

JOSHIAH

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Joshiah: Well, now. Well, it is indeed a pleasure to be invited into your vibrational level and to be with you this morning and we would like to express our greetings to each of you and as well our gratitude for your offering us this opportunity to interact and to share with each of you.

Now, before we begin we would suggest that there exists for each of you as well the possibility to be involved in what we refer to as a silent communication, a telepathic interaction, if you wish, with other entities that would be with us on this morning, or indeed, that portion that you refer to as your higher self or that entity that exists withinside each of you.

And you will find that as a result of the energy that you have created in this sacred space, that it would be very easy for you to alter your consciousness and to enter into what we refer to as a meditative state. And in that altered state of consciousness to have that opportunity to have that interaction, that silent communication, that telepathic exchange of information. And many times, that information that you receive in that altered state of consciousness is much more pertinent than the information that we express through our friend Elias, which many times is limited by the use of a vocabulary. And in that altered state of consciousness, and in that telepathic exchange on the level of feelings and emotions then the use of a vocabulary is eliminated and many times the information is much more accurate and much more pertinent than the information that we express through our friend Elias.

And so, as always, the opportunity for you to be involved exists, but as always as well, it is your choice. We would never suggest that you should or shouldn't do anything, but rather suggest that it's your choice. You can do whatever it is that you desire.

Now. We would speak to you on this reality that you exist in, and who you are and what you are, and why you exist in this reality.

Now. We refer to your reality as a vibrational level. And we simply use that term because it's a term that can fit, if you wish, into your understanding of different layers of existence in that consciousness. Many would refer to it as planes of existence, and it doesn't really matter, you can call it whatever you desire. It's of no

importance what we use for terminology, but rather that you understand that there are different existences of consciousness.

Now. You exist in, once again, what we refer to as a vibrational level. And this vibrational level that you exist in is a vibrational level which is quite unique throughout all of the vibrational levels throughout all of creation. You see, the vibrational level that you exist in is a vibrational level that has in place what we refer to as an electromagnetic type of energy, and what some of your new agers would refer to as a veil. And we use again the term of electromagnetic type of energy because it's the closest description that we can give you to the type of energy that is used in the creation of this reality that you exist in. Not only this reality that [you] exist in, but indeed, all of the other vibrational levels that exist throughout all of creation.

The uniqueness of this vibrational level that you exist in is that electromagnetic type of energy that exists throughout each and every atom of your entire universe, if you wish, limits you while you are in your conscious state, the capacity to understand who and what you truly are. Not only limits you the capacity to understand who and what you truly are, but also limits the capacity of others existing outside of your vibrational level to have any influence, to have, indeed, any ability to influence and to create your reality for you. In other words, if you wish to participate in this vibrational level, if you wish to participate in your reality you have to step into this vibrational level.

Now, these vibrational levels that you exist in and indeed that exist throughout all of creation, are vibrational levels that exist within the same space, if you wish. For you see, time and space are illusions. Time and space are illusions that only exist in your vibrational level and are only something that you are aware of in your conscious state, what you refer to as your awake state. In other areas of your altered consciousness you can step outside of that illusion of time and space and get glimpses of what the now truly is.

And so, these other vibrational levels exist within the same time and space, if you wish. And we use an analogy, and we hesitate to use analogies because analogies tend to have the misleading quality that others would interpret them to mean what the intent was not in the first place. However, this analogy when

[kept in the facts] of what is given is quite accurate and indeed can give you some type of an example of an understanding of the creation and indeed the existence of vibrational levels in the same time and same space.

You understand absolutely, within your so-called universe, that there are what you refer to as radio waves or wavelengths that exist within the same time and the same space. You understand that these radio wavelengths exist throughout your entire universe and it's possible for you to tap into certain frequencies. And by using certain instruments tuned to the frequency you can tap into one radio wave while eliminating all the rest. Even though you understand absolutely that they exist within the same time and same space, you nonetheless, through the use of your technology, have the capacity to concentrate on one, to put your whole concentration and your tuning in, if you wish, on one radio wave while eliminating the rest.

So it is with vibrational levels existing within the same time and same space. You exist within this so-called vibrational level or this plane of existence or whatever terminology you wish to apply. And you exist within this vibrational level while eliminating your capacity to tune in to all of the rest. Nonetheless, there are a multitude of vibrational levels existing within the same time and the same space. This vibrational level that you exist in is unique. You see, it's only within this vibrational level that you maintain that electromagnetic type of energy that limits the understanding of who and what you truly are. While you are in your awake and conscious state, indeed, it even exists when you are in your so-called meditative state and in your dream state and to some extent even when you enter into the, what you refer to as, the between incarnation state or when you die, in other words. You still exist within the influence to a certain extent of this electromagnetic energy that exists throughout all of your vibrational level.

Now. This electromagnetic energy, once again, not only limits the understanding of who and what you truly are, but limits the capacity of other individuals existing outside of your vibrational level to have an influence upon the creation in your vibrational level.

You see, if an individual wishes to participate in the creation in your vibrational level, they have but to make that choice, and to enter into this vibrational level to do so. Individuals existing in the other vibrational levels in the other areas of creation, if you wish, for the most part have absolutely no interest in creating your reality for you. They have absolutely no interest in influencing this vibrational level. And if they wish to influence this vibrational level, then they do have the capacity to enter into it. There's nothing that suggests for an instant that they can't participate in the creation of this vibrational level.

Now. It follows to reason that if other individuals existing outside of your vibrational level wish to have an impact upon the creation in your vibrational level,

they have to make a choice to enter into your vibrational level. Then it should follow that you must have made that choice to enter into this vibrational level. You as individuals and as entities are in this vibrational level because you choose to be in this vibrational level, and for many that can be a difficult concept to grasp. You choose to be in this vibrational level. There is no entity that put you here. There is no entity that said, "Well, we'll put you down into this vibrational level and you've got to exist there, and you can do whatever you want, and providing you do the right thing, then perhaps you can leave that vibrational level." Absolutely not.

You exist in this vibrational level because it was your choice to enter into this vibrational level. And it should also follow to reason that if you wish to leave this vibrational level then you also have the choice to do so. Absolutely. You entered into this vibrational level by choice.

Now. Once again, in this vibrational level you exist within [and] under the influence of that electromagnetic energy that you refer to as a veil that limits the understanding of who and what you truly are. And in order to enter into this vibrational level you have to agree to what we refer to as the human consciousness belief systems.

You see, we would touch on belief systems, but for now we would suggest there are three types of belief systems. There are what we refer to as a human consciousness belief system, a belief system that entails certain beliefs in reality that it's very difficult for you to alter. Beliefs that you might refer to as the laws of physics. And one of those human consciousness belief systems would be that you agree to as a consensus that you would not understand in your conscious state who and what you truly are. There are many others as well that influence your reality. Two of the most influencing are your belief in time and space. In your conscious awake state you believe that time and space are real and it's very difficult for you to step outside of that belief system because you as individuals entering into this vibrational level agreed as a human consciousness consensus to validate in your awake state that time and space exist. And you create all types of realities that validate that human consciousness belief system. Absolutely.

And then you have what we refer to as the societal belief systems. You understand absolutely that the beliefs within your society may be quite different from beliefs in other societies that exist on the other side of your Earth. Absolutely. Beliefs which indeed influence the reality that you experience in your day-to-day activities, similar as the beliefs that those individuals hold in the other side of the Earth influence the realities that they experience in their day-to-day activities. Those belief systems are easier for you to alter. You

can change societies, and while it may be difficult, you can change beliefs as well.

And then you have what we refer to as the individual beliefs. The individual beliefs and belief systems that influence the reality that you experience in your day-to-day activities that are within your capacity, not only to change, but which you do change on a regular basis. Simply not aware of it, many times, in your conscious state.

For you see, this reality that you experience in your awake state is a reflection of the beliefs that you hold. The reality you experience in your conscious state is a reflection of your beliefs. Absolutely.

And many would be challenged by that. You see, many individuals believe that they experience certain activity or a certain reality and as a result of that experience they form a belief system. We would suggest that it's exactly the opposite. That you experience reality to validate the belief that you hold. The belief that you hold, many times, in your sub-consciousness, absolutely. We're not suggesting that you're aware of all of the beliefs that you hold while you are in your awake state. Indeed, many individuals would find the greatest difficulty in grasping this understanding of this reality creation process (*inaudible*) comes inside to establish and to determine what their beliefs are.

For you see, you as individuals, once again, believe when you are in your awake state that this is it. That this is real. That all of the others are illusionary. When you alter your consciousness and you enter into a meditative state or the dream state, or indeed when you go one step beyond and you die and enter into the between incarnation state, you believe for the most part that those are the illusionary realities. And we would suggest it's exactly the opposite. That it's when you're in your awake state that you're in the illusionary reality. That the other ones are the real realities and that you enter into those realities much easier than you enter into the awake state. Absolutely. This reality that you experience in your awake state is the most difficult reality for you to maintain and to exist in. Absolutely. It's not the easiest.

We would challenge any of you to remain in the awake state. We absolutely guarantee that you will go to sleep and in that sleep state you will dream. Absolutely. We also absolutely guarantee that you will have the capacity and shall indeed enter into what we refer to as the between incarnation state. You will die, in other words. It's a given. Absolutely. And we would go one step farther, and suggest to you that you will, absolutely guaranteed, have the capacity to understand who and what you truly are. And from that step you shall have the choice to leave this vibrational level or to return into another incarnational state.

That choice is yours, absolutely. There is no one that subjects you to existing indefinitely in this vibrational

level. There is no one that suggests that you must exist within this vibrational level for the purposes of experiencing certain lessons or that you must go through some type of progression or evolution. Absolutely not.

You exist in this vibrational level in what we refer to as the now. And that's a very difficult concept to give you a grasp of because the now refers to, once again, your belief in time and space. It's now. But it's not really now. But what we're referring to is a type of time, if you wish, that encompasses your past, your present and your future. It exists simultaneously, if you wish. And again, to use that terminology "simultaneously" refers to your belief in time. There are no phrases that we can coin that would give you an accurate explanation of what the now is, for they all refer to your belief in time. Your vocabulary is based around that belief in time and space and it's very difficult to give you an understanding of the now. If you were to go into an altered state of meditation you may get glimpses of the now, the understanding, indeed, that it's possible for you to experience lifetimes in an instant in the now.

But nonetheless, to facilitate an understanding we would suggest that you enter into that between incarnation state and then you reincarnate. You come back again. You, as individuals existing within this vibrational level, have done that many, many times. And you, as individuals in this vibrational level, have had the opportunity many, many times to leave it. You choose to return. Absolutely.

And in that between incarnation state, many times, you put in place the beliefs and you make the choices and the decisions to have experiences in this lifetime that will give you an opportunity to experience certain emotions and feelings. You make that choice. Absolutely. And you bring those belief systems into that incarnational period. And you experience it throughout that reality, throughout that creation of reality that you are involved in in that incarnational period.

And for many that becomes difficult to grasp. Once again, because you believe that this is real when you are in your awake state. That the rest is illusionary. And we would suggest that it's exactly the opposite. We would suggest that you create this entire reality that you experience in the awake state. Absolutely. You create it. You create it. Absolutely. You as individuals, you as a society, and you as a human consciousness create it all. You are, indeed, the creator of the reality that you experience, and the reality that you experience in your awake state is a reflection of the beliefs that you hold. Absolutely.

Now. Many would, once again, be challenged by that concept. "You're suggesting that all of the interactions that I have with individuals are as a result of my choices?" Well, absolutely. All of them. They're a reflection of the beliefs that you hold.

You see, once again, you can't stay in this awake state. You enter into a dream state, and in that deep dream state you interact with all of the entities that exist within your so-called reality in your awake state. Not only with those individuals but indeed with other individuals that you're involved with in other incarnational periods. You are so much more than what you can perceive in your awake state. And in that altered state of consciousness, in that dream state, you put in place the agreements, and the contracts, and the beliefs, so that you can create the reality. And then you come back into your awake state, and you put in place, once again, that very strong electromagnetic type of energy that limits the understanding of who and what you truly are, limits your ability to connect to that so-called dream state, and bring back the memories of what it is that you agree to participate in. And then you experience your reality. And you believe for the most part that it's beyond your control.

Now. There are many individuals who ironically would believe it's beyond their control, but would give that control to some other entity. But you see that's what you do when you don't believe you're in control. There's nothing wrong with believing you're not in control. You can have that if you wish.

You see, the irony of it is that you can have whatever it is you desire. Not only can you have whatever it is that you desire, but you do have whatever it is that you desire. Absolutely guaranteed. At some level within your consciousness you hold the desire, you make the choices and the decisions, you hold the belief that's reflected in the reality that you experience in your awake state. Absolutely.

[An] individual enters into your particular awake state reality and it's a child. And you have this child that comes in and is subjected to all types of abusive situations. And you ask, "How can that child be in control of their reality? How can that be?"

We would suggest to you that the entity that exists within that child that made the choice to reincarnate is an entity which is as old and as wise as each of you. Absolutely. And has made a choice to enter into that vibrational level, to enter into that reality, to enter into that incarnational period, for the purposes of experiencing that type of reality creation.

You see, you believe in your conscious state that when someone is involved in an abusive situation that the victim is the one that is suffering the most at the whim of the aggressor. That it's the aggressor that's in charge. That it's the bully that's in control. And we would suggest to you that it's exactly the opposite. You see, when an individual stops being a victim then the whole situation dissolves. You cannot have a bully if you don't have a victim. You cannot build an abusive situation if there are no victims who would willingly be involved in that situation.

You see, at some level of their consciousness they have agreed to participate. At some level of their consciousness, they've put in place the agreements and the contracts, and they've put in place the beliefs and they've made the choices and then they come back into their conscious state, they believe that understanding of who and what they truly are and then they experience the reality like it's not within their control.

For you see, you exist in this vibrational level for a very simple reason. And that is to experience the intense range of emotions and feelings that's possible when you don't understand in your conscious state who and what you truly are. On the other areas and levels, if you wish, of creation, on the other vibrational levels, the entities that are creating the reality understand absolutely that they create that reality. They also understand absolutely that the only creation that you can have is from a position of absolute and unconditional love. And they understand that it's an illusion. And they understand that they can alter it.

And so, while they have the opportunity to experience the feelings and the emotions, they don't becoming nearly as intense as what you experience in your awake state. Our interaction with our friend Elias gives us that opportunity to get a glimpse of what that's like to experience those emotions and feelings and that's why we come. We are interested as well in experiencing that range of emotions and feelings that's not possible for us to experience in our area of creation.

It's like you walk into a theater and you sit down in the theater and you see a projection upon a screen. And you understand absolutely that that's an illusion. You understand that that projection that you're viewing upon the screen is simply the production of some individual who's put together his concept of what that reality would be. And yet, you can sit there and view that particular production, and you can get involved in the emotions and the feelings, and you can, indeed, become quite intensely involved. You can even be brought to tears of emotions and sadness or you can be brought to laughter and joy.

And yet, when you walk out of the theatre you understand absolutely that it was an illusion. You understand absolutely that no matter how good the production was it was still an illusion. It was still someone else's projection of an illusion that allows you to experience those emotions and feelings. And so, those emotions and feelings, no matter how strong you may experience them in that particular setting, are not nearly as strong as the emotions and feelings that you experience in your setting, in your illusion, because you see, in your illusion you believe it's real.

You made that choice to make it real. And it's not a right or wrong concept. You see, may we suggest that your vibrational level and the creation you experience

[is an] illusion. That doesn't for an instant suggest that it has no significance. We're not for an instant suggesting that it's not important. Absolutely not. It's exactly the opposite. It's quite important. It has quite a significance because you see, you're the only vibrational level throughout all of creation that exists within the limitations that you put in place. It has that capacity to have those types of experiences. Absolutely.

And yet, we would challenge you, those who would suggest that you are not here to experience the feelings and emotions, to look at each and every particular activity that you're involved in. Break it down to its basis and you will discover that you're doing it because you wish to experience a certain emotional feeling. And the more you can make it beyond your control, the more seemingly it's real. It's your choice. Absolutely.

You see, when you are in your conscious state you have concepts of what's good and bad; you have concepts of the evil versus the goodness. Those are human consciousness concepts that only exist in your awake state. That portion that creates your reality, that spark of consciousness that you are that creates the reality that you experience, creates it from a position of absolute love, and it does so without judgment. It does so without judgment. It doesn't say, "Well, that's wrong. I'm not going to allow them to experience that because that's going to result in a negative feeling." Absolutely not.

That right or wrong concept only exists in your awake state. Absolutely. That so-called subconsciousness that creates your reality does not have that type of judgment. It willingly creates whatever you desire. Willingly creates it joyously from a position of absolute unconditional love. Without judgment. For judgment, once again, is a human consciousness concept, it only exists in your awake state. It allows you to make this reality seem real, to be beyond your control. And when it's beyond your control, then indeed, the emotions and the feelings that you experience become much more intense. Absolutely.

And so, you exist in a reality, in a vibrational level, that we would suggest is illusionary. Not insignificant, but illusionary. It's real because you choose in your awake state to validate it and to make it real.

We would also suggest as well that this vibrational level that you exist in is your creation. You exist in this vibrational level through your choice. You are a spark of consciousness that has the capacity to create. You are a Piece of the One, if you wish. You are the god that you search for. And it doesn't matter, once again, what type of terminology we attempt to give you an explanation. It's never accurate. It's always limiting. For you see, to suggest that you are a spark of consciousness is to also infer that perhaps there's this huge fire and you are but a spark and it's not that way

at all. You are an equal spark of consciousness that has the capacity to create. Equal to each and every spark of consciousness that has the capacity to create that exists throughout all of creation. No more and no less than any other. Equal to. To suggest, once again, that you are a Piece of the One is to suggest there's this huge one and you're but a small part of. And it's not that way at all. You are, once again, equal to, no more and no less than any other Piece of the One that exists throughout all of creation. You are, indeed, the consciousness that creates the reality that you experience in your awake state. Absolutely.

We have also suggested that you entered into this vibrational level and that should you choose at some level of your consciousness you shall have the capacity to choose to leave this vibrational level. You see, when you're in your awake state you're as far removed, once again, as it's possible for you to be from the understanding of who and what you truly are. When you enter into your meditative state you indeed have the capacity there to get glimpses of that understanding and to bring them back into your conscious state so that you can retain them, so that you can get some glimpses.

Then you go beyond that and you enter into your dream state. It's in the dream state that you really do the work. It's in your dream state that you validate the beliefs that you hold or that you alter them. It's in the dream state that you put in place the agreements and the contracts that you will experience in your awake state. Absolutely. When you move beyond the dream state and you die, and that seems for many to be such a huge transition and yet we would simply say it's one step of consciousness beyond the dream state. When you enter into your dream state from your awake state you have had a much greater shift of consciousness than what it is for you to go from your dream state to the between incarnation state or what you refer to as to die. You see, you never really die you just alter your consciousness.

And when you enter into that between incarnation state, indeed, you, once again, experience realities that are a reflection of what you believe. Absolutely. If you believe that there exists this heaven and hell concept, then when you enter into that between incarnation state what you experience will be a reflection of the beliefs that you hold. Absolutely. You still are under the influence of this electromagnetic type of energy that you put in place that limits the understanding of who and what you truly are.

And so, there you are in that between incarnation state, [and] you enter into that state holding the belief that there's this heaven and hell concept, and you create the experience to validate the belief. Absolutely. It's simply within that state of altered consciousness it becomes much more difficult for you to maintain the illusion that you're not in control. It becomes much

more difficult for you to maintain that reality and to look at it and to feel subjected to something that you can't alter. And so, it fades for many, many fades rather quickly and you begin to understand that it's a reality that's a reflection of the belief that you hold. And from that point you begin to have the capacity to understand the limitlessness of who and what you truly are. And should you choose, you also have the capacity to leave this vibrational level.

And so, we absolutely guarantee you that you cannot fail to come to the understanding of who and what you truly are. There's no test that you have to pass. The lessons that you believe you must learn in this particular incarnational period are lesson that you chose. No one inflicted them upon you and said, "Well, you must grow here or you must learn this there." If you wish to believe that past incarnations and karma have an influence upon the reality you experience in this incarnational period, you can have that. You see, it's not right or wrong. Once again, right or wrong is a human consciousness concept, does not exist in your subconsciousness. So, if you wish to hold beliefs that other realities can influence your reality, you can have that. Not only can you have that, you will create the realities that validate the beliefs you hold. Absolutely.

So, if you wish to believe that there is an entity existing outside of your vibrational level that creates your reality then you will create realities, you will create realities that validate that belief that puts this reality beyond your control. That there are these other entities that are controlling it for you. If you wish to believe that you have guides and angels that create your reality for you, you can have that. It's not right or wrong, it's a choice you make. And if you wish to have that you can have it. Absolutely. And you can experience these entities around you that are creating this reality for you.

That's your choice. It's not a right or wrong. It does have some drawbacks. Because you see, in order for you to experience a reality that is being created by other entities then you must have certain realities that validate the belief that you're not in control. And so, you create the realities that seemingly are beyond your control, and you can look at it and say, "There, you see? I told you I wasn't in control. My guides did that for me. They prevailed and saved me from this certain catastrophe or this other entity, my terrible neighbor who created this reality so that I can be subjected to all types of abuse from interacting with that neighbor."

You can validate the reality that you're not in control. Absolutely. That's your choice. You can have that. The difficulty of it is that when you create a reality that you desire, and you have a desire to experience abundance, for example, and you create this abundance but you always have the doubt in your mind that it was your creation and you're not really in control, then you can lose it. And it can be gone and it validates it. And you can say, "See, I told you I wasn't in control."

You can have that. It's not right or wrong. It's a choice that you make. Absolutely.

You ever notice that there are certain individuals who have absolutely no difficulty in creating all types of abundance? They can have that. It just comes to them. Because they believe that it's theirs. They believe that they are deserving. They believe that that's something that can just simply be there, it will always be there. It's like breathing air. They don't doubt it. It's just there. And there's no difficulty in creating it and maintaining it and sustaining it and enjoying it. Absolutely not.

But many of those same individuals have all types of difficulty when it comes to a relationship. You see, a relationship takes certain beliefs that they're not willing to participate or to facilitate.

Relationships, and a relationship which we [often] refer to as a loving relationship, means that you must understand who and what you are. You must like who you are. For you see, it becomes impossible to love another if you don't love yourself first. You can't give away that which you don't have. And so, you become involved in relationships and this individual who believes that relationships are difficult. "Aw, relationships. Now they're real. Relationships are beyond my control. That involves another individual and I can't be in control of that individual."

Well, ironically you're not in control of that individual, you're only in control of yourself and your reality. And if you like who you are, and if you love yourself, and if you're willing to commit to yourself, and if you're willing indeed to sustain and to put in place the techniques and methods that are part of that expression of love for yourself, then you'll find it quite easy to do that for another as well. And you can be involved in that loving relationship because you believe that it's a possibility. And so, there are those individuals who, once again, can create the abundance, but have all types of difficulty with relationships.

And you can turn that analogy around and you can suggest that there are those individuals who have absolutely no trouble with relationships. "Oh, relationships? That's easy. You just have to do certain things and it's very easy to sustain a relationship. Ah, but abundance. That money. That's real. Money is the difficult thing to get because money is real."

And so, those individuals who may have absolutely no problem at all sustaining relationships and getting involved in relationships have a difficult time in sustaining their creation of abundance. Because you see, that's real. Because they believe that that's within the capacity of others to have an influence on them. And so, whatever you believe is reflected in the reality that you experience in your awake state. Absolutely.

This reality that you experience is an illusion. It's not to suggest for an instant that it's not important, once again, but it's an illusion. And if you choose to believe

that others have the capacity to influence your reality, then you will create the day-to-day activities that validate that belief that you're not in control. And once again, the problem with that type of reality creation is that you will experience realities that you perhaps do not desire consciously. You see, you have this desire to believe that you're not in control, and so you have this reality that validates that belief, and then you say, "Well, I can't be in control because I certainly didn't want that reality."

The irony of it is that that reality that you didn't want is there specifically to validate the belief that you're not in control. The irony of it is that if you were to change the belief that you were in control then you would change your perception of the reality that you're experiencing.

You see, many times the reality doesn't alter. When you begin to understand who and what you truly are, when you begin to understand that you exist in this vibrational level because it's your choice, when you begin to understand, indeed, that the god that you search for is who you are, it exists within you, you can't lose it, it's not something you can be separated from; your spirituality is who and what you truly are, it's not something that's lost, you can't lose it. We absolutely guarantee that you will come to that understanding of who and what you truly are.

And when you understand as well that you are indeed a spark of consciousness that has the capacity, not only to create but does create, then you can create the reality that you desire consciously. And when you have this experience in the day-to-day activity, the day-to-day activity may not alter, but your perception of that interaction alters. And instead of experiencing fear, you experience understanding, perhaps. Instead of experiencing anger you begin to experience compassion.

And so, your whole perception of the interaction changes and consequently the emotions and feelings that you experience change as well. And that's why you're here, is to experience the emotions and the feelings.

And so, when you alter your beliefs, once again, many times it's not that you alter suddenly your entire reality. The others existing within your reality, indeed, may continue to have the same perception, but your perception changes. Your feelings and emotions change. Absolutely.

When you alter that belief as well that you're the individual that is in control, many times, those so-called difficult situations simply fall away. The individuals that you were interacting with that were so difficult, that you were feeling so emotionally tied to, that you are having all of the difficulties with suddenly take on a whole new perception. You have a whole new concept of that interaction. And it simply fades away, and that individual may even wonder what's occurred. Like,

"What's happened? The animosity is gone. The difficulty is gone." And perhaps even the individual dissolves and leaves your existence, leaves your life. For once again, when you're involved in a victim and aggressive situation, if you are the victim you are in control. And when you alter the belief that you must be a victim, that you're not in control, and alter that to where you take control and stop being the victim then the aggressor, many times, feels like they have nothing to maintain in the relationship, in the interaction, and they leave and it ends because they begin to look for another victim.

Each of you will have noticed that individuals who are involved in those abusive situations, many times, end one interaction or a relationship, many times, in a very violent manner, only to within a very short period of time enter into a similar relationship and arrangement and begin the whole process over once again. For they believe that they are not in control. They believe that they are not worthy. They believe that they don't like who they are and therefore others don't like them either. They don't believe that they have the capacity to control their reality. They don't believe that it's within their capacity to stop being a victim, to change that belief, and to end the interactions. And yet it is their choice to be in that situation.

You see, you can make conscious choices and create this reality consciously if that's what you desire or you can create it through what we refer to as default. It doesn't really matter, you'll create it anyway. If you wish to believe that you're not in control then you create from a position of default and that reality is a reflection of what you believe, absolutely, and it will validate that you believe you're not in control.

If you wish to believe that it is your creation, that you can take control, then you can have that as well. You begin, once again, by liking who you are. And it's a very simple process. Many get tied up in all of the methods and techniques. And we hesitate to give you a method or technique because it doesn't matter what the method or technique is, what's important is that you believe it will work. Absolutely. That's far more important than what the method or technique is. Your belief. The reality you experience is the reflection of what you believe. But there are, once again, certain methods that you as a human consciousness and as a society believe will facilitate that alteration of your self-worth, of liking who and what you truly are in your conscious state.

We would suggest that if you were to put down a list of principles, and we're not concerned about the principles, just a list of all the principles that you can conjure up, and then from that list you determine which principles are the most important. You see, this is a process that's for you. Don't do this to influence other people. Do this to impress yourself. Do this to make yourself like who you are. Don't worry about other

people. Other people will like who you are when you begin to like who you are, it's really that simple.

And so, you put in place this list of principles. And when you choose the principles that you would apply as being the most important. And that may change. You may be going [on] with your list of principles for a week or two and suddenly decide, "Why, I think this principle that I had down at number three should be pushed up to the number one position." And you can do that. It really doesn't matter. It's not important. What's important, once again, is that it's your choice, that it's your list of principles.

And then you apply the principles. When a situation arises you apply the principle. When that situation arises you pay attention to the spontaneous reaction that you have, to the attitude that you have, and whether or not the principle was in place or whether or not you had to make the choice to put the principle in place. And apply your principles. The more you apply your principles the more you will strengthen the character and begin to like who you are.

Now, we would caution that you don't fall into the pitfall of looking at the times when you don't apply the principles. And you say, "Oh well, I had this chance here to apply this principle and I didn't do it. I failed." And so, you dwell on that failure. You don't look at the other twenty times when you applied your principles quite readily, you dwell on that one time when you didn't apply the principle and you failed. And if you begin to believe that it's not possible then you validate the reality. If you begin to believe that you're a failure because you dwell on the negative then you will validate that reality because you hold the belief that it's not possible for you to succeed and if you hold the belief you validate it through the creation of the reality. It's really that simple.

And so, you put in place the principles, and you apply them, and you strengthen the character, and you become the image that you would like to project to others and you begin to discover that you like who you are. And you begin to discover that, indeed, this individual that you are beginning to alter the image of is an individual that you like. It's not important that you do this for other individuals. In fact, it's important that you don't do it for other individuals, you do it for yourself, so that you like who you are.

You see, many times in your childhood to express that type of a feeling or an emotion that you like who you are, you were put down. "Oh, don't be so self-centered. Oh, don't be so egotistical. Oh, don't be so selfish."

And so, [you're] put down in your thoughts that you must like who you are. You're supposed to like the qualities that you see in others, but not in yourself. "And so that's egotistical, isn't it? I mean that's like an individual who really thinks they're something."

And so, [you're] put down in your childhood, and you begin to believe that it's true. And once again, when you hold a belief you validate the reality.

And so, you exist in this illusion where you're not in control. You exist in this illusion where you're not worthy, and you project it. Absolutely. And we're suggesting that you begin to like who you are for yourself. Not to impress others. And when you begin to like who you are, you begin to indeed believe that you are deserving, you begin to feel gratitude for the experiences that you bring into your reality, and you begin to do the things that express love.

You see, love is a state of being and a state of doing. You do certain things that allow you to experience feelings and emotions. You give to someone. You give to someone or to yourself. You see, an expression of love is just a change in direction; it's either to someone else or to yourself. The techniques and the methods don't alter, it's just the direction.

And so, if you give to someone or to yourself you allow that individual to experience certain emotions. And the emotions are quite wide in range. To experience emotions that may be a feeling of joy or it may be a feeling of security or it may be a feeling of intimacy. It may be a feeling of commitment. It may be a feeling of trust or of knowing. There are a number of emotions and feelings that allow you to experience that feeling of worthiness. And when you give you allow that person to experience one or more of those various feelings and to begin to experience love.

Now. It's important that you understand, as well, many of the things that you're doing as an expression of love. You see, to give to someone—many individuals are involved in relationships where they have indeed put in place contracts and agreements and that's fine. In a relationship in your society that's what makes the relationships and the interactions work, many times, are these agreements and these contracts. For example, you may have children that you're going to send off to college and you agree to pay for that children's education. You give them a gift, you think, of love and then you say, "But that's only providing that you pass your grades. If you don't meet these certain conditions then I'm going to withdraw my gift."

Well, you see, that's not really a gift. When you begin to put situations on, when you begin to put conditions on your gift, you have formed a contract. It's not a gift anymore, it's a contract. It's an agreement. And there's nothing wrong with contracts and agreements, once again, what's important is that you understand what they are, and that you don't become confused between a gift and a contract. For a gift is a gift that's given unconditionally. There are no conditions. You give it to an individual and they can do what they wish with it. You give it to them, not to form a contract, but to allow them to experience joy, to allow them to experience

trust, to allow them to experience security, or any of the other emotions that come from giving a true gift without conditions.

And so, you give or you connect. Or you become an intimate. And intimate can be allowing another to know you intimately, allowing another to, indeed, see who you are with all of the curtains pulled down and it all laid bare, and to experience the trust in that type of interaction.

And so, you do the certain thing to allow another to experience certain feelings, and that's love and the interaction of love. To yourself or to others. And when you begin to love yourself consciously a very magic thing begins to occur. You begin to indeed have the capacity to create what it is that you consciously desire. You begin to have the capacity to get glimpses of what it is that you truly believe, in the conscious state, in your awake state. You begin to experience interactions with other individuals that were not there in your so-called previous state. As you begin to practice this strengthening of your character and this self-love, you begin to have the capacity to love others in a different manner, without conditions, to allow others to experience those interactions. You begin to get understandings of what that type of interaction truly means to you.

You see, many individuals don't look at certain phrases or words that they use in their day-to-day activities. One of the principles that you might put in place, for example, is the principle that you would have integrity. And each individual could be asked, "What's integrity?" And you may get a different response from each individual. It's important that you understand what integrity is to you if that's one of the principles that you're going to put in place. We would suggest that from our position integrity would be not only when you do something truthfully, but when you do it spontaneously. When you do the right thing spontaneously you have acted with integrity.

Many individuals are involved in what we refer to as a trusting relationship. "Well, I had a relationship with that person and I trusted that person absolutely and they... and they betrayed me." Well, what is trust? You see, many individuals don't understand what trust is. They don't have a set guideline of when they would or would not trust on a certain issue. It's simply, "Well, if I'm involved in a relationship then I trust them on absolutely everything."

And it can't be that way. That's like trying to impose your will upon another individual. And you can't do that. You see, in order for you to be involved in a trusting situation there are certain conditions that should be in place first. One of them is that a trusting situation you must have, first of all, the capacity to win or to lose certain aspects or to gain or loss of certain elements in your reality. And the loss must be greater than the gain. If the gain is greater then it's not a trusting situation. It

may be a gambling situation. For example, you may put down a dollar on the lottery and you might say, "Well, I trust my higher self to create that million dollars that I need by putting down my one dollar."

Well, that's not a trusting situation. You're losing one dollar. The potential gain is a million dollars. You've got it backwards. The potential gain is far greater than the potential loss, and so it becomes a situation that you would refer to as gambling, not trusting. And so, the potential loss must be greater than the potential gain.

And then you must believe, indeed, that the individual is trustworthy. You see, if you were to tell someone some piece of information that could do you harm and you didn't really believe that you could trust that person to not spread that information, then you have not entered into a trusting situation, you've simply sabotaged your reality. You must believe that the individual that you are sharing that information with, that you have the potential loss with, is trustworthy. And then you must solicit the trust.

You see, so many individuals are involved in relationships, once again, that they tell the person this piece of information. And suddenly that piece of information is told to someone else. And it gets back to the original information giver, back to the original party, and that party says, "Well, I trusted you not to tell anyone else." And the second party says, "Well, you never told me." Well, of course, if you don't solicit the trust, then how is an individual supposed to know that this is a trusting situation?

And so, you solicit the trust. You say, "I wish to have your confidence in this issue." And you have solicited the trust. And so, there must be a loss that is potentially greater than the gain. You must believe that the individual that you're entering into the trusting situation with can be trusted. And you solicit that trust. And then you have a trusting situation.

Otherwise, you are involved in gambling or sabotage or any other type of reality creation that you desire to perpetuate based upon the beliefs that you hold. If you wish to believe that that individual isn't trusting, then indeed you can give them the information, and you can go through all of the other scenarios and say, "I have this potential loss, and then I solicit their trust, but deep down I don't really believe that I can trust them."

And so, you've created the reality to validate the belief that you can't trust them because sure enough that information will come back to harm you.

The reality that you experience in your conscious state is a reflection of the beliefs that you hold within. Absolutely. It's an illusion. It's an illusion that's your creation.

You see, the only limitation to the creation that you can experience in your conscious state is your imagination. You exist in an illusionary reality. It's not to suggest that

it's not important, but it's an illusionary reality. There are but three things that you cannot alter. The first is that you are the spark of consciousness that you search for. You are the god that you search for. The spirituality that you search for is withinside. It's who and what you truly are. The second is that you create this reality that you experience in your awake state. It's your creation. Absolutely. And the third is that you absolutely cannot fail to come to the understanding of who and what you truly are. You do not exist in this reality at the whim of some other individual. The only influence that you have over this reality is the one that you allow others to have. Absolutely. You create the reality. The reality that you experience is a reflection of your beliefs and you absolutely cannot fail to come to the understanding of who and what you truly are.

All the rest is up for grabs. You can change your beliefs, and you can change your reality. Your reality can be changed by understanding what it is that you desire, using your imagination and expectation to create it. Understand that your attitudes are tied to your beliefs. When you experience a spontaneous attitude indeed it is an indicator of what your belief is. And as a result of the attitude and the belief, you indeed have thoughts and feelings, and from those thoughts and feelings you make the choices and decisions that influence the reality that you experience in your day-to-day activities. It's really that simple.

You can make it more complicated. That's your choice. That's your choice. It's important that you understand that it's your choice. It's not some other individual's. You are the reality, you create the reality that you exist in, you are the spark of consciousness that you search for, and you absolutely cannot fail to come to that understanding at some point in your existence in your conscious state. The rest is all up for grabs. You can have whatever it is you desire based upon the beliefs that you hold. Absolutely.

Now. We would suggest to each of 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.

We do not have the capacity to influence or to create for you. Indeed, to suggest that we even have knowledge that's superior to the knowledge that you contain withinside regarding the creation of your reality is ludicrous. We exist outside of your vibrational level, and we have never experienced creation within your vibrational level. The experiences that we have had is simply an interaction to our friend Elias, which has occurred over many lifetimes, and the information that we express to you, indeed, is information that is contained within each and every one of you. You have but to go withinside to access that information.

We would, however, once again, should you choose to interact [willingly] offer you our unending support and our unconditional love. And in saying we would express our farewell to each of you, with love and with peace. ✨