

JOSHIAH

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Joshiah: ... indeed a pleasure to be with you on this afternoon. And we would express our greetings to each of you and to express to you as well our gratitude for your inviting us, once again, into your vibrational level and offering us this opportunity to interact with each of you in your reality.

Now, as is our custom, we would ask, if you choose, to express the intent to allow for an even further thinning of the veil and to allow for those other entities that would be with us on this afternoon to also have that opportunity to enter into your vibrational level and, should you choose, to interact with each of you. As always, that choice is yours. And so if you would choose to express that intent and we would ask for a moment in which we would adjust the energy within this sacred space that you have created and, once again, fine-tune the connection with our friend Elias (*the channel*). So if you would give us but a moment.

(Pause)

Well. Once again, we would like to thank you for inviting us into your vibrational level and offering us this opportunity to, once again, interact and to share with each of you.

Now. Before we begin this afternoon we would remind you, once again, that there exists for you that opportunity to be involved in what we refer to as the silent communication. Should you choose to express the intent to alter your consciousness, you will find that as a result of the energy that you have created within this sacred space that it would be quite easy for you to accomplish that shift in your consciousness and to enter into what you might refer to as a meditative state. And as always, that information that you receive in that altered state of consciousness many times is much more pertinent and much more individualistic to your personal needs than is the message that we express through our friend Elias. And so should you choose, you will find, once again, it is quite easy for you to shift your consciousness.

You have but to close your eyes and to express the intent and the energy that is created as a result of your synergy with this particular group will assist you in that alteration, that shift in your consciousness. And you shall have that opportunity to interact with other entities

that are with us on this afternoon, or indeed with what you might refer to as your higher self or your inner consciousness, whichever it is that you wish to refer to. That choice is yours. And should you choose, although you may not necessarily feel or perceive that there has been an interaction occurring, we, once again, assure you that it most certainly does occur. And then at some time within your so-called future you may experience intuitive suggestions that seemingly pop into your consciousness and assist you in creating the reality that you desire to experience at that particular instant. And you may get a glimpse of an understanding that indeed that particular interaction, that particular intuitive suggestion is as a result of your choosing to be involved in that silent communication. And so, as always, the choice is yours.

Now. You as individuals, as the sparks of creative consciousness that you are, are multidimensional personalities. You are so much more than you perceive in your conscious state. And we have suggested that to you many, many times. You believe in a linear time frame and so for the purposes of our conversation on this afternoon we will give you explanations based upon the belief of a linear time frame, albeit that you exist in the now and this linear time frame is an illusion.

You as multidimensional personalities experience a multitude of what you refer to as incarnational periods. You believe, once again, in a past and a present and a future. And you believe that there have been various events that have occurred in your so-called past and that you must read your history books or rely on others that have experienced that particular activity or others who have done some type of archeological exploration to give you an explanation of what occurred within that particular history that you are interested in. And we would suggest that you as individuals existed within those time periods.

You as individuals, once again as multidimensional personalities, experience a multitude of incarnational periods. And as you, once again, experience them simultaneously you nonetheless believe that there is this past, present and future and therefore many of those so-called incarnational periods are in your so-called past. Many have difficulty in grasping that concept or in holding that belief that indeed there is so much more than this incarnational period that you are

currently experiencing and involved in in your conscious state.

You exist in many incarnational periods in your so-called past and, as well, in your future. Once again, because of your belief in a linear time frame it is very difficult for you to hold the concept that you exist in the future as well as the past. But, however, that is quite accurate. You do exist in the future as well as the past. However, it is a difficult concept for you to grasp in terms of getting glimpses into that future incarnational periods. However, the past—now the past—that is more real. You see, the past fits into your belief systems as having occurred and therefore you also, if you believe in incarnation and reincarnation, can believe you have experienced lifetimes in your so-called past. And if you have experienced them in your so-called past, then you should have the capacity to have recall, to have memories of those particular activities that you are involved in.

Now. We have suggested many times that for you to be involved in what you refer to as past life regression or to be involved in looking into your past lifetimes can be done for purposes of entertainment. And it is not necessary to do it if you wish to change any belief systems or any realities that you are experiencing in this particular lifetime. And that statement is very valid, absolutely. It is not necessary for you to retrace, if you wish, your so-called past lives in order to reexperience and to get a grasp of what it is from that particular incarnational period from your past that is having an influence upon the incarnation that you are currently involved in and experiencing in your conscious state. You can and do have within you the capacity to alter the influences that your beliefs are having upon this particular incarnational period by changing the beliefs, by expressing the desire to bring into your consciousness the understanding of what the belief is so that you can alter it and thereby alter your reality.

However, for many it is quite interesting, and if they believe so, if they hold the belief, that it can be beneficial as well for them to experience past reincarnations or incarnational periods. Once again, the key word is “if you believe.” If you believe that retracing your memories can assist you in understanding the various realities that you are experiencing in this particular consciousness period, in this particular incarnational period, then, once again, the belief precedes the reality and if that is what you wish to believe then you can indeed experience some type of benefit from that type of regression into your so-called other lifetimes. Once again, we would suggest that it is only necessary because you believe it is necessary.

However, there is no judgment if that is what you believe. There is no right or wrong. If you wish to believe that you can become assisted in understanding this particular incarnational period by regression into others, well then, so be it. You can create that if that is

what you desire, and you can have that, and you have within you the capacity to experience those other incarnational periods.

Now. For many that becomes a difficult concept to grasp. For many, it becomes almost beyond comprehension that these other lifetimes really do exist. And if they really do exist then why can't you remember them without having to develop any methods or techniques? Why don't the memories simply pop into your consciousness state whenever you desire? Well, we will get to that in a moment. But we would ask you, each of you, to remember various aspects that have occurred within this particular incarnational period that you are currently involved in. And we have used the example before that each of you understand absolutely that you were born, that at some period you came into this so-called world and into this incarnational period and you did it through various methods, but nonetheless, the primary method is that you are born through natural methods. And yet we would challenge each of you to have an absolute total recall of that memory without some type of assistance or without using some technique or method. It is not that you can't recall it. It is that in your conscious state you believe that you can't remember. And yet you absolutely understand that it did occur.

Now. Many individuals would have difficulty if we were to ask you what you had for a meal on a certain day within the past several weeks. If you can't remember those details then it becomes possible that perhaps it is difficult to remember other incarnational periods as well. It is difficult, but absolutely not impossible.

Now. You do have individuals existing within this conscious state that have that capacity to recall quite readily various events that have occurred within their so-called past lifetime in this incarnational period. And you have various terms that you refer to these individuals as. Individuals who, for example, may have what you refer to as a photographic memory. Individuals who seem to have this uncanny ability to recall whatever it is that they have experienced and to bring it into their consciousness and be quite accurate in their description. Each of you has within you that capacity. It is not something that is unique to an individual. It is something that certain individuals have developed or believed that they had the capacity to develop and are quite competent at that type of memory recall.

Each of you has within you that capacity to have the absolute total recall of each and every event that has occurred, not only within this incarnational period but throughout all of the other incarnational periods that you have been involved in. Each of you has that capacity. And you can recall it, absolutely.

Now. Some individuals are much more adept at doing that type of recall in their conscious state. There are individuals existing within your vibrational [level] in this

consciousness state in this incarnational period who could quite accurately recall other incarnational periods from their conscious state. It is rather interesting that the majority of your young children do this quite readily, do it almost without a conscious effort. There is just something that triggers a memory in their day-to-day activities and they give a description of various events that have occurred in other incarnational periods. And the so-called adults in this incarnational period have a tendency to suggest to them that that is just their imagination, that that didn't really occur. And individuals that are in this incarnational period that begin to mature, begin to leave behind their childhood, begin to reinforce their belief that this is the real incarnational period, that the rest is just their imagination, that the rest isn't real. And they begin to develop that conscious belief system that indeed they are not in control of this reality and indeed this is the only conscious incarnational period that they exist in. And that is a choice. That is a choice to hold a belief system that you brought into this incarnational period, and into each and every other incarnational period that you are involved in, for the purposes of making it seem more real, for the purposes of validating this time and space illusion that you are creating.

And so you choose, primarily as individuals, to lose that ability to remember your other incarnational periods that you are actively involved in in your so-called past. Now, once again, there are some individuals who maintain that ability and they bring it forward into their adolescence and into their adult lives, and they have recalls of events that have occurred in other incarnational periods, and quite accurate recall many times.

Now. What is accurate? That is a very interesting term. The reality that you create and perceive is based upon the beliefs that you hold, and the perception is as a result of your beliefs. And so you can have various individuals involved in any type of experience or day-to-day activity and come away with a different concept of what it was that they were experiencing based upon their beliefs, based upon what it is that they desire to experience, based upon the creation that they desire to create and to experience.

And so, you have a particular activity with three or four individuals involved and they each come away with a different perception. If you were to ask those individuals what it was that they experienced and you wrote down all of the details you would find that there would be discrepancies in their details. And so it begs the question who is right and who is wrong? Ironically, they are all right.

You see, you create the reality based upon the belief that you hold. And different individuals who experience and then have a different perception of various circumstances in your reality based upon their individual beliefs, it doesn't make one right or one

wrong. It is their individual perception. And so the memories that those individuals hold of a particular event will not be exactly the same. There will be, once again, discrepancies if you would ask them to give you a description or an explanation of what occurred.

So, it should come as no surprise that when you look at so-called past life regressions that individuals do not experience the exact same type of reality in the exact same circumstance. It does not mean that it is not valid. It means that they have a different perception. And it is not right or wrong; that is just how it is. And so, when an individual has this recall of an event in a so-called past lifetime, there may be certain aspects of it that are not quite corresponding in what you might refer to as your history. But then it begs the question, if the individual who recorded the history did not record it, once again, based upon his perception of what it was that he was experiencing. Which could have been quite different from another's.

Nonetheless, these various individuals who are capable of having that type of recall in their conscious state can many times have details about various past life events that they can validate and that are quite accurate in terms of various places, events, circumstances and names that have occurred in your so-called history. And they have been there and they have experienced it and they can have many of those recalls in their conscious state.

Now. We would suggest that that type of individual is the exception. Many of those individual that are that exception can physically look upon a particular element and seemingly see what it was like in the past and get impressions from their so-called past history. Each of you could develop that capacity if you desire but it is not necessary to go there and it is not necessary [to] feel that if you can't do it consciously that somehow you are not as successful. Absolutely not. A more common type of that past life regression is to go into a state of altered consciousness and to allow your subconsciousness to bring into your consciousness memories of your past life experiences.

Now. Many individuals involved in that process have a tendency to believe that all they are doing is using their imagination. Along comes this thought that comes seemingly from nowhere into their mind and they begin to record it and suddenly they begin to question, "Is that my imagination?" Well, when we would ask you to have a recall of a particular event that occurred within this particular incarnational period that you know is absolutely fact in terms of your understanding of what a fact is, would you not at times wonder if the details that you are putting in are your imagination?

You see, when you have that recall of a past incarnation where you have that so-called memory through a regression type of technique or method and the memory comes into your consciousness we would ask you to compare it to a memory that you have in

your conscious state in this particular incarnational period that you are involved in. And when you compare the two you will find that they are quite similar. Because the one seems to have no bearing upon your understanding of the events, it seems to be something that is part of your imagination, if you would, then you have a tendency to believe that it can't be real. And yet ironically, your entire existence within this vibrational level is based upon your imagination. It is an illusion. When you can accept that it is an illusion, that it is a figment of your imagination, if you wish, then it should become much easier to grasp the understanding that you can exist in other illusionary realities as well and that the memories that you bring from those illusionary realities, although they may seem like they are a figment of your imagination, are as valid as the memories that you bring from this particular incarnational period. And you can bring forth those memories and you can bring them into your consciousness state and you can validate existences in other incarnational periods.

Now. When you create this reality and all of the other vibrational realities that you are experiencing, all of the other incarnational periods, you create them for the purposes of experiencing the feelings that are associated with the realities that you are creating. You create the realities for the purposes of intensifying the feelings. Each and every thing that you do within this particular incarnational period in your conscious state and in all of the other incarnational periods you do for the purposes of experiencing the feelings and the emotions. When you do the past life regressions and when you use the various techniques you can, if you choose, recall simply the events that occurred and leave out the feelings and the emotions.

However, we would suggest that if you wish to have a more validated recall for your own personal experience, that if you would allow the feelings and the emotions to come as well, that the memories that you are recalling will seem much more real and much less of just your imagination.

And there are various techniques to get you there. You can go through self-hypnosis techniques if you wish or you can have another individual lead you through various types of hypnosis to get you into that relaxed, altered state of consciousness and allow you to bring into your consciousness those memories of those other incarnational periods. And those individuals who are involved in this incarnational period who believe that it can be of assistance to them, if you believe it, you can create it. The reality that you experience is a reflection of your beliefs, so if you believe that you can find assistance in doing your past life regressions then by all means, go for it. There is no right or wrong. It can, if you believe it, assist you in understanding what beliefs you brought into this incarnational period that are having an effect upon this incarnational period.

What is even more interesting from this concept of this entity that you are, this multidimensional entity that you are that are experiencing all of these incarnational periods simultaneously, is that as you grasp that understanding and as you believe that you can influence other incarnational periods then you also begin to understand that this incarnational period influences the others as well and you have the capacity to alter your past as well as your present and your future. You have the capacity to alter those incarnational periods, to change them, if you wish, and to change the impact that they are having upon this incarnational period, and as well, by changing this incarnational period, alter the impact that you are having on the others.

You exist, once again, in the now and it is all tied together and interacting with each other and it is only your belief in a linear time frame that lends legitimacy to there being a past and a future. It exists in the now and you can alter it. And you can, if you desire, enter into an altered state of consciousness and bring into your conscious memory details, feelings and emotions and indeed memories of other incarnational periods that you are involved in. That is your choice. It certainly is within the capacity of each and every individual to be involved in that type of activity. Absolutely.

Now. For those individuals who become adept at that particular type of activity, for those individuals who bring it more and more into their consciousness so that they can experience it consciously, so that they can have that ability to consciously recall memories of other incarnational periods, there is a rather interesting side effect that can occur and you can have the capacity to alter your consciousness within this particular incarnational period and have what you might refer to as the ability to experience other existences that are occurring simultaneously in other parts of your world in this so-called incarnational period at this instant, if you wish.

You have all types of terms, once again, that you refer to. Many might refer to [it] as an out-of-body experience. There are groups that are developing what they refer to as a remote viewing type of exercise. They have that capacity to consciously get a grasp of events that are occurring simultaneously in other parts of your so-called world. That capacity exists within each of you. It is not something that is limited to just a few and it is not something that only the psychics are capable of doing. Ironically, each of you receive in your consciousness steadily so-called intuitive suggestions, and many individuals set it aside. It is like, "Oh, that is just my imagination," or, "I wonder where that thought came from?" or you just absolutely shut it off and don't pay attention. But yet, it is there constantly.

You see, you create your reality from your subconsciousness. You create this reality that you experience and as you create it you are continuously

bringing into your consciousness suggestions of how to create that which you desire. You see, your subconsciousness gives to you whichever you desire. There is no judgment. Absolutely not. There is no right or wrong in terms of what your subconsciousness believes. That spark of consciousness that you are that creates your reality will create whatever you desire. It won't simply say, "Well, you can't have this or you can't have that." Absolutely not. You give yourself whatever you desire based upon your beliefs and continuously, based upon those beliefs, bring these intuitive suggestions forward into your consciousness. And many individuals set them aside and don't pay attention to them. Others develop various techniques that allow them to tap into that subconsciousness stream of messages that are coming forth and can achieve what seems like rather miraculous results of being intuitive, of being able to, once again, have accurate descriptions of other occurrences that are being involved in various parts of your creation.

It is an illusion. Time and space are illusions. The only limitation to your creation process is your imagination. And if you desire to believe that you have the capacity to be involved in understanding what is occurring in your so-called other side of your Earth you must realize that it is absolutely possible for you to do so and that the other side of your Earth is only a long ways away because you believe it is so. In your subconsciousness there is no time or space and you can be anywhere within this vibrational level that you desire to be, for you are there, absolutely. It is a matter of making your consciousness aware that you exist in those areas and you can have that experience, absolutely. The choice is yours.

Now. You create this reality and you create it based upon your beliefs and it is a reflection of your desires and your imagination and your expectations. And you can apply that philosophy to any area that you desire, including the areas that we have spoken of this afternoon in which you try to achieve and bring back into your consciousness memories of your so-called past incarnations. If you desire that and if you believe that it is possible and you use your imagination and you expect, then you can achieve it absolutely. And you can achieve as well all of the so-called side effects that we talked about from that type of activity. Absolutely. You have but to believe. When you hold the belief it will affect how you think and feel about those various aspects of your reality. And it will assist you in making the choices, in establishing the desires, and in using the imagination to create the reality. And once you begin to have experiences, once you begin to have these types of recalls and this ability to pay attention to your intuitive suggestions so that you can get a grasp and an understanding of what is occurring within your entire vibrational level, then you begin to expect that it is possible. And as you begin to expect that it is possible then you create the reality, absolutely.

So, you have but to believe. For those individuals who desire to be involved in that type of activity, the choice is yours. And if you believe, you can absolutely possess that ability. It is not any type of a secret. It doesn't require that you must have some type of special gift that is not available to others. Absolutely not. There is absolutely—and we would emphasize the absolutely—there is absolutely nothing occurring within this vibrational level that you are not capable of duplicating. Each and every one of you. Absolutely nothing. The only limitation to your creative process are your individual beliefs and your imagination, your desires and your expectations. And that affects the choices and decisions that you make that eventually affect the reality that you experience. And the only limitations are the limitations that you place upon yourselves. So you can have it all if that is what you desire. And if you desire to be involved in those types of so-called metaphysical activities, that choice is yours. You can absolutely achieve that. You have but to believe.

You also, once again, as human consciousness and as individuals, believe in that linear time frame and you believe that it must evolve. You believe that there must be some type of passage of time and you must practice and you must feel the achievements in order to validate it and make one real so that you can go onto the next step and make that real, and then there is the next step. And before you know it the time has passed and you have accomplished all the steps that you feel are necessary and you can look back and say, "Well, look at that, I have progressed and now I can do it." You can do it instantly if you wish. But if you do it instantly it takes away that validation in your so-called belief in linear time. And individuals who do achieve it instantaneously many times have a tremendous transformation in the reality that they experience. And as an individual desiring to be involved in this creation process in the conscious state you put in place these limitations, this belief in a time, so that you don't experience that drastic change in your reality and therefore experience and create realities that are completely opposite to the one that you are involved in and that you choose to participate in and that you create.

And so you, once again, set in place the linear time frame and believe that it must be a gradual change and that you must learn and that you must pay attention to the techniques and the methods that work for you. And you hold the beliefs that it takes time for this desire to go through your imagination and then to have the expectation and then to have it gradually occur in your reality so that it is real; so that you can validate it through the passage of time; so that it seems easier for you to own in your conscious state; so that you can duplicate it; so that you can do it over and over again and it is not just a freak chance occurrence that you

have brought into your conscious state and you have difficulty in reproducing it.

So, you believe in the passage of time and you believe that it takes methods and techniques. However, we would suggest to you, once again, that you can do it. You have but to believe. Each and every individual has the capacity to create their reality. Not only has the capacity to create their reality, but does create their reality, absolutely. And so your desires will take you in the direction that you wish to go. You have but to believe. And you create your reality, once again, based upon your belief systems. That is always the bottom line. That is always the underlying aspect of this creation process. And it doesn't matter what it is that you desire to accomplish, be it your so-called remote viewing or be it the ability to recall your so-called other incarnational periods, first you must believe and then you must have the desire. You must make the choices to implement the imagination. You must expect the creation to come into your reality. And then you can have whatever it is that you desire. The only limitations are your imaginations and your beliefs. Absolutely.

Now. We would break for a moment or two and if you wish we will return and answer any questions that you might have for us. And we would remind you that during our brief intermission that we do not leave this sacred space. And should you choose to interact and continue that interaction you have but to express the intent. For we are with you always. And, as always, we offer you our unending support and our unconditional love. And if you wish, we would return in a moment or two to answer any questions that you might have for us. In the meantime, we would leave you, with love and with peace. ✨