiah: We would ask you to understand, and we have expressed this many times, that when we are asked a question and we understand that it is on a personal basis (*chuckles*), many times we take it from that personal basis and we apply it in a general sense to your entire human consciousness or to the entire entities involved in your particular reality creation process. And we do that for a very specific reason because, once again, we do not wish to give information that may at this time seem to very pertinent, very accurate, and indeed—based upon your present beliefs and your present understanding—give you a sense of a belief system or a direction or a method or a technique that could be completely out of sync with the opportunities that you have to create your reality tomorrow as you alter your belief systems and alter your understanding of your reality creation process. And so while we understand that your question is on a personal basis and on a personal nature, we continuously answer it from the not-so-personal basis (*chuckles*), from the position of applying the answer in general to your entire human consciousness or to your entire vibrational level.

We could give, and many times in the past we have given, a disclaimer, but you know what it is and so we just sort of left it out. And we also know that you recognize what it is and get tired of hearing it over and over again. (*Chuckles*) And so, while our answer falls short of your question in terms of your personal request, we ask you to understand, once again, that your consciousness and your subconsciousness—the Piece of the One that you are—is not separate. There is no separation. There is no portion where one is somehow off from another and the consciousness is left out there to fend for itself. Absolutely not. They are inseparable. It is who and what you are.

This incarnational period, as [are] all of your incarnational periods, is an illusion. Time is an illusion. You create this reality and you create the illusion for the purposes of lending legitimacy to your vibrational level, lending legitimacy to the reality that you create in your consciousness state. And you can alter it. You can alter that perception, if you wish, of physical discomfort. It is within your capacity, albeit difficult. Difficult, because, once again, it encompasses not only an individual belief system, but a societal belief system, and in many instances, a human consciousness belief system, and it is difficult to step outside of those belief systems. There are ...

(*Tape ends.*) ❄