

# JOSHIAH

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*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.*

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## **Q and A**

**Joshiah:** Well, now. Well, it is indeed a pleasure to be invited back into your vibrational level once again. And before we begin, we would remind you that that opportunity for you to be involved in that silent communication continues to exist, that the energy that you have created in this space makes it quite easy for you to alter your consciousness and should you chooses to be involved in that telepathic interaction and exchange of information, once again, many times the information that you receive is much more pertinent to your individual needs and desires than is the information that we express through this rather limited use of a vocabulary.

And as well, you may not seem to have the capacity to have a recall of what that interaction was, we would assure you that it does indeed occur in that altered state of consciousness and that many times that so-called spark of consciousness that you are, that intuitive, so-called intuitive, inner self that you are will provide that information in your so-called awake consciousness state, at a time when it is quite pertinent to what it is that you're attempting to achieve or to experience in your so-called awake and consciousness state.

And so as well, it becomes quite beneficial for you to pay attention, if you would, to those intuitive suggestions, those suggestions that don't seem to have any basis in your so-called conscious thought or your so-called conscious concept of what it is to create this reality. Pay attention to the intuitive suggestions that seem to come from outside of your consciousness. Awake consciousness.

And many times it can be quite beneficial, once again, in assisting you in making the choices and decisions that you [had] the capacity and the opportunity to make in order to achieve whatever it is that you desire.

And so, we would encourage you to be involved in that telepathic interaction or exchange of information, to enter into that altered state of consciousness, and once again, you'll find it quite easy, should you choose to close your eyes and express the intent to alter your consciousness, but as always, the choice is yours, absolutely.

Now. You create this reality and you believe in your awake consciousness state that it is all occurring in a so-called progression of time and space. One of the most difficult so-called human consciousness concepts, the laws of physics, if you wish, for you to alter are time and space. And yet they are awake conscious illusionary states. They don't exist in your altered states of consciousness. And so, many of the concepts that we attempt to express to you are based upon your capacity in your awake consciousness state to accept some type of explanation based upon the understanding that you have a so-called past and the present and the future. And this belief that you hold in your awake consciousness state that the past is something that has occurred, that it's beyond your capacity to alter, and that the future is something that is within your capacity to alter.

Each of you will agree absolutely that there are certain aspects of your future that you believe you have the capacity to influence based upon decisions that you make. Your choice to be here on this afternoon, for example, you believe was your choice based upon a decision that you made in your so-called past. And that the result of that choice indeed has influenced what you believe to be your future. And indeed has influence upon what it is that you will do when you leave this gathering in your so-called future. There are certain so-called particular tasks that you will anticipate that you have to perform in order to sustain your existence in your so-called future that haven't yet occurred. And yet, the past, you believe, has occurred and it's beyond your capacity to alter. The past is so-called set in stone, if you would. It's real. It's occurred. It's past. And the future you believe that you can influence.

The irony of it is that the future is within your capacity to alter, absolutely. But it is no more within your capacity to alter than is your past. Because you see, they don't exist, they're illusions that exist only in your awake consciousness state. You exist in the now. A very difficult concept for you to grasp but nonetheless a very accurate one as well. In that all of this so-called illusion is within your capacity to alter. Not only within your capacity to alter but you do alter it.

And so, when we suggest that you make changes in your future, it's because you believe that the future has not occurred because you believe that there's this

progression of time. And yet it all occurs within the now.

And it's beyond your capacity to get a concept or a real explanation of that concept in your awake consciousness state through the use of vocabulary. It's like trying to explain and give you an explanation of who and what you truly are, it just can't be done. You don't have the terminology to give you an explanation. It's something that you have to experience.

And so it is, that this concept of the now is something that you have to experience. And you can only experience it by going withinside. You won't find it written in a book or an explanation that you can say, "Ah, that's exactly how it is." Because it really isn't that way, it cannot be expressed in the use of a vocabulary. It can only be experienced. And yet, it's through this use of a vocabulary that we attempt to give you concepts, and we give you those concepts based upon your awake consciousness belief in time and space.

And so, we suggest that you have this past, and you believe that you have the past and that the future is something that has not occurred yet. For the irony of it is that none of it is really occurred yet. That you create it. Because there is no such thing as time. It does not exist. It's an illusion.

And to give you any explanation requires the use of a particular aspect or part of your vocabulary, an expression that's based upon that concept and belief in time and space. Even to suggest that you exist in the now. "Well, what's the now based upon?" It's based upon the belief of time and space. To say that it happens simultaneously is an explanation, once again, based upon your belief in time and space. It doesn't really matter what type of an explanation that we attempt to give you. The vocabulary, the expressions that we use are all based upon your belief in time and space. That it's instantaneous; that it's the now; that it's simultaneous; that it all occurs together. It really doesn't matter, once again, it's all based upon your belief in time and space.

The irony of it is that you experience your future and your past and your present all in the now. And you change your past as readily as you do your future. In your altered state of consciousness you experience it all and you change it all. It becomes a difficult concept for you to grasp. Absolutely.

You see, you look at your past and you can look at your so-called history and you can say, "Well, we have certain aspects of history that are, we know that that's exactly how it is." Well, you know that that's exactly how it is today, and those particular aspects of your so-called past and your so-called other eras when you begin to speak of your so-called Atlantean periods and your post-Atlantean periods and your other existences or eras that you existed in in other so-called centuries of your creation process, based upon your belief in time

and space. You look at those particular parts of existence, those particular civilizations, for example, and you marvel at the entities that were involved in those creations. The irony of it is, that it's the same entities that are involved in this creation.

Many have a difficulty believing in reincarnation. And reincarnation is a belief that's, once again, based upon your concept of time and space. You see, you believe that you can have past reincarnations because you believe the past is real. The past has existed. But the future, well now, you may or may not exist in the future. Well, that's absolutely true but you may or may not exist in the past as well.

It becomes a difficult concept for you to grasp but the future is no more beyond your capacity to influence and alter than is the past and conversely the past is no more beyond your capacity to influence or alter than the future. You see, these individuals who have looked at your past, in your previous incarnational periods, held beliefs that in your so-called modern age are not sustainable. In your so-called modern age you look at some of the so-called historians and you look at them and say, "Well, they were absolutely wrong, weren't they? It wasn't like that at all." Because you believe that there were different areas of realities and creations that were quite different in terms of your perspective and from what your so-called historians in other incarnational periods believed in. In other centuries believed in. The irony of it is, that you're the same entities that were involved in those creations in those other so-called centuries.

You believe in your so-called awake consciousness state that this is it. That this is the incarnational period. You may have been involved in some of the past ones, you may even get glimpses of it, but they're all up for this doubt that they really existed. Perhaps it's just your imagination. Perhaps it wasn't real that you were involved in these other incarnations. Well, perhaps it's not real that you're involved in this one. It's just your imagination. Because you see, it's no more real or no more imaginary than your other incarnations. Either past or future. That's the irony. You exist in the now.

You see, you have difficulty grasping this concept that the reality that you're experiencing is influenced as much by what it is that you desire to experience in the future as it is by what you have experienced in your so-called belief in the past. And that becomes a very difficult concept for you to grasp. Absolutely. And we understand that.

But to attempt to get a grasp of that concept in your awake consciousness state is to give you some idea of the limitless capacity that's available to you. The limitless capacity not only to create but that you utilize to create. If you wish to believe in time and space then we would suggest you utilize it on a daily basis to create. Your future, indeed, is a future if you wish to

believe in that concept of time and space that you exist in.

Some of your so-called psychics look at your future and suggest to you that this is going to occur. And lo and behold, it occurs. That's no more difficult for you to get a grasp of and to give some type of an explanation for than it is for your past. You see, when an individual looks into your past and say, "Well, this is what occurred," that's based upon the particular belief that you hold as individuals and societies at this particular moment in time, if you wish. You see, it becomes difficult to give you an explanation because we continuously come back to that concept of time and space that don't really exist.

And so, your so-called past is only based upon beliefs that you hold. And you can alter that as readily—not only can but do alter it as readily as you do your future. You just don't believe that you alter it. Because you see, to believe that you alter it would destroy that concept and belief in time and space. Two of the so-called laws of physics that you as individuals entering into this vibrational level agreed to participate in. As a human consciousness concept there was a consensus that time and space would be those so-called human consciousness belief systems that were beyond your capacity to be altered, that you would perpetuate no matter what. That they were outside of your manipulation capabilities.

But it's still only based upon the belief that you hold. Time and space are illusions. They don't exist. And so, your future indeed is within your capacity to alter. But to understand indeed that the future influences your past becomes a much more difficult concept to grasp in your awake consciousness state, and yet it's absolutely true. You exist in the now. You exist in the now and you cannot fail to come to that understanding at some point in your consciousness. And even to suggest that you cannot fail to come to that understanding gives the impression that there's some type of process that you must go through and there's some type of passage of time that you must be involved in, and it's not really that way at all.

That passage in time only exists in your awake consciousness state because you as individuals in this vibrational level agree that it would exist and that you would perpetuate it and validate it. A very difficult concept for you to grasp, nonetheless, but one that can assist you in understanding the limitless capacities that you have to influence and to create this reality that you're experiencing.

When you alter your consciousness, when you go withinside, when you get into that level of deep meditation, or indeed when you get into that so-called deep dream state, and you become quite competent at maintaining certain levels of your consciousness, your awake consciousness in taking it into those altered state of consciousness so that you can bring back the

memories of what it is that you're experiencing, you have the capacity to get glimpses of what it is to exist in the now. Where you can indeed be involved in so-called past experiences and influence those realities. Influence the impact that that reality has upon what it is that you're experiencing in your awake consciousness state.

You see, when many individuals enter into a so-called altered state of consciousness and they do your so-called past life regressions, you do away with this belief in time and space. And you enter into other so-called realities, other levels of your consciousness that you're involved in the creation process of. And you influence that particular reality. You influence that particular experience. And as a result of the influencing of that reality, you have the capacity to influence this reality.

Conversely, when you alter this reality, you have the capacity to influence other realities. And because you believe in this concept of time and space, when you do your so-called life regressions you look into your so-called past lives. Well, seldom do you experience or understand that it's within your capacity as well to take that part of your consciousness and experience the future lives, the future incarnations, if you wish. The future reality that you experience. And some of those individuals have retained in their awake consciousness state the so-called lucid interaction with those future incarnations, are those individuals that you look upon as being somehow gifted individuals, your prophets.

You put them up upon a pedestal like they're some kind of special individual who has the capacity to see the future. Well, no more capacity than any other individual existing within your vibrational level. They simply hold different beliefs.

The reality that you experience is a reflection of the belief that you hold. If you truly believe that it's within your capacity to alter your consciousness and to experience other realities that you're involved in the creation of and do away with this belief in time and space then you can believe and be influenced not only by your future but by your past as well and you can influence not only your future but your past as well.

The irony of it is that at some level of your consciousness, you do that. To bring the memory of that interaction back into your awake consciousness state, ah, now that's the trick. That's the difficult part. You do it anyway. And these individuals that have that capacity to bring back that memory are not individuals [that] are any more advanced than any other individual.

You see, you are a spark of consciousness that has the capacity to create. You are, for lack of a better term, the god that you search for, and any other terminology that you would like to utilize to express who and what you truly are. And you are no more and less than any other spark of consciousness or individual entity that has the capacity to create than any other that exists,

not only within your vibrational level but in all the vibrational levels throughout all of creation.

You are all that is, and yet you are the smallest particle that's possible for you to comprehend. And you are no more and no less than any other entity. You are neither above nor below any other entity. You are equal to each and every other entity. You are linked with, if you wish, connected to each and every other entity that exists, not only in this vibrational level but in all of the vibrational levels throughout all of creation. You are all that is.

Each of you—because you can't remember that interaction in your awake consciousness state does not make you any less, absolutely not. In many instances it may be that you have put in place a much stronger electromagnetic type of energy, and that you're doing a much better job of having the experiences that you desire to experience in this awake conscious state, that you're doing a much better job of existing in this vibrational level, a purpose for which you came here to experience the intense emotions and feelings. You're not failing. Failure is only an awake consciousness concept. The spark of consciousness that you are creates the reality that you desire and it does so without any judgment and it does so from a position of absolute unconditional love and it never fails.

You are all that is. You exist in the now. There's no more and no less. You cannot be lost. You cannot be separated from who and what you truly are. Absolutely not.

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

**Questioner:** Can I ask one thing? When you say we're in the here and now, so, reality is that thoughts know no time? (*Inaudible.*)

**Joshiah:** Time is an illusion. It only exists in the awake consciousness state. And it's beyond the explanation through the use of a vocabulary because you believe in time and space. And so, you believe, once again, that thoughts are just simply from your consciousness. We would suggest that thoughts exist in all levels of your consciousness. And that they are beyond so-called time and space because time and space are illusory. They really don't exist other than in your awake consciousness state.

There is no time and there is no space. We've used the concept and the explanation many times, to use an analogy, that you understand that there are existing within your so-called atmospheric conditions a multitude of so-called radio frequencies. Air waves, different types of frequencies. And that you have the capacity through various instruments to tap into, and to receive the information that's being broadcast on one particular radio frequency while eliminating all the rest. And yet, you understand that they all exist within the same time and the same space.

Time and space are illusions. All exists within, for lack of a better terminology, the same time and the same space. Not only your vibrational level, not only this reality, but all the realities in all of the incarnational periods and in all of the other realities and all of the other vibrational levels throughout all of creation. Time and space are illusions.

Many individuals believe that when you die, for example, somehow you magically go somewhere. That you leave. You don't leave, you alter your awareness. You alter your level of consciousness, if you wish. You exist within, for a lack of a better terminology, the same time and the same space. You just tune into a different frequency. You tune into a different vibrational level, and even in this vibrational level you have various levels of consciousness. And when you alter that particular level of consciousness, you can exist within the same vibrational level and yet have a different level of consciousness and being in what you refer to as that between incarnational state, that passed over state, and yet still not be aware of who and what you truly are.

This veil, this energy that you put in place that limits your capacity to get a grasp of the concept of time and space, the illusory aspect that they are, also limits your capacity to understand who and what you truly are as long as you exist within this vibrational level at all levels of your consciousness, not only at your awake consciousness state. So, when you enter into a meditative state or into that dream state or into that, what we refer to, as a between incarnational state, you still exist within this vibrational level. Should you choose to leave this vibrational level—and you can choose to leave, there is absolutely no entity that says you must stay here, you have things to learn, the only things you have to learn are what you desire that you believe you have to learn, you don't have to stay here, you're here by your choice—and should you choose to leave this vibrational level, it's within your capacity to do so.

Now. We continuously suggest that you can [either] stay or leave. You don't really leave. You alter your awareness. Alter your awareness. You tune into a different vibrational level.

We exist within the same space, if you wish to use that terminology, as all of the other vibrational levels, including yours. We simply choose to have our so-called consciousness, our so-called awareness focused on a different vibrational level. It's like in your so-called atmospheric conditions where you [have some] radio waves and you choose to tune in to a certain frequency while eliminating all the rest. So it is that we exist at a different frequency while eliminating all the rest. And you exist at this vibrational level at this frequency while eliminating all the rest.

And so, time and space are illusions. And so, to suggest that a thought exists throughout time is illusory, there is no such thing as time.

27:05

In your awake consciousness state it makes more sense for you to believe, "Well, this is a new thought. And it just comes into effect at this particular time and it exists for all of creation, from here and forever that thought will be there. It wasn't there before but certainly it's here and it's going to be here for the rest of existence." It's illusory. Time is illusory, it doesn't really exist. And so it becomes difficult to give you any type of an explanation because the explanation that you desire is based upon that belief in time and space and they don't exist. They're illusory.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** When you say vibration levels, does that mean our body is our vibration level?

**Joshiah:** (*Chuckles*) Again, you're asking for an explanation based upon a belief system and it becomes very difficult. We've suggested many times that we can't give you particular answers to questions because you can only discover that by going within. And when you make that connection with that spark of consciousness that you are and you bring back into your consciousness some type of a memory, if you wish, of that interaction then you begin to understand that it can't be explained. You begin to understand that even when you begin to look into books you won't find the explanation there, it always falls short. And when we give you an explanation we continuously suggest that you understand that that explanation is simply based upon what it is that you desire to hear.

To believe that we exist outside of your vibrational level and somehow have access to knowledge that is not available to each and every one of you is quite ludicrous. To believe that we somehow are superior intelligent beings is ludicrous. You are all that is. There is no entity existing, not only in your vibrational level but in any other vibrational level who has any more access to knowledge than what you do. You simply choose in your awake consciousness state to limit your capacity to have that access to that knowledge. Not only do you limit your capacity to have access to that knowledge, but you limit through this sustaining of the veil of this electromagnetic type of energy. And you limit anyone else's, any other entity's ability to interfere or to give you that information that you desire.

You choose to limit your understanding because it makes it more real. Because it intensifies the emotions and the feelings. It's really that simple. You see, we would challenge each individual to look at any particular activity that you're involved in, and break it

down, to come to some type of conclusion as to why you were involved. What is the ultimate reason, that you are involved? What is your ultimate goal? And if you continuously come back to the basics of why you are doing something, you will find that it's because you desire to experience an certain emotional feeling. That's why you're here. And if you don't believe you're in control, and if you believe that this is real, then you intensify emotions and feelings.

It's like walking into a theater. And you look at a particular production upon the screen. And you can experience various emotions and feelings as that production is being portrayed upon the screen, and yet you know that that is someone else's belief, someone else's experience that you are witnessing. And yet you can become involved. Not only can you become involved, but that particular involvement can span a breadth of time that's way beyond the actual real time that you believe in time and space. You can sit in that theater for perhaps a couple of hours and yet experience the passage of time that may be over several years, and it can all seem quite real. You can comprehend that.

At that instance it seems like indeed time is not real. Not only that, but you also experience and become involved in the emotions and feelings that you are interacting with, that you witness what's being portrayed upon the screen. It can become quite real. But when you leave the theater, then it all comes back and you can think, "Well, that was very entertaining, but it's not real."

And so, the emotions don't have the same impact as what they do when you experience them in this real reality, in this real world. This real world that's as illusory as what it was that you experienced upon the screen. And this is your creation. It's illusory. It doesn't mean it's insignificant, any more than when you're sitting in that theater and you see that particular production being portrayed upon the screen, it doesn't mean that that's insignificant either. It's someone's efforts to portray to you a particular element or particular series of events to allow you to experience certain emotions and feelings, to become involved, and it can have significance, absolutely. It can be quite gratifying. And yet it's illusory. You understand it's illusory but in this reality, in this real world, "Ah, this is real."

You see, when you limit your capacity to understand that you are the creator, when you limit your capacity to understand that it's within your range of creation process to influence it all, when you limit your capacity to understand consciously that you are the creator of it all, that it's an illusion, then it becomes more real. And the emotions and feelings becomes much more intense. They become real. They become beyond your capacity to control.

And that's why you exist in this vibrational level. It's really that simple. You make it more complicated, you go to all types of efforts in order to make it more difficult and more complicated. But it's really not more complicated. It's really that simple.

You exist in this vibrational level because you desire to experience a range of emotions and feelings that are not duplicated in any other vibrational level throughout all of creation. You put in place an electromagnetic type of electromagnetic energy that limits your capacity to understand who and what you truly are in your awake consciousness state while at the same time limiting your capacity of other individuals existing outside of your vibrational level to interfere in your creation process, and you indeed limit your capacity to experience realities that are illusionary in your awake consciousness state.

You believe in your awake consciousness state that they are real, so that the emotions and feelings are intensified. It's really that simple. And the reality that you experience is a reflection of the beliefs that you hold. And if you wish to understand the concept of who and what you truly are you must go withinside. There are no other opportunities for you to have that type of experience. The answer are withinside. You are the spark of consciousness that creates it all. And in your awake consciousness state you choose to hide from that understanding. You choose to feel like you've separated, and you're not really separated at all.

The answers are withinside. You won't find them written down, you won't find them through any type of expression such as what we're attempting to explain to you because you see, we simply tell you that which you desire to hear. We tell you that which you desire to be expressed. It's really that simple.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** *(Inaudible.)*

**Questioner:** Yeah, one more.

**Questioner:** What effect does a mental illness, like schizophrenia, have on the creative process?

**Joshiah:** You see, once again, individuals involved in this particular incarnational period believe that this is it. That this is the most important [part] of the creation experience. And yet, at other levels of your consciousness—now we will refer to your belief in time and space, because you see, it gives you some type of an explanation that you can get a grasp of.

In your so-called between incarnational periods, when you choose to reincarnate, many times you choose certain realities that you put down as being possibilities that you would like to experience in this incarnational period. At other levels of your consciousness and that between incarnational state, you begin to realize that

this is indeed an illusionary reality. You can have whatever it is that you desire. And so, you may wish to desire to be involved in a particular incarnational period where you have certain physical limitations. "I wonder what that would be like, to be born without any arms? That might be quite interesting. I think maybe we'll give that a try this time."

Or you may choose to be involved in [a] particular reality where you have mental limitations. You wonder what that would be like and, "[So, we're going to] experience that type of reality in this incarnational period and we'll put in place the potential for that particular reality to be experienced." Or you may wish to experience some type of a mental disease that occurs later on based upon what it is that you choose for your particular realities to come into effect, as the possibilities that you put in place.

And there are a multitude of them. And your scientists always wish to have proof. And so, recently you have discovered what we refer to as the DNA. And there are certain aspects of the DNA that they understand, absolutely, influence your personality, and your physical existence and influence your, as well, your physical disabilities and even your mental disabilities.

But they also know that there is a certain part of the DNA that doesn't seem to have any function. They can't have an explanation for it. They're also, [they're] beginning to realize that the energy that you influence through your thought process can influence the DNA.

And so, it is that you put in place all of these possibilities, such as various ailments—be they physical or mental, it really doesn't matter—you put in place those possibilities and then as you exist in this particular reality and you begin to believe that if you do certain things, if you consume various types of elements that that will influence your physical being. And so, you make the choices and the decisions and you hold the attitudes and the beliefs and you influence the energy that surrounds the DNA and as a result of influencing the energy that surrounds the DNA you have the potential to activate particular aspects of that DNA. You take it from a possibility into a probability.

And suddenly, one begins to, once again, seemingly mysteriously experience these physical or in the instance of your question, the mental realities that are influencing one's existence. And it's as a result, once again, of altering the energy that surrounds the DNA. And as a result of altering the energy that surrounds the DNA, you activate particular aspects of that DNA that you put in place as choices that you make for beliefs that you will hold so that you can have certain experiences in this incarnational period. And as a result of the activation of that energy you have that experience in this reality.

Because one has the so-called mental inhibition, for lack of a better terminology, understand that in your

awake conscious state it's illusionary. Every entity existing within this vibrational level—and not only within this vibrational level but all of the other vibrational levels throughout all of creation—are equal to, no more and no less than any other entity. This incarnational period, if you were to believe in time and space, is but an instant in your reality. It's illusionary. It allows one to experience a range of emotions and feelings that would not be possible if one didn't put in place those belief systems to have that experience. It's only in your awake conscious state that you believe it's right or wrong, that you believe that it's good or bad. The spark of consciousness that you are creates the reality that you desire. It validates the beliefs that you hold. And many times, once again, those beliefs are beliefs that you choose in your so-called altered states of consciousness.

This awake consciousness state in which you experience this reality is the hardest state of consciousness for you to sustain. It's as far removed from who and what you truly are as it's possible for you to be. We would challenge anyone to remain in this conscious state for a very long extended period of your so-called time. You will absolutely guaranteed fall asleep. You cannot sustain this awake consciousness state. But in that altered state of consciousness, in the dream state, indeed, you interact with other entities in that dream state. You are, once again, that spark of consciousness that has the capacity to create, regardless of the mental state that you experience in your awake state. And in that dream state as well, you have the capacity to come into this so-called awake state but we guarantee you that you will not sustain it. That you will, once again, sleep.

And eventually, you will go beyond that dream state. You all understand that at some point you will die. At some point this incarnational period will end because you as entities agreed to participate in the belief in time and space. You have agreed that there will be a progression. You have agreed that there will be some type of changes in your physical aspects and your physical being to validate your belief in time and space, and you will die. Absolutely guaranteed. You will die. Only physically. Only physically, you cannot die. You simply alter your level of consciousness.

This awake consciousness state is an illusionary state. The most difficult for you to sustain, requiring the most energy that you will indeed utilize for any creation process. This is the most difficult. And to maintain and to sustain a particular reality where you believe you're not in control requires the expenditure of even more energy. It's the most difficult for you to sustain. And it's not right or wrong. It's based upon a belief that one chooses to bring into existence so that you can experience the emotions and feelings. And while that's a difficult concept to grasp in your awake state, nonetheless, in your altered states of consciousness one gets the ability to indeed come in contact with that

spark of consciousness that you are, and to get an understanding that it's illusionary.

And when you understand that it becomes much more easy to accept it. To exist within it. And to realize that every entity is experiencing exactly what it is that they desire to experience, and that that experience is not necessarily based upon an awake consciousness state, but indeed upon belief systems that you have the capacity, not only have the capacity to influence but do influence in your altered states of consciousness and indeed in that so-called between incarnational state.

You are so much more than what you experience in this awake consciousness state. So much more, every individual. And it's a not right or wrong. And while it's conceived to be a burden in your awake consciousness state, nonetheless that spark of consciousness that you are rejoices at the experience that allows you to have those intimate and intense emotions and feelings. Which is why you entered into this vibrational level in the first place.

It can be a very difficult concept to grasp in your awake consciousness state but we would encourage to go withinside. We would encourage to learn to meditate. Meditation is simply a terminology in which you alter your consciousness while maintaining your awareness and in that altered state of consciousness when you maintain your awareness you have the capacity to have experiences and to bring back into your consciousness certain retentions of the memory of those experiences. And one begins to get glimpses of the illusion. And therefore, through those glimpses, one begins to accept that it's an illusion, begin to accept the responsibility and therefore one's capacity, not only to influence the reality but to accept your influencing of the reality. And through that interaction, if you wish, with [the] so-called higher self, through that altering of your consciousness in that meditative state, you have the capacity as well to get the understanding that you can only achieve by going withinside.

Does that answer your question?

**Questioner:** Yes.

**Joshiah:** Well, now. It has indeed been a very enjoyable interaction, once again, and we would like to express our gratitude to each of you for allowing us this opportunity to interact and to share. For us it is indeed a learning experience and we are always grateful for these opportunities. And we would like to remind 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. And we would bid each of you farewell, with love and with peace. ✨