

# JOSHIAH

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**Joshiah:** Once again, it is indeed a pleasure to be invited back into your vibrational level and we would like to take a moment to express our greetings to each of you and to express to you as well our gratitude for you, once again, allowing us this opportunity to enter into your reality and to interact and to share with each of you.

Now, before we begin this evening we would once again remind you that there exists for each of you that opportunity to be involved in that silent communication, a telepathic interaction, if you wish, with other entities that would be with us on this evening. And you will find, once again, that as a result of the energy that you have created that it would be quite easy for you to alter your consciousness and to enter into what you might refer to as a meditative state. And in that state, once again, to have that interaction and to interact and to telepathically exchange and receive information which, many times, is much more pertinent to your individual needs and [desired] desires than the information that we express through our friend Elias.

And as always, that opportunity exists, and once again, you will find it quite easy to alter your consciousness and to enter into what you refer to as a meditative state. And as always, the choice is yours.

Now. Once again, this vibrational level that you exist in is a vibrational level that is your creation. It is a vibrational level or a reality that is a reflection of what it is that you believe. The reality that you experience in your day-to-day activities is a reflection of what it is that you believe. If you wish to change your reality then you alter the belief. [And you will] alter the reality, absolutely.

This reality that you exist in is also an illusion. And it doesn't mean, once again, that it's not significant or that it's not important, but nonetheless, it's an illusion. You see, all of the realities that exist through all of creation in all of the vibrational levels are illusions. They are creations that are a reflection of the beliefs that entities hold, a reflection of the desires that they wish to experience. And they are illusions.

Now. When you're in an altered state of consciousness, in the meditative state or in the dream state, the reality that you experience in those particular

states of your consciousness are illusions, absolutely. The irony of it is that as you become more aware of who and what you truly are then you also become more aware of the illusions. And when you begin to understand that it's an illusion, ironically, it becomes more real, or it becomes a reality that you understand that you absolutely do have the capacity to alter to create whatever it is that you desire to experience.

However, in your vibrational level you choose to limit that understanding of who and what you truly are. In all levels of consciousness. But particularly when you're in your so-called awake consciousness. At that level of your consciousness you are as far removed from who and what you truly are as is possible for you to be. At that level of your consciousness you put in place, once again, that electromagnetic type of energy that exists throughout each and every atom of your entire universe that limits the understanding of who and what you truly are. That limits the understanding of the creation process that you use to create this reality that you experience. That limits, indeed, any other entity that exists outside or even withinside of your vibrational level from creating your reality. Or from, indeed, influencing the creation of your reality without your permission and your agreement to do so.

You control your reality, absolutely. And the reality that you experience in your conscious state is a reflection of the beliefs that you hold. And for many that's a stretch. We understand that, absolutely. For many that's a very difficult concept to grasp. You see, many believe that as a result of some particular occurrence or activity in your particular incarnational period that you develop a belief as a result of having that experience. And we would suggest that it's the other way round. That first of all you hold the belief and as a result of the belief you create the experience to validate the belief.

Now. Many of you also believe that you only develop belief systems in your conscious state and it's really not that way at all. Many of the beliefs that you hold are beliefs that you have chosen to bring into this particular incarnational period from your so-called between incarnational periods, from your altered state of consciousness where you are what you might refer to as between incarnations. In that area of your consciousness you make choices as to what it is that you desire to experience in a particular incarnational

period and you bring in the beliefs that allow you to create that reality.

And those beliefs can be broken up into three different categories. And we've referred to it many times. You have the human consciousness belief systems. Belief systems that you agree to, if you wish, as a human consciousness in this particular incarnational period, in this particular vibrational level, to hold as being absolutely real. Things that you take for granted that are beyond your capacity to alter. What you might refer to as the laws of physics.

And you'll notice that we said within this particular incarnational period. Because they change. Absolutely. Because they do alter. Because in other of your incarnational periods you don't hold the same rigid belief systems that you hold in this particular incarnational period. There are, for example, in some of your other incarnational periods that you're involved in the belief that this particular plane that you exist on is flat. And you can all look at your history to validate similar types of beliefs that you have held in other incarnational periods. You as individuals existing within those incarnational periods held those beliefs and they were valid beliefs, they were real. Because the reality that you experience is a reflection of the beliefs that you hold.

And so, you have the human consciousness belief systems, the ones that you believe are absolutely rigid. The laws of physics that you don't believe that you can change. That is, of course, until someone comes along, proves you wrong and then you change them. But [from] all intents and purposes you believe that the laws of physics are beyond your capacity to alter, the human consciousness belief system.

And then you have the societal belief systems. Societal belief systems are more within your capacity to change. For you understand, absolutely, that there are different belief systems for different societies existing around your Earth system.

Now. It's rather ironic that some of those belief systems will work in one society but don't have the same effect in another society. And it's simply a matter of believing. For once again, the reality that you experience is a reflection of the beliefs that you hold.

For example, you have societies that exist in your so-called third world, if you wish, where individuals believe that others have spiritual powers that they can inflict upon them. And you have all types of descriptions for that type of belief system where one can inflict a curse upon another and the other can experience that.

And so, here we have a society that believes that it's possible for someone to inflict a curse upon someone else and for that person that's receiving the curse to experience all types of terrible activities and terrible occurrences in their reality.

Someone can even inflict a curse upon someone and have that person that's been affected experience death in this incarnational period. And it works. It's real. You see, it's real in that particular society because they believe that it's real.

Now, the irony of it is that you can take an individual from the so-called Western society and place him in that same circumstances and have a curse placed upon him and it will have absolutely no effect at all. Because he doesn't believe that it's possible for someone else to have the capacity to have that power over them.

It's a belief. It's a reflection of the reality that you experience. If you believe it you will create the reality to validate the belief, absolutely.

You have in your so-called Western society the belief that certain individuals that you refer to as doctors have the capacity to heal. And so, when you go to that doctor and you apply for some type of medication you experience results almost instantaneously. Many individuals, through the mere fact of attending a physician, begin to experience some type of benefit from that particular interaction. It's because you believe that that physician has the capacity to heal.

The reality is that every individual existing within your vibrational level creates their own reality and they heal themselves. They believe that the other has the capacity to heal them. And so, without that physician, many times, that individual may die. Without that interaction, many times, that individual may not experience any type of healthy situation, but nonetheless, it's the belief that this physician has the capacity to heal that results in the healing. It's the belief that causes the individual to reverse the energy that surrounds the DNA and to bring in to their own physical being the healing.

Now, that healing may involve some type of interaction with the physician, absolutely. But that's a belief. It's a reflection of a belief that is being held. And without that interaction many individuals believe that [it is not] possible to experience some type of healing. And so the interaction occurs. Absolutely.

Is it valid? Absolutely. You see, there is not right or wrong. This is not a must do or must not do situation. This is a validation of a belief that you hold. And if you wish to hold the belief, then you will create the reality to support the belief and to validate it. Absolutely. And once again, your only right or wrong is a human consciousness choice. It does not exist in your subconsciousness. That portion of you that creates your reality does not judge whether you are making the right or wrong decision but rather creates the reality that you desire to experience based upon the beliefs that you hold, and it does so joyously. It's not a right or wrong concept. Absolutely not.

And so, if you desire to believe that there are other entities that have an influence upon your reality, then you can have that too, absolutely. Again, it's not a right or wrong, it's a belief that you hold.

Now. Once again, many individuals (*inaudible*) particular incarnational period for the purposes of [experiencing] various emotions and feelings that are associated with certain interactions and with certain day-to-day activities. And so, they bring in the beliefs with them. And many of those beliefs, indeed, are anchored in, if you wish, your so-called spirituality. And as a result of what you believe you create the reality to validate the belief. And again, it's not a right or wrong.

If you believe that there are entities that have the capacity to assist you in creating your reality then you will create all types of examples to validate that belief system. If you don't believe that entities have the capacity to create your reality you will create all types of realities as well that validate that belief system, and again, [it's] not a right or wrong. It's not a good or bad. It's a choice that validates a belief that you hold. Absolutely.

And then you have the individual belief systems. Much more easy for you to alter than the so-called society belief systems. Certainly much more easy to alter than the human consciousness belief systems. Individual belief systems, many times, are influenced by your own individual feelings about who and what you truly are. Individual feelings about self-love. Individual feelings about liking the individual that you are.

You can have some individuals from the same society, holding similar societal belief systems, and certainly holding very similar human consciousness belief systems, and placed in a similar situation where both individuals seemingly would have an equal chance of creating some type of desirable reality. Let's say, for example, they are put in a situation where they are in what you might refer to as a life and death threatening situation. They are in some type of disaster where it's necessary for them to survive.

Now. It's rather ironic that even you would grasp the concept that if one individual has a positive attitude and has absolutely no doubt that it's within their capacity to do what's necessary to survive that the chances of them surviving are extremely high. If the other individual who has the feeling that it's not within their capacity to survive, who feels that they are indeed about to perish, who believes that they don't have the capacity to survive and to do the necessary things to create survival, stands a very good chance of not surviving.

And yet, they are two individuals physically similar. Same societal belief systems. Same mental capacity. Same everything, if you wish, with one exception and that's the belief [with] the capacity to survive in a

certain situation. And as a result of the belief that they hold they create the reality to validate the belief.

And so, it becomes important that you understand first of all that you are the creators of this reality. If you decide to have someone else influence your reality you can have that, absolutely. But you understand that it's a choice that you make based upon the belief system that you hold. Absolutely.

If you choose to believe that you are the creator of all that you experience and the co-creator of all that you interact with other individuals on a day-to-day basis, then you can have that too, that's your choice. Neither one is right or wrong. It's simply a belief that you choose to hold.

But if you have certain aspects of your reality that you desire to alter then it's necessary for you to alter the belief. Now, there are a multitude of ways to alter beliefs. Absolutely. They are all valid. You see, you exist in an illusion. The method or the technique is not nearly as important as your belief that it would work. The method or the technique is insignificant when compared to your belief about that method or technique.

And so, it's important for you to believe that the method or the technique that you're about to employ to alter your reality will work. If you don't believe it, then once again, you will create reality to validate the belief that it's not within your capacity to alter your reality.

You see, many individuals would hold various beliefs that it's possible for them to create some type of desirable reality. And they develop a method or technique, be it a meditation or be it some type of repetitive reinforcement of a particular attitude or a concern that they will create a particular element that they desire to have in their reality.

And so, they follow the steps. It may be putting up certain items that will remind their subconsciousness of what it is that they desire to bring into their reality. Some type of repetitiveness that continuously bombards their subconsciousness so that they can visualize and imagine what it is that they desire to create. Or they may be an individual who believes in meditation is the way to create a reality and they continuously go into a repetitive type of meditation, where they visualize and imagine creating this reality. And they are successful.

It may be a reality where they desire some type of abundance and they begin to bring that into their reality. But way down deep inside there's this nagging belief that it's not really possible. There's this nagging belief that, "Well, there's all these other circumstances that are influencing my reality." There's this little belief, this little spark there that says, "I can't really do it."

And so, while they are successful at creating this abundance without altering the belief that it's within

their capacity to create the reality, the abundance disappears. Something comes along, some catastrophe that requires that abundance, and it's gone. And then it's, "Oh, yes. You see, I knew I couldn't do it." And you create the reality to validate the belief, absolutely.

And you can apply that particular concept to anything that you desire in this reality that you experience. Many individuals have problems with relationships. Abundance is absolutely no problem at all. They understand that abundance is there. It's in the universe and if they desire it and if they imagine it and they expect it they can have it and it'll come. That's a belief, absolutely given reality. Don't even have to think about that one anymore. But now, relationships, ah, that's another thing. You see, relationships require interactions with other individuals. Relationships require commitment. Relationships require [extracting] love. Ah, relationships can be very difficult, absolutely. Relationships require depending upon another individual.

Well, you see, if you hold those beliefs then relationships become very difficult. And you can work on the relationship, absolutely. You seem to be involved in it and it all seems to be going great but then along comes this little nagging thing, once again, that says, "No one would ever commit to me. Why would I be worthy of having someone commit to me to be involved in a long term relationship? It just isn't possible." And so, the relationship begins to have little flaws or cracks in it and suddenly it's gone and it becomes a very difficult concept for you to hold together, to contain.

And yet, there are other individuals where it's exactly the opposite. Relationships are just there. Relationships simply require understanding who you are and putting that forth and allowing others to be intimate with you. Allowing others to see who you are. And taking others at face value. Relationships simply mean laying it all out there and, "Take me as I am," and liking who you are. And there [it is,] they're very easy.

But now, abundance, for some of those people, may be an entirely different aspect. "Ah, money, now. That's real." Money becomes very difficult to create. Relationships, relationships are just interactions between two individuals. Relationships are just sharing. Relationships don't require any type of real, physical, concrete reality that you can get a grasp of. But abundance, now that's an entirely different story. Money is real.

And you can apply that particular scenario to any interaction that you are involved in in your day-to-day activities. Be it your abundance, be it your employment, be it your relationships. Regardless, you can apply it to them all. For some it's a given, for some it's a very difficult concept to grasp. It's a reflection of the beliefs that you hold.

And you can alter those beliefs, absolutely. And you can alter them using any method or technique that you believe will work. You see, that's the key, once again, that you believe that it will work. If you wish to change a particular belief understand what it is. And we've suggested before, that you get a grasp of an understanding of a belief by paying attention to your attitudes.

Now. You can hold a particular attitude and if you believe that holding that particular attitude over a long period of time will alter a belief then it will work. You see, it's an illusion, you can have whatever you desire. You can [have] it all be whatever it is that you desire and if you believe that holding an attitude and extending that attitude, perpetuating it and driving it into your subconscious over [an] extended period of time will alter a belief, then you can have that. Will it work? Absolutely, you have but to believe.

But we're not suggesting that if you pay attention to the attitudes that you hold that you consciously think about. When you are involved in a day-to-day activity, where you're involved in a situation and suddenly you have a spontaneous attitude, a spontaneous reaction to that particular interaction. A spontaneous attitude to a circumstance that you are involved in, an interaction with another individual. That spontaneous reaction, that's the key to the belief that you hold that's responsible for creating the reality that you're experiencing.

You see, beliefs and attitudes go hand in hand. Beliefs and attitudes are almost inseparable. And so, if you believe that if you hold a certain attitude, once again, in your consciousness and you repeat it and if you believe that that will influence your beliefs, then you can have that, absolutely.

But absolutely as well, when you hold a belief it will be reflected in the attitude, in your experience and interaction with another individual or in a certain circumstance. Pay attention to the attitude, which will assist you in deciding and determining what the belief is that you hold that's responsible for the reality that you're experiencing. And at that point, you can either alter the belief or your can reinforce it. If it's a particular interaction that you're enjoying and then reinforce the belief, absolutely. And feel gratitude, feel joy. Feel the things, emotions and feelings, that are associated with love and you will reinforce the belief, absolutely.

And if you don't like the reality, then change the belief. And you can change the belief with any method or technique that you believe will work. A very common theme in this particular incarnational period is to go into a meditative state and to change a belief in a meditative state. Particularly with a group of individuals that you are interacting with. You all are quite familiar with the meditative state and of the possibilities that you can create in that meditative state. And so, you would find it very beneficial to go into that meditative

state and to alter beliefs, to alter them. And we've suggested before that when you are in that meditative state and you're attempting to alter a belief that you use your imagination, that you make it real. The more real that you can make the procedure the more success that you will experience. And if you believe that it takes time to accomplish that type of alteration, that seems to be altering your belief system, then you repeat the meditation.

And meditations don't have to be a long, drawn-out procedure. You don't have to go on the extended journeys that our friend Elias does in order to have various experiences. Absolutely not. A meditation can be done in five to ten minutes. And when you develop a technique for altering your consciousness and slipping into that meditative state, you can be there almost instantaneously, where you are altered in your state of consciousness by maintaining your awareness, and that awareness is focused on your inside reality rather than your conscious reality. It's just that simple.

And in that altered state of consciousness, which once again, you can learn to achieve in a matter of a moment or two then you can indeed use your imagination to bring into your reality an alteration of a belief system so that you can create a different reality. You can create the reality that you desire, absolutely. It's within your capacity. [The only limitation in the] reality that you can experience in your conscious state is your imagination.

You create a reality based upon the beliefs that you hold. And if you wish to alter your beliefs you can use all different methods and techniques to do so. And we've suggested meditation, it doesn't have to be meditation. You can do it in a conscious state if you desire. Many individuals [get into the] altered state of consciousness when they go on certain types of activities. You'll see individuals who almost [are] to addicted to walking. Because when they are walking, they alter their consciousness. When they are walking, this reality and the day-to-day activities fade. And it's possible for them to put the thoughts out of their mind and to concentrate on problems and to concentrate on altering their reality. And they have the capacity indeed to have similar experiences to what it is that you experience in a meditative state. And in that state of consciousness that they are quite aware of their surroundings, they nonetheless can get glimpses and insights into who and what they truly are. They can connect with the reality that exists around them and they can have the capacity to alter their beliefs as well. And when you alter your beliefs you alter your reality. Absolutely.

It's important that you understand that the beliefs that you hold are beliefs, many times, that you put in place in your so-called between incarnational states. It doesn't mean that it's impossible for you to alter them, absolutely not. It simply means that it's very difficult,

many times, for you to get a grasp and an understanding of what the belief is that's responsible for the reality that you're experiencing.

If you were to go back to our example of an individual who exists in a so-called third world country and you were to go to that individual who was lying on their death bed because he feels that he has been cursed and he really believes that that person who cursed him has the capacity to end his existence in this incarnational period, you can walk up to him and stand over him and say, "Listen, it's all in your head," and he'll die anyway.

Because he believes. Because the reality that he's experiencing is a result of the beliefs that he holds and he's creating the reality to validate the beliefs. And it's a belief that he's (*inaudible*) in between incarnation state and it can be very difficult for him to get a grasp of that consciously and to consciously make the effort to alter the reality.

You as individuals, as entities existing within this vibrational level, up to the year of nineteen and eighty-seven, had put in place various types of realities that were predetermined. You chose to choose many of your belief systems which would occur within a particular incarnational period that would be validated by the occurrence. And you could indeed predict the occurrence of those realities throughout a particular incarnational period. Not only throughout the particular incarnational period, but with the understanding that you exist in the now it was possible for some individuals to so-called predict the future. It was possible for individuals to predict hundreds of years of your so-called time as to what would occur. Because you, as individuals, had chosen to create the type of reality with a belief that you hold. The majority of them were put in place in your so-called between incarnational state so that all of the major activities and occurrences that were to come into that existence, in that incarnational period, would happen at a certain stage, and it was possible to predict that.

And then, in the year of nineteen and eighty-seven you decided, once again, as a human consciousness, each of you participated in that particular alteration of the energy that makes up this vibrational level that you exist in, you chose, rather than to terminate this particular vibrational level—which [might be] a disaster, despite what you might think, you'd simply create in another vibrational level, it's not the end of anything. It's simply a termination of your existence in this vibrational level where you limit the understanding of who and what you truly are—you chose that rather than end that particular vibrational level that you would extend it, that you would continue in this vibrational level with some alterations in the energy.

And you chose, as well, to validate that alteration, to put in place a twenty-five year timeframe, and that twenty-five years would bring you to the year of two

thousand and twelve at which time you would, indeed, have altered the very energy that surrounds each and every atom in this particular vibrational level in your reality. And more of the benefits, if you wish, and you may not believe (*inaudible*) your benefit, but if you choose you also have the capacity to consciously bring into your consciousness the understanding of your beliefs and to alter them consciously. And consequently to consciously create your reality. Something that was very difficult for you to do prior to that nineteen and eighty-seven. Not impossible for many individuals who are adept at making those alterations, but [it's rather] difficult.

It's not so difficult anymore. And you as well have the opportunity to make that choice. You see, once again, it's not a right or wrong. You don't have to choose to have the understanding of who and what you truly are. And you don't have to choose to understand that you create your reality. You can have all types of entities creating your reality if that's what you desire. It's not a right or wrong concept here. It's not something that you're going to be judged on, whichever way you decide to go.

The irony of it is that as a human consciousness you have chosen to alter this energy. And as a human consciousness, indeed, those alterations are occurring. And you will end this particular incarnational period, to once again, fall back upon an explanation based upon your belief in time, when you end this particular incarnational period and you choose or decide to reincarnate there's a very strong chance that you will reincarnate with the understanding very near to your consciousness level in your awake state of who and what you truly are.

You see, you may not choose in this particular incarnational period to believe that you're in control. It's not wrong, it's not right, it's just a choice that you can make. If you don't make that choice, you will indeed experience this reality with the belief that others are controlling it and influencing your reality, that you're not in control. You can live in the poorest "poor me" syndrome that you want, and it's not right or wrong, it's a choice that you make based upon the belief that you hold, but when you end this incarnational period and when you enter into those altered states of consciousness that we refer to as between incarnational periods, then it will be very difficult for you to maintain and sustain that type of belief system and that type of reality for you come more near to the understanding of who and what you truly are.

And at that level of your consciousness you have the capacity to make the choice, whether you decide to continue to participate in the creation in this vibrational level or to leave this vibrational level. And should you choose to participate in the creation of this vibrational level and enter back into this incarnational period, indeed, there's a very strong chance that you will, at

that level of your consciousness, get a grasp of the understanding that you have altered the energy in this particular vibrational level and when you reincarnate you will bring back in, as a belief system, that it's within your capacity to consciously alter and create your reality.

Many individuals refer to those so-called new entities that are entering into your vibrational level as the Indigo Children. It's not a right or wrong. You see, many individuals who look at those so-called Indigo Children have a tendency to feel that they are somehow superior. Have a tendency to feel that they are somehow more enlightened. Absolutely not. They are no more enlightened than an individual who has absolutely no conscious concept of spirituality. You are all equal entities. You are all a spark of consciousness that has the capacity to create, no more and no less than any other spark of consciousness that has the capacity to create, not only in this vibrational level but in any vibrational level throughout all of creation.

And so, to judge someone upon their activities in their conscious state, to believe that they are somehow superior is indeed to judge them falsely. It's not that they don't perhaps have the capacity to consciously influence their reality, but that's based upon a belief that they hold and any individual existing within your vibrational level can hold the same belief and experience the same type of reality creation.

And so, it's not that one is more enlightened, absolutely not. It's not that one is superior, absolutely not. It's a choice that's been made. A choice to understand consciously that you are the creator of the reality that you experience and it's a reflection of the beliefs that you hold. It's really that simple. You can make it as complicated as you want, you can throw in all types of belief systems to cloud and make it a muddy issue, but that's [the] cut and dried, if you wish. You create your reality, it's a reflection of the beliefs that you hold, and you absolutely cannot fail to come to the understanding of who and what you truly are. The rest is illusion. The rest is up for grabs and you can change it all if you wish. Absolutely.

Now. It's very difficult to predict your future. In your so-called past, once again, in your so-called Old Energy, when you put in place the beliefs that would be created in the reality that you were to experience, all of the significant events were preplanned, if you wish, in your so-called between incarnational state, it was possible to predict your future. In this so-called New Age and New Energy in the alteration of the energy where you now have the capacity to consciously alter your reality should you choose to do so, you can have a prediction of an event to occur in your so-called future based upon a belief that you presently hold. But if you change the belief, and it's now more within your capacity to do so that it ever has been in your so-called recent history, if you change the belief then you will alter the reality

and therefore the prediction will be wrong. And so, it becomes much more difficult to predict, absolutely.

We would, however, make the prediction that the generation to follow the so-called Indigo Children will bring in even more of an understanding of who and what they truly are. Not only more of an understanding of who and what they truly are but the possibility of bringing in the understanding at the conscious level that they create this reality from a position of love.

You see, each experience that you have, whether you believe that it's good or bad, is created by your so-called subconsciousness, by that spark of consciousness that you are, and it does so joyously from a position of absolute unconditional love. And the entities that we would call the Peacemakers, who would be the children of the so-called Indigo Children, will bring in with them the conscious understanding of who and what they truly are and that they create their reality from a position of love. And therefore, the Peacemakers. They will achieve what has been unachievable in your so-called recorded history. And that is, peace and understanding and balance in your illusionary reality. Absolutely.

Now. Once again, it has been very enjoyable and as always we welcome these opportunities to interact and to share with each of you. And we would remind you that we are not separated by time or space and should you choose to interact with us you have but to express the intent and we would welcome the opportunity. And we offer to you our absolute unconditional love and our unending support. And we would bid each of you farewell, with love and with peace. ✿