

JOSHIAH

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Joshiah: Well, now. Well, once again 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 once again offering us this opportunity to enter into and to interact and to share with each of you in your vibrational level.

Now, before we begin, as always, we would remind you that there exists that opportunity for you to be involved in that silent communication, that telepathic interaction and exchange of information with other entities, that would be with us on this afternoon or indeed that portion that you might refer to as your higher self or that spark of consciousness that you are. And in that telepathic exchange of information, many times, the information that you receive is much more pertinent to your individual needs and desires than is the information that we attempt to express through this rather limited use of a vocabulary.

And you will find as well that as a result of the energy that you have created as a group that it's quite easy for you to alter your consciousness and to enter into what you might refer to as a meditative state or an altered state of consciousness and to have that opportunity to experience that telepathic interaction and exchange of information. But as always, of course, that choice is yours. Absolutely.

Now. We talk to you about reality creation many, many times. This reality that you're experiencing in your awake and consciousness state is a reality that appears to be beyond your capacity to control, appears to be something that's real and that is controlled by other influences outside of your own individual influence and your own thought process and your own creation process. Appears. It is important to understand that it appears. It appears because you choose. You choose to make it seem that it's beyond your capacity to control. It's why you entered into this vibrational level. It's why you put in place the limitations that allow you to understand who and what you truly are. Because you choose to believe.

You exist in a vibrational level where all of the entities that are existing within your vibrational level have agreed to participate in sustaining that electromagnetic type of energy that limits your capacity to understand who and what you truly are while you choose to exist

within this vibrational level. And yet many go to great lengths to try to understand who and what you truly are while maintaining this awake consciousness state where you appear to not be in control.

You choose to come into a vibrational level and you choose to put in place this electromagnetic type of energy that we refer to as a veil. You choose to experience a reality in awake and consciousness state where it appears that you're not in control. You choose to limit your capacity to understand the creation process that you're involved in in creating this reality and then go to great lengths to try to understand what it is that you've chosen to forget and to hide from.

There's nothing wrong with that if that's what you wish to do. But many times existing within this vibrational level with the understanding of what appears to be real in this awake and consciousness state is indeed an illusion, but nonetheless a significant illusion that you choose to participate in, understanding that this illusion that you are involved in in this awake and consciousness state is indeed one that you choose to have appear that's not within your capacity to control. Understanding the process that you put in place to create this reality and then involving your conscious state in enjoying this reality that you are creating and enjoying these intense emotions and feelings that you are choosing to experience can indeed enhance your experience in this vibrational level. The reason why you came to this vibrational level in the first place.

Trying to escape from it while at the same time trying to exist within it can cause an individual to appear to be lost, appear to be on some journey that seems to have absolutely no end. Because you choose to limit the understanding. You choose to limit the understanding and then go to great lengths to try to prove that there's some method of controlling your creation process that's beyond your capacity to understand as long as you remain within this vibrational level. Because you choose to put in place that electromagnetic type of energy that it's very difficult to step outside of and to at the same time maintain some type of existence in this vibrational level. Very difficult. Not impossible. You see, nothing's impossible. What do you believe? What do you believe?

It is so important to understand that this reality is a reflection of what you believe. And some of the beliefs that you hold is what we refer to as a human conscious

belief system that are responsible for what we refer to as your laws of physics. Time and space being a prime example that you choose to maintain, to sustain, and to participate in. You choose very, very strong belief systems that's very difficult for you to step outside while you're in your so-called awake and consciousness state. In altered states of consciousness it becomes much easier, because you see, the altered states of consciousness are actually much more real than what you're experiencing in your awake and consciousness state. The awake and consciousness state is an illusion. Once again, significant, but nonetheless an illusion.

If you wish to alter your experiences in the so-called awake consciousness state the process is really quite simple: you change your belief. Changing the beliefs can be the difficult part.

Many individuals spend an enormous amount of time attempting to change the so-called human consciousness belief systems, the most difficult belief systems, attempting to step outside of your so-called laws of physics, attempting to exist without the concept of time and space, for example, while you're in your awake and consciousness state. Very difficult. Not impossible, but very, very difficult. Because you choose to put in place as a human consciousness the belief in time and space and then as an individual in your awake and consciousness state you attempt to exist outside of that belief and belief system. Very difficult to do.

Then you have the societal belief systems that can influence your so-called day-to-day activities and experiences. Easier to step outside of than your so-called human consciousness belief systems, but nonetheless can prove to be quite difficult in your awake and consciousness state. To exist in a society where you have limitations, where you have boundaries that allow that society to function, that allow it to function in some kind of an orderly fashion because you as individuals in your awake and consciousness state like to have a boundary, you like to have an orderly fashion, you like to have limitations upon that which you can experience.

And you put many of those limitations and boundaries in place through your societal belief systems. And to attempt to exist within that society while not maintaining the societal belief systems can bring all types of complications and difficulties, absolutely. And so to exist within a society and to not follow some of those societal belief systems is not as difficult as attempting to exist in this vibrational level outside of the so-called human consciousness belief systems, but nonetheless, can cause you difficulties and anxieties in your so-called awake and consciousness state existing within this particular society while refusing to hold the societal belief systems.

And then you have the individual belief systems. The ones that are the easiest for you to alter. The individual

belief systems that are responsible for the majority of the experiences that you have in your day-to-day relations and interactions with other entities. Beliefs and belief systems that are the easiest for you to alter. The easiest. But not necessarily easy. There's a huge distinction between what's the easiest of three different types of belief systems and what's easy.

You see, for some it is quite easy. For some they have a method or technique that they believe in, that they utilize to alter a belief and to alter a belief system, and the process is handled quite easily and sufficiently and they experience alterations in their interactions and their day-to-day activities. And for many there are particular areas of interactions that they feel more comfortable and more in control of and therefore have the capacity to more easily and readily change the belief systems that are affecting the relationships and interactions that they're involved in in that particular area of their creation process and their day-to-day activities. However, there can be other areas that can be much more difficult. Other areas that they believe are harder to manipulate. Other areas that allow them to feel more uncomfortable. Other areas that allow them to feel like they're not in control.

The irony of it is that each of those particular realities that you experience takes exactly the same amount of effort to create. You hold a belief and the spark of consciousness that you are validates the belief by creating in a reality in this illusionary human consciousness concept that you're involved in. It takes the same effort.

For many that can be very difficult to grasp in your awake and consciousness state, but in altered states of consciousness, from the level at which you hold various beliefs that are responsible for the reality that you're experiencing in your awake and consciousness state, it makes no difference whether it's what you might refer to in your awake and consciousness state as the desirable or a less than desirable reality that you're experiencing. The spark of consciousness that you are creates the reality that you desire to validate the belief that you hold and it does so from a position of absolute and unconditional love and without judgment as to whether it's right or wrong or good or bad.

Right or wrong, good or bad, as we've suggested many times, are human consciousness awake concept. Do not exist at the level from which you create your reality.

We're not suggesting that it's not beneficial to have a right or wrong concept in your awake and consciousness state. It, once again, falls into your societal belief system that allows you to have limitations and to function. It gives you that order that you desire. And so, there's nothing wrong with, in your awake and consciousness state, deciding that one type of reality is desirable and another is less than desirable, but what's important to understand is that the spark of consciousness that you are that's validating

the beliefs that you hold has no such judgment. It gives to you that which you desire without exception.

And so, this reality that you're experiencing in your awake and consciousness state is the illusion. And while that's difficult to grasp we would ask you to attempt to hold that concept that this is the illusion, and when you're in your altered states of consciousness that that's real. Humor us and apply that logic to your existence.

Now. Altered states of consciousness to many become a very difficult concept, because you have so many different terminology that you apply to altered states of consciousness. You have levels of the consciousness. You have gone so far as to suggest that you are in various levels of consciousness when you're awake or when you're in a so-called meditative state or when you're in a sleep state or in a deep dream state. You have all of these levels of consciousness. For some it's levels up and down or it can be sideways. It really doesn't matter. You go deeper. You see, when you utilize that terminology of being deeper it gives the impression that somehow you are lower or that you are farther removed, when you're not really. You're not really. You've simply altered your consciousness. You're not more removed. You're not in any necessarily different state but rather an altered state of consciousness.

And each of you have experienced altered states of consciousness. Each of you have experienced what you refer to as daydreaming. In your seemingly wide awake conscious state your mind hasn't turned off its perception of what's occurring around you and you are in a state of experiencing different realities.

Daydreaming. Altered state of consciousness. Very similar to what you refer to as a meditative state. Altered state of consciousness. Very similar to what you refer to as a sleep state or a dream state. Altered states of consciousness.

In those altered states of consciousness, once again, you are, to humor us, involved in the real world, away from this illusion of the so-called awake and conscious state. And in this real world you can indeed get glimpses of understanding the process of the creation of the reality that you experience. The illusionary reality that you experience in your awake and conscious state.

In this altered state of consciousness, you can develop methods to change the belief system, to communicate with that inner self, if you wish, that spark of consciousness that you are, with your subconsciousness. Whatever terminology you wish to apply to it.

It becomes very difficult to give an explanation because it all breaks down into trying to explain something that's separate and it's not separate. And it's like trying to explain something that's available to some that some have this capacity to do it and others don't, and it's not

that way either. You all do it. That's the irony of it. You all do it. You do it on a regular basis. You create this reality to validate the beliefs that you hold and if you don't believe that, then you'll create the reality to validate that you don't believe it. You see, that's the irony.

You are the god that you search for and you create your reality. Two of the things that you cannot change. Everything else is illusionary. Even in your so-called subconscious levels it's illusionary. You can alter that. You can go in there and make the changes. And as you make the changes in that altered state of consciousness, in your so-called subconsciousness, it will be reflected in [this] conscious state that you're experiencing in this reality that you choose to participate in.

And so, it becomes difficult. It becomes very difficult to give you examples of what's occurring as you attempt to create this reality. The reality you're experiencing is a reflection of the belief you hold. Without exception. That's the irony. Without exception.

Many would look at day-to-day activities and certain experiences that you're involved in and accept to a certain extent that you do indeed have an influence over that reality, that you do indeed have the capacity to have some influence on certain aspects of an experience or a reality that you're involved in. What becomes difficult to grasp is that you and the individuals involved in that reality and all of the individuals that are involved in your vibrational level are responsible for the entire, the entire reality, right down to the last minute atom that's involved in that experience. You create it all. All. It's a reflection of your beliefs. You are so much more than what you perceive.

And so, in this altered state of consciousness, in this meditative state, if you wish, or daydream state or whatever it is that you desire to use as some type of terminology to give you an understanding of what that altered state of consciousness is, in that altered state of consciousness you have the capacity and the ability to communicate, if you wish. And again, it falls short of an explanation because to communicate is like to associate with something that is separate and it's not separate. You have the capacity to communicate with that spark of consciousness that you are in a manner that allows you to get a glimpse of what the beliefs are that you hold that's responsible for the reality that you're experiencing. And if you're enjoying the reality then you can enhance the belief system. If you don't like the reality then you change the belief system and you change the reality. It's really that simple.

Once again, it's simple to understand that the reality is a reflection of your beliefs. It is also simple that if you change the belief you change the reality. But sometimes what's not so simple is changing the belief and we understand that. We understand the difficulties because you choose to put in place the limitations.

Because you choose to believe that this reality is real that you experience in your awake and consciousness state and that the others are illusionary. Because you choose and agreed to participate in that type of experience when you entered into this vibrational level.

It becomes very difficult to remain within this vibrational level and to choose to put all of those beliefs aside, all of those human consciousness beliefs and those societal beliefs and suggest that you don't want to be involved anymore, to suggest that you don't like the experience, so, "I don't want to do that anymore. I don't want to be involved. I want to be in control of my reality. I want the simplicity of understanding who and what I truly am. I want the simplicity of understanding what the beliefs and belief systems are that I'm holding that's responsible for this reality that I'm experiencing." And if that's your choice then you leave this vibrational level.

You can have that. It's your choice. You're here by choice. You remain in this vibrational level by choice.

Once again, it seems to us that it's rather ironic that so many would choose to remain in this vibrational level and at the same time choose to have some type of total understanding of who and what they truly are. You can't have the two. We've suggested that many times. You choose to put in place this electromagnetic type of energy and then wish to have it removed so that you can get a glimpse of the understanding of who and what you truly are.

We've also suggested many times that if that's what you desire to do it's not impossible. What becomes very difficult for you to do however is to have that understanding in [an] awake and consciousness state. You can get glimpses of it in your altered states of consciousness. You can get glimpses of this unconditional love that you are. And it can indeed have a profound effect upon how you view this reality in your awake and consciousness state. But nonetheless, it still appears, many times, like an illusion in that altered state of consciousness that you've had the experience.

Because you see, in your awake and consciousness state, the dream state and the meditative state, that's all illusionary from the awake and consciousness state. It all appears like that's not real. It all appears like that's just my imagination.

And so, when you have that experience, when you get into that very deep meditative state and you get a glimpse of who and what you truly are, it can be overwhelming in terms of the experience. But when you come back into the awake and consciousness state, many times, one is left with the impression that it was just your imagination. That it wasn't real. And yet, it's more real than what you experience in your awake and consciousness state. You simply choose not to believe. You simply choose to hold that this awake and consciousness state is real and that the rest is illusionary. You choose. You choose.

The reality that you experience is a reflection of the beliefs you hold and the beliefs you hold are based upon choices and decision that you make. And the choices and decisions that you make are influenced by your thoughts and feelings. And your thoughts and feelings are influenced by your attitudes and beliefs.

And if you wish to change, pay attention to what your thoughts and feelings are. The spontaneous ones. Not the ones where you sit down and think, "Well, I must think this and I must have this type of attitude. And I must be positive all the time and I must do this." That's all right if you wish to use that as a technique and you believe that that will assist you in creating your reality, bringing to you that which you desire.

You see, once again, it doesn't matter what method or technique that you utilize. What's important is what you believe. And so, if you believe that consciously holding the right attitude will create the reality that you desire and consciously having the pure thoughts will bring to you that which you desire, and if you truly believe that then you will have that experience. It's an illusion. You can have whatever you wish. The method or technique, once again, is not nearly as important as your belief in it. And if you believe the spark of consciousness that you are validates the belief, creates the reality, and you can have it.

But if you're holding those particular thoughts and feelings and you're attempting to create that reality by having the proper attitude and by holding the true thoughts and it's not working, then you have a belief that's overriding. You don't really believe that that's the way to create this reality. Or you have beliefs that are influencing your reality that you're experiencing and you're hiding from that belief. You're putting it away. "I can't believe that. That's not right. I can't be like that. That's a bad attitude."

Pay attention to the spontaneous thoughts and feelings. Pay attention to the spontaneous attitudes. They will give you glimpses into what the beliefs are that are responsible for the reality that you're experiencing. Whether it's positive or negative. Whether it's positive or negative.

You see, once again, the spark of consciousness that you are does not judge whether it's right or wrong. It simply gives to you that which you desire and it validates the belief you hold. And so, you experience a reality that in your so-called awake and consciousness state brings you the type of feelings and emotions that you desire.

Pay attention. Pay attention to the thoughts and feelings and attitudes that you were experiencing during that particular creation process for they're glimpses into the beliefs that you hold that are responsible. And you can utilize that type of experience and those beliefs to influence other beliefs that are not

giving you your so-called desired experiences and feelings in your awake and consciousness state.

For once again, the spark of consciousness that you are does not judge whether it's right or wrong, good or bad. That's your human consciousness concept of this reality, not your so-called spark of consciousness.

And so, this reality that you're experiencing in your awake and consciousness state is the illusion. The reality that you experience in your altered states of consciousness is real. Utilize that thought process as you attempt to understand what the beliefs are so that you can alter them. When you're in this awake and consciousness state pay attention to the attitudes; pay attention to the emotions and the feelings that are reflected; pay attention to the thoughts; pay attention to your choices and decisions that are influenced by your feelings and emotions and your thoughts, for they are all indicators of what the beliefs are that are responsible for that reality that you are experiencing. Change the belief, you change the reality.

And many times, many, many times the reality that an individual experiences in the awake and consciousness state that is a less than desirable reality from that conscious state, that awake consciousness state, is based upon a lack of understanding of who and what you truly are. It's based upon a lack of the belief that you are deserving. It's based upon a lack of self-love, a lack of liking yourself. And we've many, many times given you suggestions on how to alter that.

The irony of it is, once again, that we give the suggestions: write down the list of principles, put the list of principles in the priority, and apply the principles when the opportunity is presented. When you create, when you create the opportunity to apply the principles. Pay attention. Dwell on the times that you've been successful. Rejoice. Feel that self-love and self-respect. That liking yourself that begins to grow withinside. And don't be afraid to alter the priorities of the principles as you go through this process of liking who you are.

And we've suggested it once more many, many times and yet very few write down the list. "Oh that's a good idea, I think I'll do that sometime. I think I'll get around to that or I'll make my list, but I haven't done it yet. No, I'm too upset about what's happening with my interaction with my other relationships that I'm involved in."

If you wish to alter the interaction with the relationships that you're involved in and you're not satisfied with the interaction and the relationships that you're involved in, write down the principles. Begin to like who you are, strengthen your character, and others will like who you are. Begin to love yourself. You cannot love another until you love yourself. You cannot give something that you don't know how to experience yourself. And when you love yourself, indeed, your spark of consciousness

that you are begins to understand that you believe that you are worthy of experiencing that which you desire. The spark of consciousness that you are validates the belief system that you like who you are, validates the belief system that you understand the concept of self-love, validates that indeed you are deserving and worthy of that which you desire to achieve. And you achieve it.

That understanding, that belief, that self-love can assist you in creating your reality. It's so much more important than all of the other concepts that you can put in place. "If I work hard. I believe that if I work eighteen hours a day then I am going to be successful." What is success? If you create some type of abundance, but don't have the opportunity to utilize it, is that successful? If you accumulate abundance, but then you still feel like you're missing something, is that success? What's success to you? It's not a right or wrong, it's what's success? What do you truly desire so that you can be successful?

And for many success comes when they like who they are. It has nothing to do with the amount that you [accumulate] in terms of abundance. It's loving yourself. When you like who you are and you love yourself amazing things begin to happen. Others begin to like who you are as well. You begin to have individuals that at one time would avoid you begin to speak to you. You begin to feel that you are deserving and you begin to have the experiences that you desire.

For many there is also a very, very strange occurrence. That what you once believed was important may lose its importance. That relationships may alter. That you may indeed begin to have this concept that abundance is not nearly as important as it once was when you understand that you can have it. That it's there. It's not something that you have to worry about. When you begin to hold the belief that it will always be there. When you need something it's there. You create it. You create it all. And you begin to understand that and you begin to hold the belief that you are indeed worthy and that indeed it's within your capacity because you like yourself consciously and you love yourself consciously and then you can create it. Consciously. And you can have it.

And when you begin to understand that, then accumulating huge amounts of wealth in order to simply say that you have it while still feeling that emptiness begins to lose its illusionary perception of some type of happiness. And you may change. You may change. And you may not. You see, it's not important that that changes. What's important is that you begin to create the reality that you desire from a conscious state. That's what's important. What's important is that you begin to love yourself consciously and that you can have that which you desire.

Without the self-love, without liking yourself, it becomes very difficult because you hold these belief systems

that you're not worthy. And if you hold the belief system that you're not worthy then the spark of consciousness that you are, from a position of absolute unconditional love, creates all types of realities to validate the belief that you're not worthy. And you get exactly what you desire. That's the irony. You always get exactly what you desire.

When you're looking at the reality that you're experiencing in your awake and consciousness state you may judge it as good or bad, you may wish that you were not involved, and yet, it's a validation of your beliefs, at some level, and it's exactly what you desire. Without exception. Without exception. There's not one [instance] that you experience in this vibrational level in your awake and consciousness state that is not a direct result of holding a certain belief or belief system. Not one instance. You create not only your day-to-day activities and interactions with others, you create this entire universe. And as you expand your imagination you can create endless amounts of universe.

It's an illusion. Space and time don't exist, except what you believe in your awake and consciousness state. It's an illusion. It's an illusion. And it's an illusion, every reality that you're experiencing and involved in. And you not only can but do have whatever it is that you desire. The past and the present and the future are all being experienced in the now. And you change one as readily as the other to validate the beliefs you hold. It's an illusion. If you don't like the reality you experience, alter the beliefs you hold. If you do like the reality you're experiencing, then strengthen and enhance the belief you hold. It's really that simple. Finding the method or technique that you believe in may be more difficult but not impossible. Absolutely not.

You have the capacity and the ability to consciously influence your reality by altering the beliefs that you hold. That opportunity exists for each and every individual and entity existing within your vibrational level without exception.

Your reality is your creation. You are the god you search for and you cannot fail to come to that understanding. Everything else that you experience in this vibrational level is an illusion that's a validation of your beliefs and belief systems. Without exception. If you don't like it, change the belief, you change your reality.

How do you change a belief? Choose a method or technique that you believe in. Don't worry about whether it's the right method or the technique. Worry about whether or not you believe it's the right method or technique. Your belief is far more important than the method or technique.

Now. We would break for a moment or two and we would return and attempt to answer any questions that you might have for us. And in the meantime we would 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 now we would leave you for a moment or two, with love and with peace. ❁