

# JOSHIAH

www.joshiah.com

*Caveat: This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited. Editorial comments are in parentheses; probable wording is in square brackets.*

**June 3, 2007**

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

Now, before we begin we would suggest, once again, that there exists for each of you the opportunity to be involved in what we refer to as the silent communication, the opportunity for you to be involved in a telepathic interaction or exchange of information with other entities that would be with us on this afternoon or are indeed that portion that you might refer to as your higher self or that spark of consciousness that you are; the opportunity for you to alter your consciousness and enter into a meditative state and become involved in that interaction, that telepathic exchange of information that, once more, many times is much more pertinent to your individual needs and desires than is the information that we express through our friend Elias and through this rather limited use of a vocabulary.

And so, should you choose to be involved in that silent communication you will find that it's quite easy for you to alter your consciousness. You will find that as a result that the energy that you have created within this space that it's quite easy for you to shift that consciousness, you have but to close your eyes and express the intent and that opportunity for you exists, absolutely. And as always, the choice is yours as well, absolutely.

Now. This vibrational level that you exist in, once again, is your creation. We've suggested that many, many times, that you create this vibrational level, this reality, if that's what you wish to refer to it as. You as individuals and as the human consciousness create the entire universe that you exist within. You as an individual and as a human consciousness, collective human consciousness, create all that it is that you perceive in your so-called awake and consciousness state. It's your creation. You as individuals existing within this vibrational level and within this incarnational period, indeed, in your awake consciousness state have the capacity to influence this reality that you exist in and that you experience in your so-called awake and consciousness state.

Many of the realities that you experience are based upon belief systems that we refer to as the human consciousness belief systems. Belief systems that you as individuals agree to participate in, agree to perpetuate. You as a human consciousness in a consensus have agreed that there are certain so-called beliefs that you would substantiate and perpetuate and that you would hold as absolutes, if you would, while you are in this awake and consciousness state. What we refer to as the human consciousness belief systems and what your scientists might refer to as your so-called laws of physics. Difficult realities for you to alter. Particularly as individuals. Beliefs such as your belief in time and space. Beliefs such as you need to have certain elements to sustain your existence in your so-called awake and consciousness state. Beliefs that you, once again, as a human consciousness have put in place and that you as individuals have agreed to participate in. Very difficult for you to alter.

But you also have other beliefs. Beliefs that you do influence from your so-called awake and consciousness state. Beliefs that influence your day-to-day activities and interactions with other individuals. Beliefs that influence your relationships. Beliefs that influence those things that you desire to possess. Beliefs indeed that influence many of the interactions that you experienced with others that influence the way that you experience and the way that you feel about those experiences. Those beliefs are within your capacity to alter, absolutely. Those beliefs are beliefs that are not only within your capacity to alter but that you do influence from your awake and consciousness state. Absolutely.

You as individuals, once again, in this so-called vibrational level, in this particular time that you believe you're existing in, have agreed as a human consciousness to alter the energy that makes up this vibrational level. And as a result of the alteration of that energy [you're finding] that it's much easier for you to consciously influence the reality that you experience; consciously influence those individual belief systems that you hold that are responsible for your, once again, day-to-day activities and your achieving those individual goals, if you wish, that [you've] set for yourselves.

Once again, you as individuals in your awake consciousness state influence the reality that you

experience. If you wish to influence it in a manner that you would consider to be positive, then it becomes important that you not only understand that you create your reality, but that you accept the responsibility for having the capacity to consciously influence the creation of this reality that you are experiencing.

You see, you consciously do influence your reality, absolutely. It's not a question of whether or not you believe it, it's a question of whether or not you choose to accept the responsibility. For you see, to choose not to accept the responsibility is to influence it, absolutely. It's to leave it, so-called, to [choice.] And so, you will create [reality] to validate this belief that you're not in control, to validate that it doesn't have any influence upon your reality if you accept or don't accept the responsibility for the creation of that reality. That's your choice. It's a choice that you make consciously.

You can believe that there are other entities existing outside of your vibrational level or indeed other entities that are interacting with you on a day-to-day basis that are influencing your reality and if you hold that belief then the spark of consciousness that you are creates the reality to validate the belief, and you will have all types of experiences to validate that you're not in control.

You see, being in control or not in control consciously is not a right or wrong concept. It doesn't really matter. It only matters to you in your awake consciousness state. The spark of consciousness that you are creates whatever it is that you desire, based upon the beliefs that you hold and does so without judging is this right or is this wrong. Right or wrong is an awake human consciousness concept. It does not exist in your so-called subconsciousness or that spark of consciousness that you are.

And so, if you choose to believe that you're not in control, that's not right or wrong. It's something that you can have and you can experience. And not only can have but will have and do have if that's the belief that you hold.

You see, the irony of it is that whether or not you accept the responsibility for the creation of this reality, you still create it. You simply create a reality that validates the belief that you hold. And so, in order to have the capacity to consciously influence this reality through various decisions and choices that you make that will take you to the particular goals or aspects that you aspire to bring into your reality, it becomes important that you accept that it's within your capacity to bring within your reality that which you desire to experience.

If you don't believe that it's within your capacity to do so, if you believe that it's entirely up to someone else to do that or if you believe there is some other entity that makes the choices for you or influences your reality,

then you will indeed experience [a reality] that validates that belief that you're not on control.

And so, it becomes important that you, first of all, understand that it's your creation, entirely your creation, not just some aspects of it, not just some parts that you believe are quite easy for you to influence, but the entire reality is your creation. And so, it becomes important that you understand that and then it becomes important that you accept the responsibility for that creation. You accept the responsibility for the reality that you're experiencing and that quite often becomes the difficult part.

Once again, the spark of consciousness that you are does not judge whether or not this reality that you're experiencing in your awake state is right or wrong. It simply gives to you that which you desire. And once again, if you desire to believe that you're not in control, then you will create the realities that validate that experience. You will create the realities that validate that you're not in control. You will create the realities that validate that there is, if you wish to believe that, some other entity that's responsible for this creation of this reality. Or you will create interactions with other individuals to validate the belief that you might hold that the other individuals have the capacity to create your reality for you.

You see, even when you interact with other individuals that interaction is based upon your choices and decisions, is based upon your belief systems, a validation of your belief systems. And if you wish to believe that other individuals have the capacity to control your reality, then you will indeed create the reality to validate the beliefs. The irony of it is is that it's really that simple. The reality that you experience is a validation of the belief that you hold and if you don't like what you're believing and experiencing then you change the belief. You change the belief and you will change your reality. It's really that simple.

But like so many simplicities, you like to make it much, much more complicated. And so, these realities that you're experiencing many times are a combination of what we refer to as belief systems. And it's within that belief system that you create the reality to validate various beliefs. If you believe that you're not in control, then you will indeed create realities to validate that belief. If you believe that there are only certain areas of this vibrational level or this reality or of your experiences or your day-to-day activities that you're in control of then you'll create realities to validate that, "Well, yes, I can control this particular aspect of my creation and my existence but I can't have control over the other stuff, oh no, some of that stuff is beyond my capacity to control." And you will have the realities and validate the belief systems, absolutely. And the experiences, once again, will be validations of what it is that you believe.

And so, in order for you to have the capacity to consciously influence these personal interactions which you're having with other individuals and the personal reality that you're experiencing, it becomes necessary, once again, that you understand that you are indeed the creator of this reality and as well, to accept the responsibility for that creation. And that, many times, becomes quite difficult. Absolutely. It becomes difficult, once again, because of your so-called belief systems that you hold.

Beliefs, for example, that perhaps you're not worthy. Or beliefs that there are only some aspects that you can control. Or beliefs that there are certain physical limitations that you have. Beliefs indeed that you don't like who you are in your so-called awake consciousness state. Or beliefs that there are only various elements or aspects of your creation that you can influence in your day-to-day activities or your day-to-day interactions with other individuals. And it's a combination of those beliefs into belief systems that quite often make it difficult for you to create and experience that which you desire. Well, you see, ultimately the spark of consciousness that you are creates the reality that you truly desire.

Many individuals have difficulty in saying what it is that they desire. They desire to have happiness. Well, what's happiness. You see, for some individuals certain elements in your reality and in your experience can be experienced as happiness or that feeling of happiness, that feeling of joy. And yet, for other individuals involved in the same activity there is absolutely no feeling of happiness or joy at all. It can be exactly the opposite.

And so, it becomes important for you to understand what it is that you desire and be very specific. Quite specific about what it is that you desire. The more specific you are the more likely you are to experience the ability to create the reality that gives to you that which you desire.

And so, once again, that becomes quite important that you understand what it is that you desire. Be very specific. And then you have to use your imagination. You see, your imagination is a very important aspect in this reality creation process. You see, your imagination indeed many times influences that so-called spark of consciousness that you are, can influence the beliefs that you hold to create the reality that you desire. If you desire a certain aspect but you don't have any type of imagination on what it would be like to have that experience, then it becomes difficult to experience it in your awake consciousness state.

You see, it becomes difficult for you to grasp the concept that this awake consciousness state is the least real, if you wish, of all the realities that you experience. You are as far removed in your awake consciousness state from the understanding of who and what you truly are as it's possible for you to be.

This reality that you're experiencing in your awake consciousness state is an illusory reality. Now, that doesn't mean it's insignificant, absolutely not. It's very significant, but nonetheless, it's illusory. You can alter it. Not only can but do alter it. Absolutely and continuously.

This illusory reality, once again, is a reflection of the beliefs that you hold. It gives to you that which you desire, based upon your imagination and based upon what it is that you expect to bring into this reality, what it is that you expect to experience. If you don't believe you're in control then you expect to have realities and experiences that validate the belief that you're not in control and you'll have that, absolutely. Once again, the spark of consciousness that you are creates whatever it is that you desire and it does so without judgment. It gives to you from a position of absolute unconditional love whatever it is that you desire to experience in this reality. Absolutely, without exception.

And so, in this awake consciousness state where you believe that this is the most important part, that this is the all that is aspect and the rest are simply your imaginations is exactly the opposite to the way it really and truly is. This awake consciousness state is the illusion.

Once again, we're not suggesting that it's insignificant but it's important that you understand that this is the illusion. And when you're in this awake consciousness state, you only perceive to be removed from the connection of who and what you truly are. It's a perception that exists because of your choice to put in place that electromagnetic type of energy that limits your capacity to understand who and what you truly are when you're in your awake consciousness state. You cannot be separated from who and what you truly are. You cannot be separated from that spark of consciousness that you truly are. That spark of consciousness that you truly are indeed creates the reality that you experience, and once again, it does so to validate the belief that you hold.

And it's a combination of those beliefs that form your belief systems that gives you difficulties in your awake and consciousness state to consciously create the reality that you desire to experience. And many times it's because of one's inability in your awake consciousness state to accept, first of all, that you are that god that you search for, that you are so much more than what you can perceive in your awake consciousness state, that you simply choose to hide from that concept, to hide from that understanding that you choose—not that someone else chooses for you, not that someone else put you into this vibrational level so that you have to have some type of learning experience—but rather that you choose to limit the capacity to understand who and what you truly are. And that's not a bad thing. That's a choice that you've made. It's a choice that you've made to have the

experiences so that you can experience the intense range in emotions and feelings that are only possible in this vibrational level where you limit that capacity in your awake consciousness state to understand who and what you truly are.

And so it's important, once again, to understand that you are that spark of consciousness that creates the reality. It's not something that's separate from you but only something that you choose to hide from. And then it's important to understand that the reality that you're experiencing is the reality that you desire to experience. And that becomes very difficult for many individuals to grasp and to accept that responsibility in your awake consciousness state.

Once again, that spark of consciousness that you are continuously, joyously creates the reality that you desire. It never does so and looks at it and says, "Well, that's not a very good reality," or, "That's one that we wish that they wouldn't choose to experience." Absolutely not. The spark of consciousness that you are creates the reality that you desire and it does so without judgment; does so from a position of absolute unconditional love. Right or wrong is a human awake consciousness concept that does not exist in your so-called altered consciousness state, in that spark of consciousness that you are.

And so once again, the reality that you experience is a reflection of the belief that you hold. It's your creation. You're not separated from it. In order to create this reality consciously you must grasp that understanding and then you must accept the responsibility for the reality that you're experiencing. And for many that can be quite difficult. For many that can be quite difficult, once again, because of beliefs that you hold. Beliefs that, "Well, I can't be responsible for this terrible reality experience that I'm involved in" absolutely not." And it doesn't matter what aspect of this reality that you're experiencing that you don't accept the responsibility for, it really makes no difference. If you don't accept the responsibility for it then you will create realities to validate that you're not in control.

Even if appears at times that you're getting exactly what is that you desire, you just say, "Well, I'm going to just leave it up to my belief in some other entity to create it for me. I'm just going to throw it out there and whatever comes that's what I'll take." Well, whatever comes is what you'll take and it might seem something that's quite compatible and something that will even, seems to be quite desirable, for most of the time.

But you, once again, will validate the belief that you're not in control. And when you create experiences that you desire to have and you're finding that to be a very comfortable and very desirable existence that your involved in, you will create aspects of that existence to validate that you're not in control. To validate that belief that there is indeed these other entities or this other energy or this other whatever it is that you wish to

apply to it, that has the capacity to influence your reality and to create for you. And the spark of consciousness that you are creates that reality to validate the belief.

And so, if you wish to have the capacity to consciously create this reality you must first of all accept the responsibility for the creation and the understanding, indeed, that you are the spark of consciousness that has the capacity, not only has the capacity but does create. And the irony of it is, once again, that it doesn't matter whether you believe it or not in your so-called awake and consciousness state.

As we've suggested so many times, there are but three so-called truisms that you cannot alter. And one is that you are the god that you search for. The second is that you create the reality that you experience. And the third is that you cannot fail to come to the understanding at some point in your so-called existence of who and what you truly are. The rest is all up for grabs, if you wish. The rest is all, not only within in your capacity to alter, but indeed you do alter it in a continual basis. You create the reality that you experience and you do so by holding the various beliefs or belief systems. And you do so indeed in your awake consciousness state, whether you choose to believe it or not. In your awake consciousness state you make choices and decisions that influence your reality. You in your awake consciousness state have desires and that desire may be rather vague at times but nonetheless you [have] desires. And if the desire is a vague desire and one that you think, "Well, I might or may not have this particular experience," then that's about the amount of probability that you bring into that particular reality creation process to experience it in your so-called awake consciousness state.

The spark of consciousness that you are validates the belief that you hold and if you believe that it might or might not happen then that's exactly the chance that you have to experience it. If you believe indeed that it's within your capacity to create what it is that you desire then you as well can have that experience.

When you mix in your so-called belief systems, and you add in there the aspects that you're not worthy, you add in the aspects that, "So in so can do that but I can't do that. That's beyond my capacity to do that" then, once again, the spark of consciousness that you are validates the belief that you hold. It gives to you exactly that which you desire, without exception. It creates the reality to validate the belief that you hold.

And so, it's important that you pay attention to your so-called attitudes because your attitudes, the spontaneous attitudes are a reflection of those beliefs. Many individuals are involved in an interaction and along comes this so-called attitude, and you look at it, and you think, "Well, I'm not supposed to have that type of an attitude. I'm going to get rid of that attitude. I'm not going to change. I'm not going to experience it,

I'm going to change it. I'm going to make it into a more desirable attitude."

And so, you put that inside and in doing so you put aside the opportunity to understand what belief it is that you hold that was [a reflective] in the attitude and also of the belief that you hold that may have been responsible or partially responsible in a belief system for the reality that you experience.

So, pay attention to the attitudes. You see, many individuals believe in your so-called awake state, in your awake consciousness state, that there are certain so-called emotions that you shouldn't experience. Emotions of anger. "Oh, that's a negative emotion, we're not supposed to feel that," and so you put it away, you suppress it. And when you suppress it, indeed, it begins to build and it begins to indeed be a reflection of a belief that you hold that was responsible for the attitude that was responsible for the anger in the first place.

And so, rather than having the capacity to deal with the anger, you suppress it. You hide it. "I don't want to be involved with that. I don't want to try to experience that particular emotion. That's a negative emotion." And so you hide from it. And you put it away. And when there's more anger you continuously take that anger and you don't deal with it. "I don't want to experience that, that's a negative reaction," and so you put it away. And you put it away. And you put it away. And pretty soon that little anger that you put away that seemed insignificant and something that you're not supposed to experience turns into something almost that's beyond your capacity to control.

And so, because you don't experience it and express it, because you don't deal with it, you begin to feel that you're not worthy. You begin to feel that, "Here I am. I continuously experience these little bits of anger and I put them away and I don't deal with them." And as a result of your attempting to hide from that so-called attitude you actually reinforce the belief. And that belief may be indeed that you're not worthy of having the ability to deal with certain aspects of your reality, of these little bits of anger. And as you believe that you're not worthy then you begin to experience various emotional deficits, if you wish. You have the capacity then to begin to experience depression. Because you haven't dealt with those emotions. Because you believe that they're negative emotions. The only negative emotions are the ones that you don't deal with.

Many individuals experience emotions of love [and] they don't deal with it. They put it away. And they put it away. They don't want to be involved in that interaction. They don't want to be involved in that commitment that's necessary to experience love. They don't want to be involved in the aspects that are necessary to be involved in a relationship that requires any type of expression that allows one to feel vulnerable. Allows one to feel that they are indeed known completely by

someone else. Allows one that capacity to experience that you may be less and yet another individual will like you regardless of whether or not you believe in your awake consciousness state that you are less than what you believe you should be.

And so, you put that away. And you suppress those feelings and emotions. And as you suppress them indeed they as well can become negative emotions. These emotions that are so-called in your awake consciousness state to be positive emotions of love can become negative emotions. And love can become something that you don't experience in your awake consciousness state.

And once again, because you have not expressed the emotion it can become a negative emotion, and the spark of consciousness that you are validates the belief that you hold, that you're not worthy, that you're not capable of being involved in a loving relationship, that you're not capable of having [the] necessary elements that are involved in being involved in a loving relationship such as that commitment, such as that giving unconditionally, such as trust. And so, the spark of consciousness that you are validates the belief that you hold. And you begin to, once again, feel that you're not worthy. That you're an individual that's not capable of being involved in a loving relationship.

And so, you create the reality to validate the experience. And relationships are not very solid. The relationships are not lasting, because you choose to, once again, not express the emotions that you feel. The attitudes that are spontaneous, many times, the attitudes that are a reflection of the beliefs that you hold.

And so, those emotions, whether they are negative or positive in your so-called awake consciousness state, all become negative if you suppress them. All become positive if you express them and allow them to exist and from there get a chance to look at the beliefs that you hold, so that you can change the reality that you're experiencing or if you wish so that you can reinforce it and validate it and make it more real.

You make the choices. You make the decisions. There's not some other individual that's doing it for you. There's no entity out there saying, "Well, I think today they're gonna have a terrible day. I think today I'm going to make it so they're going to have all types of negative experiences, just so that they can really feel down about who they are. We're going to make it so that today is going to be an absolute terrible day."

Only you make that choice. You get up in the morning and you may look at your so-called existence and you can believe that indeed this is going to be a very enjoyable existence, a very enjoyable interaction with other entities. You're [going to] have a very positive interaction with others, where you can get up and look in the mirror and say, "Wow, I sure don't like who I am

today. Some days I feel pretty good but not today. Look at that and look at that individual—not a very desirable individual.” You look at it and say, “It’s going to be a terrible day.”

And many individuals practice that, day after day. And you believe in this concept of time and space. You believe indeed that if you do something long enough and practice at it that you’ll bring it into your reality, that it will become real. And many of you believe that if you’re involved in some type of an activity that you believe is a positive activity and you continuously do it day after day after day that it will indeed increase and enhance your capacity to have an enjoyable interaction and enjoyable experience in your day-to-day activities. But for some reason you don’t believe that it goes the other way as well. That when you wake up in the morning and you look in the mirror and you say, “Well, it’s going to be a terrible day.” And you practice it every day. Day after day.

And you look at other individuals, some individuals that you don’t like. You don’t like them simply because they’re reflecting some element that you don’t like to experience, simply because of a belief that you hold, not a belief that they hold. And so, you perpetuate the interaction and you perpetuate and validate what it is that you’re practicing. That you’re not worthy, that you’re not capable of having any experiences that you desire to experience. “That other individuals can have that but I can’t have that. Look at me. Every day I get up in the morning and say it’s going to be a terrible day. Oh, I don’t feel very good today.” And the more emphasis you put on it, the more the spark of consciousness that you are says, “Well, I guess that’s what they really want today so let’s give it for them. It’s going to be a great day to create all of these experiences.”

You see, the spark of consciousness that you are creates whatever it is you desire and does so without judgment. If you wish it to be a terrible day then you can have that. If you wish it to be a very enjoyable day then you can have that as well. Not only can but do. You see, that’s the irony. You do. You create it all. Not some other individual, not some other entity sitting out there deciding that, “Well, this individual I’m going to give to all types of abundance. And this individual I’m going to [be] involved in all types of relationships that are very positive and meaningful relationships. But this individual over here, well, I don’t like him very much. This individual I’m going to make it seem like he’s having a terrible existence. I don’t like they way they look.”

That’s your creation. That’s your choice. Your decision. Not some other entity that exists outside of your vibrational level. Indeed, not even any of the other of the individuals and entities that you interact with in your day-to-day activities you will bring at some level of

consciousness to participate and to be involved in those interactions. It’s your choice.

This reality is a reflection of the belief that you hold, based upon what it is that you desire, based upon your imagination and expectation, based upon the choices that you make, based upon the beliefs that you hold, that are reflected in your attitudes and that influence your feelings and your emotions. And you create your reality from those elements, not only a small part of it but all of it. Your entire reality. And if you don’t like it, then change your beliefs and you will change your reality. And if you do like it, if there are various aspects of your creation that you’re quite satisfied with and you wish to enhance them, then reinforce that belief, and you will indeed enhance the reality. It’s your creation. It’s a reflection of the belief that you hold. Entirely. Not just some little part of it. The entire reality is a reflection of the belief that you hold.

You, once again, look upon various aspects of your physical existence. You hold a belief that if you are involved in certain activities that there will be results that you can expect to experience as a result of being involved in those activities. There are certain results that come from participation in various activities. And they may be both negative or positive, it doesn’t matter which. If it’s negative you have a tendency to believe that, “Well, somehow I’ve arrived at this negative aspect of my physical being.” You don’t look back and say, “Well, I worked at it. For the last five years I’ve worked very hard at getting to this negative aspect of my reality.” It’s simply like you get up one day and you have this ailment and you don’t know where it came from. “I don’t know what I’ve done wrong.” Here it is, with its reflection of the belief that you hold. It’s really that simple.

If you believe that certain activities will take you to a certain position in your physical existence then that’s what you’ll experience. Absolutely. But you see, if it’s a negative experience, many times, you don’t like to accept that responsibility. And yet you want to have an instant fix, so to speak. And you can have that, we’re not saying that it’s not possible, but once again, you’ve agreed to participate in a reality, in a human consciousness concept where there are time and space, and so these instant fixes become very difficult for you. Not impossible but very difficult because you’re trying to step outside of that human consciousness agreement that you stepped into in the first place. The human consciousness belief systems that it takes time and space for you to have any type of change in your physical existence. And so you had this ailment, that you’ve worked very hard at achieving. But you don’t want to accept the responsibility for that action that’s allowed you to reach that point. But you want an instant cure. It’s like, “I wake up one day and I’ve got this ailment and I never had it yesterday and so I want it to go away tomorrow.” Well, you’ve worked at it, once again, to get that. Most of it doesn’t just occur

overnight. It takes time. It takes various choices and decisions. It takes, indeed, desires to get there.

Now, if it's a positive reaction or a positive physical experience that you're having in your awake consciousness state and it's something that you've worked at for over the past four or five years through some type of physical activity, then you can look back and you'll say, "Look at that. I've put in all of this time and this effort and here's the results. I'm quite pleased with that." And so, you accept the responsibility for that creation because it's one that you believe is positive. And you look back and you will [not] only accept the responsibility for, but you also accept that it's your creation. It's you put in the time; it's you held the belief system that you can achieve that.

Because it's one that you believe is positive. The one that's negative, "Ah now, that's an entirely different story. There must be some entity up there that doesn't like me. And so they've given me this disease with this ailment. Now I have to deal with it." You give it to yourself. There is no other entity gave it to you, you gave it to yourself based upon your choices and decisions, based upon the beliefs that you hold. Absolutely. And many of those beliefs indeed you put in place in your so-called altered state of consciousness to reflect what it is that you desire to experience in your awake consciousness state. It's really that simple.

And so, you have this positive, particular experience and your physical being that's come as a result of these activities that you have chosen, consciously chosen to participate in and that you accept the responsibility for and so you feel good about it. Well, the irony of it is, that it takes no more effort to have that type of reality than it does to have the reality that you might not feel good about. And the irony of it as well, that the spark of consciousness that you are rejoices in either creation. It gives you whatever it is that you desire and it does so without judgment.

Accepting the responsibility for that so-called negative experience allows you the capacity to alter it. As readily as accepting the responsibility for your so-called positive experience. Allows you the understanding of what it is that you did, what it is that you held as a belief system, what it is that you held as a desire and what it is that you utilized in your day-to-day activities to accomplish that reality that you desire to experience.

You see, the positive one you're willing to accept the responsibility for, that you made a conscious choice to achieve that. The negative one, where you got up every day and you looked in the mirror and you said to yourself, "Well, I don't like who I am. This is going to be a terrible day," you don't want to accept that responsibility. Because you believe that that's a negative responsibility. You believe that that's a negative experience. It's only negative in your awake consciousness state.

Once again, the spark of consciousness that you are creates whatever it is that you desire and it does so from a position of absolute unconditional love. If you wish to have more of those experiences in your awake consciousness state then it would be quite beneficial for you to begin to like who you are. It would be very beneficial for you to begin to love yourself consciously. Not just subconsciously. It would be very beneficial for you to understand that that spark of consciousness that you are is not separated from your so-called awake consciousness state but you simply choose to hide from it. You cannot be separated from who and what you truly are.

It would be very beneficial for you to begin to accept the responsibility for all of your reality. Not just those aspects that you believe are ones that are within your capacity to alter. They're all within your capacity to alter. Absolutely.

You are the god that you search for. You create this reality, and you absolutely cannot fail to come to that understanding at some point in your existence. The rest is illusionary. The rest is a reflection of the belief that you hold. And if you don't like it, change it. And if you don't like who you are, change it. And you change it, once again, through developing various steps that allows you to like who you are. When you look in the mirror, begin to like all that you see. Begin to like each and every aspect of this so-called physical being and understand that it's your creation. And it's a marvelous creation. Absolutely.

Even the elements that you might believe are negative are quite marvelous. Absolutely. And they allow you to experience a range of emotions and feelings that is not easily duplicated, and indeed is not even duplicated in any other vibrational level throughout all of creation. Like who you are. You are so much more than you can comprehend in your awake consciousness state. You create this reality from a position of absolute unconditional love. Bring that unconditional love into your awake consciousness state. Begin to like who you are. Begin to like those elements that surround you and those other entities that you interact with. Begin to love those entities that are most important to you and from there begin to love others and you will see a tremendous change in this reality that you're experiencing. Absolutely.

You see, once again, you create your reality. The irony of it is that whether you choose to accept the responsibility for this reality really doesn't matter. You create it anyway. To accept the responsibility consciously allows you the opportunity to begin to consciously alter it. To consciously make the choices and decisions that will influence the belief that you hold. It will ultimately alter the reality that you experience. It's really that simple.

Now. We [would] break for a moment or two and if you have any questions we would be willing to return and

attempt to answer them for you. In the meantime we would remind you that we are not separated by time or space but 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 indeed exchange with each of you and to offer you, once again, our absolute unconditional love and our unending support. And we would bid each of you farewell, with love and with peace. ✨