

# 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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**Joshiah:** Well now, we would like to, once again, extend our greetings to each of you and to extend as well our gratitude for you, once again, creating this sacred space and this opportunity for us to enter into and to interact with each of you in your reality. Now, we would ask you, should you choose, to express the intent to allow for a further thinning of the veil and to allow for those entities that would be with us on this afternoon to also have the opportunity to enter into your vibrational level and to have that opportunity to interact and to share with each of you. Now, as is customary, we would ask for a moment's silence, and we would use that moment, once again, to adjust the energy in this sacred space and to fine-tune our connection with our friend Elias (*the channel*).

(*Pause*)

Well now, once again, we would like to express our gratitude for your creating this sacred space and allowing us these opportunities to interact and to share with each of you. For indeed it is an honor for us to be with you on this afternoon and to interact with each of you, to share with each of you, and indeed to learn from each of you, for you are teachers within your own rights. You are entities involved in a creation process that is unique throughout all of the vibrational levels of creation. And as an entity that has not been involved in your vibrational level from the perspective of having stepped into and incarnated, we are quite anxious and quite grateful for these opportunities that you present for us to share in your experiences, to share in your feelings.

Now, there are, once again, this afternoon entities that are involved in our interaction who are quite anxious to have the opportunity to interact with each of you, and you have created an energy within this sacred space that will assist you in that type of interaction, in what we refer to as that silent communication. You have created an energy that will assist you in altering your consciousness, even ever so slightly, that will allow you to be involved in that silent communication, that telepathic exchange of information with those entities that are with us—some entities that, as we, have never experienced the involvement in your vibrational level and the creation process in your vibrational level, and also other entities who are in your vibrational level, in various areas, so to speak, within your vibrational level.

For once again, we speak in terms of a linear time frame and we suggest that there are—based within your belief in a linear time frame—those entities who are experiencing incarnations at this particular instant and yet have that capacity to interact within your group. Entities who are drawn, if you wish to use that term, by the energy and by the intent that you express, and who interact with each of you, should you allow that interaction to occur. And other entities who are, once again, based upon your linear time frame, in that between incarnation period—what you would consider to be passed over—who are also drawn, attracted, by the intent that you express to thin that veil and to allow for the entities to enter into this space for that opportunity to interact with each of you. And those entities who have passed over also use that opportunity to interact with each of you, to share, if you wish, in these few moments that we spend with each of you.

It is not that it is a constant containment of entities within this sacred space and within these few moments that you have arranged, but rather it is a coming and going of entities who are in your vibrational level and who can, for an instant, have the opportunity to interact within your group. To step in, so to speak, for a moment and to visit for a moment or two, and then to step out again. Entities who, within your incarnational period, are developing that capacity to experience out-of-body phenomena, to have that capacity to enter into an altered state of consciousness, and while in that altered state of consciousness, to explore interactions similar to the ones that we are involved in this afternoon.

Now, because we speak of in terms of a linear time frame, it leaves you with the impression that these entities are involved in a type of meditation or a type of out-of-body experience or projection of their consciousness at this particular instant. And it is not necessarily that way. You see, you exist in the now. Entities who are involved with that type of interaction may not be experiencing this interaction at this particular moment in your linear time frame.

That becomes a difficult concept to grasp, but when you are in that altered state of consciousness, many of you understand and retain the memories that there is no time, that there is no space, that you can alter time and space to suit your particular desires and your

particular belief systems at that time. So it stands to reason that if you can alter your belief systems and if you can alter your perception while you are in that altered state of consciousness, then others involved in similar types of activities or similar types of altered states of consciousness can do likewise and can have that opportunity to enter into and to share in this particular time and space that you have created.

That leads to another rather interesting phenomena that entities who hear this message, or entities who will receive this message in various forms, also have that capacity to alter their consciousness and to participate in the energy that is present within your linear time space at this instant. It is not limited to now, in other words. It is not limited to your perception of what that now is. It allows others to have the opportunity to interact and to share with each of you and to participate in this activity even if they are not present at this instant, or even if they are not at this instant expressing the intent or concentrating on being involved in this interaction and in this sacred time and space that you have created, but rather can become involved in this interaction at a different point in your linear time frame.

Each of you, within your so-called past, have sat down and listened to the recordings of these interactions or read the transcripts of these interactions, and by allowing your consciousness to shift ever so slightly while you are involved in that process, you felt that you were present. You felt the energy that you have created as a group within this particular space, and used that energy to assist you in the transformation of your consciousness for the purposes of reexperiencing the feelings, reexperiencing the energy, and reexperiencing the interactions with the other entities that are with us at this particular time of your linear time frame.

So, you are not limited by that concept of time in order to have the opportunity to recreate, so to speak, or to be involved in this experience that we are participating in on this afternoon. Not only are you not limited, but other entities who wish to be involved, other entities who wish to have the opportunity to experience this activity, do not necessarily have to be present at this moment. They have but to express the intent, they have but to have the opportunity to hear, or to receive this message by other means, and thereby become involved. It is not necessary that it all occur on this particular afternoon of your linear time frame.

So, we would once again encourage you to allow your consciousness to shift, to close your eyes, if you wish, and to experience that silent communication, that telepathic exchange of information with entities that are involved in your creation of this time and space and of the energy within time and space, even though they may be in a different time and a different space.

Many times in the past we have spoken to you of various concepts similar to our explanation of the

interaction of entities within your sacred time and space, concepts based upon belief systems that you hold not only as individuals, but many times as a society or a human consciousness belief system, or as various aspects of your society. Belief systems that are held by groups of individuals, which are not necessarily held by your entire society or human consciousness, and yet as individuals begin to hold that belief system, they begin to create the realities to support the belief.

For example, you have held within your so-called new age metaphysical belief systems the belief that you have various centers of energy located throughout your physical being and those have been given various names in various societies. Within your society you refer to them as your chakras. And you believe that they exist throughout your physical body, starting with your base chakra and progressing upward to your spiritual chakra; or if you would like to go in the reverse order, starting at your spiritual chakra and progressing downward through your base chakra.

Now, entities within your new age or metaphysical movements have not only held the belief that those energy centers exist, but they have given names to them. They have identified them. They have given them colors and they can perceive them. There are even those who believe so strongly in that particular belief system that they have the ability to physically see those chakras, those energy areas throughout the physical body. And then there are those who even go further, and project that energy into various chakras that exist surrounding other areas of your physical being.

Now, we are not going to suggest to you for a moment that chakras do not exist. For you see, once again, this reality that you are creating is your creation and it is all illusionary. And if you wish to believe that there are energy centers located throughout your body and you wish to create the realities to support that belief, then absolutely you shall experience those particular energy centers throughout your body. And if you believe that it is necessary to have those chakras in balance, then absolutely, when you do the particular techniques or methods or whatever it is that you believe will balance those chakras, then absolutely you do balance them. And if you believe that by balancing them it can have a profound effect upon your physical being, then absolutely that can all occur.

But it is rather ironic that there are some existing within your vibrational level who do not believe in chakras. They do not believe in balancing. And if you suggest to them that if they were to run their hands over various parts of their bodies or another's body that they would have the ability to perceive that energy and to feel the subtle differences in that energy, they would tell you that they don't feel it at all. And yet, many of them hold a belief that it is not necessary to have these chakra

systems balanced in order to maintain a general well-being, in order to maintain a healthy physical body.

Now, which one is valid? Which belief has the most power? Which one is the most beneficial? Well, ironically, they are both very similar belief systems in that they can both feel that well-being throughout your body. They are both legitimate. They are both valid. You see, once again, this reality is an illusion. It is an imaginary reality, and you can believe whatever you want and you will create the reality to support the belief system.

Now, we suggested to you many, many months ago that those chakras—if you wish to believe in chakras—were uniting, were altering. And we suggested that the heart chakra was expanding to encompass the other chakras. Now, we use the heart chakra for a very specific reason and that is simply because it sits in the middle of your being. And because it sits in the middle of your being, when we presented that idea to you, it was much easier for you to believe that it was possible to expand from the center outwards and to encompass all of the other chakras into one. It wasn't necessary that we only begin at the heart chakra. It wasn't necessary that we begin with chakras at all. It was a concept that we expressed based upon your understanding and your belief system in order to help you to understand the alterations of the energy within your vibrational level.

You see, as you believe that your heart chakras are expanding and they are encompassing all of the other energies, all of the other various chakras that you have or that exist within your physical body, then you are beginning to also believe that you have but one large and ever-expanding source of energy, an energy that encompasses the physical, the mental, and the spiritual. Now, you have heard all of those terms before many times, we are sure.

As you continue this transformation into the new age and into the new energy, and as you continue to hold the belief that you have the capacity to create your reality consciously, and as you continue to hold the belief that you have the capacity to bring that Piece of the One that you are, that understanding of the reality creation process into your consciousness, you begin to understand that you are a very intense composition of energy—that that energy exists throughout your total being, and it is not separated.

You are not going to feel that certain experiences are occurring within your reality because one of your chakras is out of balance and if you just balance that chakra you will fix that reality. Those types of belief systems are belief systems which transfer the responsibility of your reality creation process to an element which is outside of your consciousness control. While it is not exactly like believing that there are entities existing outside of your vibrational level who come along and create your reality for you,

nonetheless, it is believing that there are energies that exist within your physical being that somehow get out of balance with each other, get out of harmony, and that is the reason why you experience these difficulties, that is the reason why you experience these physical challenges, these health problems, if you wish, these diseases. That they just somehow, some of these energies within your physical being, are out of balance.

Well, if you wish to hold those beliefs, you can continue to balance your chakras and continue to blame your realities on that imbalance, but, once again, you create that reality out of default. You are not accepting the responsibility for that reality creation process. You are shifting it off. You are saying, "Well, part of my energy system is out of balance. That is the reason why I am experiencing these difficulties." Well, if you wish to hold that belief, you will create the reality to support it, absolutely.

We would suggest, however, that you, as a spark of consciousness, are the one who is responsible for the creation of all of your reality. You don't have to look for these outward influences upon your reality. The influences come from within. They come from that portion who we refer to as a Piece of the One, or your subconsciousness, or your higher self, or whatever it is that you wish to call it. That spark of creative consciousness that you are creates the reality that you experience based upon the belief systems that you hold. And if you believe that you have all of these energy systems that are created and located throughout your entire physical being and that you must keep them perpetually in balance in order to have an enjoyable and a joyful creative experience, then you shall create the realities to support that belief system. And lo and behold, they get out of balance because you are going to experience difficulties.

Now, how do they get out of balance? Well, you see, again, that is your reality, that is your creation. The number of ways that chakras get out of balance for those involved in the new age movement are limitless. There are entities involved in the new age movement who will suggest that, "Well, I got in an argument with my spouse or with my mother, and as a result of that argument my chakras got unbalanced. And because of that I am now suffering from headaches and I am suffering from anxiety attacks," or depression or whatever symptom you would like to apply to that type of disease. And so the solution is to balance the chakra. Well, we suggest that will, in a sense, give you that feeling of well-being, so to speak, but you see, you, once again, begin to create from a position of default. You, once again, begin to believe that there are elements that are somehow almost beyond your control that are responsible for your creation. And it is just not that way.

You see, as you continue this transference into the new age and into the new energy, and as you begin to hold

your higher self more within your consciousness and you begin to hold the understanding of your reality creation process within your consciousness, then you begin to understand that that interaction with other individuals is the result of your belief systems. It is a result of your agreeing, so to speak, to be involved in that type of interaction, and you will discover as you continue this transformation into the new age and the new energy that many times the solution is to love yourself more. The solution is to love those parts that you are having difficulty with, that you are blaming on your imbalance of your chakras.

Now, again, we are not suggesting that there is no such thing as chakras. You see, your entire reality is an illusion and you can create whatever it is that you desire within this reality, based upon your belief systems that you hold. And if you wish to have chakras you can have them. They are legitimate, and they are as real as anything else is real within this vibrational level within your consciousness state. And if you develop that belief in those chakra systems, in those sources of energy, and they assist you in your reality creation process, and if they assist you in attaining that self-love, then by all means hold the belief that you have chakras. But understand that it is just as legitimate to hold the belief that there are no such thing as chakras. Either belief system will create an illusory reality to support the belief system. And each one is as legitimate as the other.

Now, when we suggest to you that those chakras are expanding, that the heart chakra is expanding to encompass the other chakras, it is once again to give you that feeling, that sense, that you are completing this transference into the new age and into the new energy; that you are eliminating that need to hold those belief systems in order to accomplish the reality creation process that you desire, that you are actually changing the physical make-up of your being. You are changing the actual DNA. You are changing the actual energy that is involved in the creation of each and every cell of your physical being. And you are expanding that energy, and you are expanding those chakras to be an all-encompassing energy that gives you the capacity to consciously understand your reality creation process and to consciously get a glimpse, to consciously get a grasp of who and what you truly are so that you can consciously create the reality that you desire.

And as we have suggested to you so many times before, as you continue on this transference into the new age and into the new energy, and as you continue to accept the responsibility for your reality creation process, and as you continue to get more glimpses of that reality creation process in the consciousness level, do not be surprised if your desires change. Do not be surprised if what you once felt was so important to have within your reality creation suddenly does not have that importance anymore. Do not be surprised if you look back upon your belief systems and you look at

that belief that you held that it was so absolutely necessary for you to have all of your chakras in line and in balance in order to enjoy a meaningful and healthful life, and suddenly you don't believe that anymore, and suddenly you understand that you have but to believe that it is possible for you to enjoy that bliss that comes with that reality that you desire to experience, and that you suddenly alter those desires and alter those so-called old belief systems.

As you continue this transference into the new age and into the new energy, and as you begin to embrace the responsibility for your reality creation process and you begin to experience self-love, unconditional self-love, then through experiencing that unconditional self-love you begin to suddenly love those that you once didn't think it was possible for you to love. In many instances, you begin to experience in your consciousness state unconditional love for other entities. Unconditional love. Those things you once thought you had to have conditions upon—you had to have little contracts in place in order to maintain your love for that particular individual—suddenly you find that those little contracts are no longer necessary. You don't need the conditions anymore. You love yourself unconditionally, and you begin to experience that same unconditional love for others.

And as you hold that understanding and as you hold that belief system and as you begin to embrace that responsibility for your reality creation process, you shall also begin to understand that this reality is an illusion, and if it is an illusion then it is not really all that important at all. You can alter it in whatever manner you wish. And when you understand that, suddenly your desires change. What you once thought was such a desirable element to bring into your reality suddenly doesn't have the same meaning for you. It doesn't have that same intensity for desire. And you will alter your reality. You alter your perception of your reality. Absolutely.

And when you begin to experience that self-love and that unconditional self-love, and you begin to find yourself expressing that unconditional self-love in areas that you didn't think was possible before, there is another rather interesting phenomena that shall occur and that is that others shall begin to return that unconditional self-love. And you shall begin to experience the possibilities that exist within your [illusory] vibrational level when you operate from a position of self-love and from a position of accepting the responsibility for your reality creation process. You begin to understand what the belief systems are and how some of those belief systems that you hold actually shift your responsibility. They allow you to shift it to other areas so that you don't have to accept responsibility for it, so that you can create other belief systems such as your belief systems in the balancing of your chakras in order to get back to that centered area, in order to once again say, "Well, I wasn't

responsible entirely for my feeling unworthy or my feeling depressed because, you see, my chakras weren't in balance. But now that I have gone and got them all straightened around and all balanced, well now, everything is fine again and I can get on with my life."

Once you begin to accept the concept of absolute unconditional self-love and total responsibility for your reality creation process, you shall once again begin to get a grasp of how illusionary this reality is. And as you get a grasp of the illusion of this reality, you shall have a tendency to alter your desires, to be more in touch with who and what you truly are, and to bring into your consciousness the understanding of your reality creation process so that you can have whatever it is that you desire, so that you can create it, so that you can experience not only unconditional love for yourself, but unconditional love for others, and to experience the unconditional love that is given to you by others.

Now, we would break for a moment or two, and if you have questions for us we would be willing to attempt to answer them for you. We remind you, once again, that we do not leave this sacred space, and the energy and the entities that are within this sacred space do not leave while we have our intermission, but rather are quite willing to interact with you, to share with you. You have but to express the intent, for we are, once again, are not separated by time or space, but more by a vibrational level. Now, we would break for a moment or two and if you desire we will return, with love and with peace. ❀