

# JOSHIAH

www.joshiah.com

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

**August 1, 2004**

## **Q and A**

*(The channeling prior to the Q and A section was not recorded.)*

**Joshiah:** Well now. Well, once again, we would like to express our gratitude for you inviting us back into your vibrational level and express our greetings to each of you. And we would remind you that the entities that are with us on this afternoon remain within this sacred space that you have created and should you choose to interact, to have that silent communication, the telepathic exchange of information, that that opportunity exists for you and you have but to choose. And as always, the choice is yours.

The reality that you experience in your conscious state in this incarnational period and in all of your other incarnational periods is as a result of your choices. You exist within this vibrational level because you choose to be within this vibrational level. You are not put here as some type of punishment or because it is necessary for you to grow or there are various lessons that you must learn. Now. If you wish to believe that there are various lessons that you must learn then you can create that reality. Absolutely. You can create whatever it is you desire. And what you experience within this conscious state, once again, is as a result of your choices.

Now. There are those who would suggest, "There is absolutely no way! I do not choose to be involved in this rather bizarre reality and existence. There is absolutely no way. I refuse to believe that." Well, you see, to refuse to believe is to make a choice. To refuse to accept the responsibility is to make a choice. It is to make a choice to not consciously accept that responsibility. But you see, you came into this vibrational level and you entered into this conscious state for the very purposes of experiencing the feelings that are associated with the reality. And the more removed you can be from the responsibility for the creation of that reality, the more intense the feelings, the more real this reality seems. And that is the purpose that you came here for.

So, it should be as no surprise that it is difficult to accept the responsibility for your reality. Because, you see, in your so-called subconsciousness, in that spark of consciousness that you are, you chose to erect a

type of energy that exists throughout your entire vibrational level that limits the understanding of who and what you truly are while you are in your conscious state. You chose to erect a type of energy that would make this reality seem real and beyond your control. And so it should come as no surprise that this reality many times seems like it is influenced by others and beyond your capacity to control. But that is simply not the case. You create it all. And if you choose, if you choose to not accept the responsibility consciously then you shall create it subconsciously, which is what you intended to do when you first entered into this vibrational level anyway. You as individuals and as a human consciousness have chosen to alter the very energy that makes up this vibrational level that you exist in that would allow you to become consciously aware of who and what you are and to consciously create your reality, should you choose to do so.

Now. This is not a right or wrong aspect, it is something that you might choose or you might choose not to be involved. That choice, again, is yours. And it is not right or wrong. It is not good or bad. It is not something you must or must not do. It is simply an option that you provide for yourselves to accept the responsibility consciously for the creation of your reality, which will allow you to begin to consciously create your reality rather than create it from your subconsciousness. Regardless, you will and do create your reality. That part is a no-option.

You will and do create your reality. Whether you create it from your subconscious or from your consciousness is your choice. But it is a choice that you will make, absolutely. And it is a choice that will be based primarily upon the thoughts and feelings that you have in relation to your beliefs. So, if you believe that it is not possible for you to create this reality then you shall create the reality that supports the belief system, absolutely. But you will still make the choice. You will make the choice. No one else makes the choice for you. You make it yourself.

You create your reality, absolutely. That is a given. You can't change that. You can change the method or technique and the level of consciousness from which you create it. That is your choice. When you as individuals make a choice based upon a desire then you as individuals influence your reality consciously.

Now, if you hold a belief that it is not possible for you to do that then you will create the circumstances to validate the belief and so the choices that you make will not be fulfilled. You suggest to yourself, "Well, look it there, I tried that. I had a very definite desire. I knew what I wanted and I made the choices but it didn't come anyway. Look here, I didn't bring it into my reality." Well, we would suggest to you that at some level within your subconsciousness you don't really believe that it is possible for you to create your reality.

Every individual existing within your vibrational level creates their reality using exactly the same techniques that are available to everyone else. The same methods, if you wish. They make the choices and they create their reality based upon a method or a technique that they believe in. The difference is between those that seemingly create the realities that they desire and those that seemingly never get what they desire is that the first individuals that get what it is that they desire believe that they deserve. They believe that it is within their capacity to have it. They love themselves enough to bring it into their reality. And those who have desires that are not being fulfilled would suggest to you that, "Well, I guess I don't deserve it. Well, I guess it is not possible. I didn't really believe it anyway." And you create the reality to support the belief.

So, first there must be the belief that it is within your capacity to create whatever it is that you desire. And if you don't hold that belief then the rest will in all probability be for not, and you will continue to create your reality from your subconsciousness to validate the beliefs that you hold.

You see, when you enter into your dream states you put in place all of the agreements and the contracts to fulfill the creation that validates the beliefs that you hold. And many times those beliefs are deep within your subconsciousness, very difficult for you to access from your conscious state, but nonetheless, beliefs that you have chosen at some level of your consciousness to create a reality that seems real so that you can experience the intensity of the feelings that are the result of existing within that seemingly real reality and seemingly a reality that you have absolutely no control over. That is why you came here. That is why you exist in this vibrational level. It is your choice. But once again, you as individuals and as a human consciousness have made the choice as well to alter the very makeup of your vibrational level and to give to yourself, to present to yourself, that opportunity to consciously create; that opportunity to consciously become aware of who and what you truly are; the opportunity to consciously love yourself unconditionally; the opportunity to consciously accept your ability to respond to your creation process. The choice is yours.

To suggest that you can't create it, to suggest that it is not possible and you don't believe it, is indeed a choice that is completely within your capacity to make. It is not

right or wrong. It is simply a choice that you can make. And there is no judgment upon that choice other than the one which you (*inaudible*) upon yourself. If you wish, however, to be able to fulfill your desires then you do have within you that capacity to create your reality consciously. You have but to believe and you can bring it into your day-to-day creation process so that you can have it, absolutely.

Now. If there are any questions for us we would be willing to attempt to answer them for you.

**Questioner:** If you, say you decide in this lifetime right now that when you pass from this lifetime you just say, "I don't want to come back," and then the future, which is happening right now, then you don't ... how can I explain this? Okay, so if you pass, if you die from this life and you don't want to come back and reincarnate on Earth or whatever, you just don't want to come back, you already are back. You already are in the future, so-called future that is happening right now. Whatever, I don't understand it. Anyway, you already are experiencing all these other lives in the future so like how the heck do you get out of it? Like you know, it's like, oh, it is like a circle. You know, is it never ending? I don't know. It is just ...

**Joshiah:** (*Chuckles*) The problem with attempting to give an explanation is the limitations of a vocabulary. Because when we suggest to you that you exist in the now that infers that there is a space of a now that is somewhere between the beginning and the end because that is what seemed to be in your conscious state in that concept of now means "at this instant" rather than all-encompassing of the beginning and the past.

When we attempt to give you an explanation of what it is that you are doing in this vibrational level, once again, the limitations of the belief systems that you hold in your conscious state as well as the limitations that come from the use of the vocabulary force us to attempt to give an explanation that you can get a grasp of the concept in your conscious state and therefore we give that explanation based upon your conscious belief systems in a linear time frame and in space. And it becomes very confusing, absolutely, when we suggest to you that you exist in the now and yet we also suggest that you have so-called past and future lives because all of those suggestions, once again, are to give you a concept that you can grasp in your conscious state with that belief in a linear time frame.

Now. We have suggested, and once again, based upon a linear time frame, that when you are in your so-called in between states of consciousness, your in between incarnational conscious states, you have at that point the capacity to choose whether or not you stay in this vibrational level or whether or not you leave it. You exist in the now, which means that your past and your present and your future exist simultaneously. For you see, the beginning and the end are illusions. They only

exist in your conscious state. When you are in your altered state of consciousness, either in your dream state or in your so-called in between incarnational states, you are quite aware that there is no belief in a linear time frame.

You can, for example, alter your consciousness and enter into a meditative state and you can experience lifetimes, experience complete lifetimes in a very short five or ten minutes—if you wish to, once again, refer to your linear time frame—and you understand in that altered state of consciousness that there is no such thing as time, that you can experience it all instantaneously if you wish. But you see, even to suggest that it is instantaneously is to attempt to give an explanation based upon a belief in a linear time frame and a beginning and an end when there is no beginning and end. And so it becomes difficult for you to grasp in your conscious state this concept that you choose to be involved in this vibrational level and you can at any time choose to leave it.

Now. We have suggested that many times, that you can at any time choose to leave this vibrational level. And then when someone asks for an explanation, well, in order to give you some type of a concept that you can grasp and based within that limitation and the belief in time and space we suggest, well, when you die, when you pass over you enter into an altered state of consciousness and from that altered state of consciousness you can make the choice to leave. Because you can at that point—and again, to suggest that it is at that point falls back into trying to give an explanation based upon a belief in a linear time frame—and we say at that point you have the opportunity to alter your consciousness even further and from that point to begin to understand who and what you truly are, and from that point to alter your state of consciousness to the point where you can leave this vibrational level if you wish. And then every once in while when we are talking to you we would suggest to you, “You can leave this vibrational level at any time you choose.” Many people miss that concept of what we are suggesting that you exist in the now, you are here by choice, and you can leave at any time—literally at any time.

You exist in all your levels of consciousness. The part that you experience in this conscious state in this incarnational period is a very, very small miniscule part of who and what you truly are. You are so much more. You are so much more than you can perceive in your conscious state. And it is rather ironic that you exist in this conscious state in this incarnational period and this is the most important one for this aspect of who and what you truly are. But all the other incarnational periods are occurring simultaneously in the now, if you wish, and in those incarnational periods in that spark of consciousness that you are aware of in those other incarnational periods, they are the most important ones to that miniscule part of your consciousness.

You are so much more than what you perceive in your conscious state. You are so much more than what you can perceive while you are limited in your belief systems by this electromagnetic type of energy that you have surrounded not only yourself but your entire vibrational level with for the purposes of making this particular incarnational period seem the most real to this particular part of your consciousness so that the entire scope of who and what you truly are can get an opportunity to experience the broad range and magnitude of the entire feelings that are available.

You see, this piece of what you are, this incarnational period you believe is experiencing all of the feelings that it is possible to experience. But you are not really. You see, when you enter into this particular conscious state you hold certain beliefs that there are things that are right and wrong. There are certain things that you would not do. You would not, for example, perhaps be a tyrant. In your so-called past histories there were individuals who were absolutely hideous individuals and you would not ever be involved in that type of activity because it is not within the beliefs that you chose to bring into this incarnational period, and yet in other incarnational periods you do desire to experience the feelings that are associated with that type of creation process. And so you are involved in all various aspects of creation, through the whole range, so that you can experience the total range of feelings that are available. And you do it all simultaneously. You do it all in the now.

And so, when we suggest that you can leave this vibrational level at any time, that is how it is. When you are in your conscious state this beginning and end that you seem to feel you are trapped in is an illusion. It is an illusion that only exists in your conscious state. When you alter your consciousness and you enter into your meditative states and your dream states and your between incarnation states you are aware that time is an illusion, it has no meaning. You are more aware of the concept of the now. And as you are in those altered states of consciousness there is a spark of consciousness that you are that makes the choice to remain in this vibrational level or chooses to leave and experience other creations in other vibrational levels in the now.

“In the now” is a concept that is beyond explanation through the use of your vocabulary. It is beyond explanation because of individuals’ belief in a linear time frame and in a beginning and an end. To get a grasp of what that is like, to give an analogy, for example, that you can compare—and we have used this analogy many times before—it is like talking to an individual in your so-called past history and suggesting to that individual that it will be possible for you to step onto some type of an apparatus that is powered by an engine. And this engine is an internal combustion engine that burns a fuel. And this internal combustion engine has the capacity to propel this apparatus that

you are on through the air. And it is possible for you to traverse half of your entire Earth in a very short period of time without ever having to step off of the apparatus. In fact, not only is it going to be possible for you to step onto this apparatus and traverse your Earth's atmosphere, but it will be possible for you to step onto an apparatus propelled by a similar type of fuel and to actually orbit your entire Earth by leaving your atmospheric system. If you were to suggest that to someone as little as one hundred and fifty of your so-called years before, they would look at you like you were a lunatic because it is not within your belief system or your understanding to give an explanation of what you today take to be very acceptable and commonplace.

You shall as individuals, should you continue—and we always suggest “should you continue upon the present belief systems that you hold” because you see, it is possible for you to alter your belief systems and when you alter your belief systems you alter your reality. And it is as easy for you to alter your past as it is to alter your future. You just don't believe that because there is this linear time frame where the past is set in stone and you can't change that but you can change the future. Well, we are suggesting that you can change, and not only can change but do change, your past as readily as your future. You just don't understand that in your conscious state. And so when we suggest what is possible in your future, we ask you to accept that with the understanding that it is based upon the beliefs that you hold in your so-called present time and you can and do alter your past and your future. But should you continue on the present belief systems that you are holding and bringing into your conscious state in this so-called incarnational period at this so-called time, your future shall present to individuals the capacity to transport your physical being simply by thought. And that is a concept that is beyond your acceptance and explanation within this particular incarnational period just as surely as to suggest to someone one hundred and fifty years ago that it would be possible to step onto an apparatus that could take you to the moon. And so it is a difficult concept for you to grasp in your conscious state.

We would suggest that the answers are within. That the answers are within to develop methods or techniques, to contact that portion of your higher self, that spark of consciousness that you are that has the capacity to create. It will give you glimpses of the magnitude of who and what you truly are. It will give you glimpses of the understanding of the concept of the now and how illusionary this reality is. Our friend Elias many times is very reluctant to give descriptions of wherever it is that he goes when we are involved in these sessions and it is because it is difficult to give a description when there is no concept of understanding in belief systems—not only yours, but his as well—that allows him to give that expression that you can have an understanding for. He

simply gets glimpses of images, of the magnitude, not of your creation but of the limitlessness of who and what you truly are, which makes this reality seem very illusionary and insignificant. Absolutely. And we are not suggesting it is insignificant, by any means, it is a very important part of what it is that you choose to be involved in, but nonetheless, it is imaginary. It is illusionary. Time and space are illusions. They do not exist outside of your conscious state.

And so, we would encourage you to look within for that answer. For you will not find it through the use of a vocabulary, through the use of expressing concepts that are beyond one's ability to grasp the understanding of through your choice. You see, the information lies withinside each and every one that exists within your vibrational level. You have but to believe, you have but to develop the method and the technique to access it to get the glimpses that you can bring back into your conscious state of who and what you truly are. The irony of it is that when you enter into your deep dream states and when you are in that other area of consciousness that you are, you are very aware that this is an illusion and that it is your creation. You just don't bring that memory, you just don't bring that understanding into your consciousness because of your choice to erect a veil that limits that understanding. You absolutely cannot fail to come to the understanding of who and what you truly are and to leave this vibrational level if you so choose. The irony of it is that you choose not to leave this vibrational level. You choose to experience creation in this vibration level and it only seems to be a trap because of the belief systems and the choices and the decisions and because of the strong erection of a veil that you are aware of only in your conscious state.

Does that answer your question?

**Questioner:** I have a few questions here that (*name of person not attending*) asked me to read for him. The first one is, “The other day when we attended (*name's*) party, several of the people were talking about some big occurrence slated to happen around August 16 and I assume it is something pertinent to the new age and the new energy. So what is it that we are creating for ourselves to experience at that time if all goes according to plan and we, the creators, do not change our fickle little minds?”

**Joshiah:** There are individuals involved in your creation process who believe that it is beyond their capacity to create anything, that indeed there are other influences outside of your vibrational level that are going to make the changes. And they put in place dates to prophesize, if you wish, when those particular changes are going to occur. And as we have said so many times, you create the reality that you experience, absolutely, based upon the beliefs that you hold.

You as a human consciousness have already put in place the changes that are affecting this vibrational

level that you exist in. To believe that there is a particular set date and at that date there is going to be a dramatic change is to, once again, sidestep your belief in time and space, your belief in a progression, your belief in an evolution. And so, while there may be subtle changes that occur in your so-called linear time frame, many times they are beyond the perception of the individuals that are involved in experiencing those changes because you see, once again, you wish to perpetuate that belief in time and space.

So, changes are gradual and so there is evolution so that you can sit back and say, "Well look at [that], we have seen a change from here to here to here and that is a validation that indeed it does take time. It wasn't that way two years ago and we can now see the change and so there it is, we validated evolution. Absolutely."

Now. There are those who don't wish to participate consciously in that validation, that belief in linear time and space and yet it is a human consciousness concept, one very difficult to step outside of, one very difficult for you to manipulate and to alter. And individuals who set these times and suggest that it is going to be on this date are believing indeed that they have the capacity or are influenced by others outside of your vibrational level who have the capacity to determine the entire events for your entire vibrational level. And it just does not occur that way.

You create your reality. You create your reality. This new age and new energy concept is a human concept that you have indeed put in place in your subconsciousness but in your conscious state it is not necessary to believe in it or to participate in it and it is not right or wrong regardless of what choice you make. The changes that are occurring are occurring gradually. The changes that you are experiencing have begun in the year of 1987 and, as we have suggested many times, will come to a completion in the year of 2012, although you have for many instances increased that particular evolutionary period. But nonetheless, it is gradual.

There are individuals who believe that in the middle of your coming time frame on the lunar calendar that there will be changes. And for them, if they wish to have that experience it is completely within their capacity to do so. We would suggest, however, that for the majority of entities existing within your vibrational level the change will be subtle. It is a day-to-day change that is occurring, in your so-called belief in a linear time frame, continuously. And for all intents and purposes the majority of your individuals existing within your vibrational level will experience absolutely no difference from one day to the next in the period that is being questioned.

Does that answer your question?

**Questioner:** *(Reads)* "My other question concerns the invisible friend that I perceived myself as remembering having when I was in the three to eight-year-old range, named Bon Dean. Was he imaginary? Or a creation of my higher self to interact with me? Or was he another incarnation from another time who was able to contact me? Or was he someone else altogether from who and what I am? And what was the purpose of our interactions other than the feelings associated with such interactions?"

*(The reader comments that he has covered all his bases with that question.)*

**Joshiah:** *(Chuckles)* and he has answered his questions.

*(Laughter)*

Your whole entire vibrational level is illusionary. Imaginary. It is an illusion. It is not to suggest that it is not important, but nonetheless, it is an illusion. What individuals experience in the conscious state is the most illusionary reality that they shall create throughout all of the vibrational levels.

Many individuals when you enter into this so-called incarnational period, what you would refer to as your children, are much more aware of their intuitive abilities than are your so-called adults. You see, as you progress, as you so-called believe that you progress through your incarnational period, when you shut off your ability to intuitively interact with other individuals or with other portions of who and what you truly are yourself, then you make this illusionary reality more real. It becomes more intense and the feelings become much more intense.

And so, for individuals when they are in their so-called infancy to have the ability to interact with other individuals that you would view as imaginary is a capacity that is much more available to them than it is to individuals in your so-called adulthood. Because of your belief, once again, in a progression of time, in a progression and an evolution not only of your entire human species and of your entire so-called incarnational periods, but from a progression within any individual incarnational period from infancy to adulthood. As you go through the various stages you believe that you actually change and alter not only your physical being but also your mental capacity and you shut off your ability to interact with individuals that are not so-called within your perception in your conscious state in this incarnational period.

Many so-called children interact with other individuals or other portions of their higher self or other sparks of consciousness or other areas of their various incarnational periods. That is not an uncommon occurrence. And indeed, for many individuals, if they were to be quite honest, many of them had that experience in their childhood. They just choose not to admit it, if you wish, in their so-called adult stages of an

incarnational period. And so the phenomena is absolutely not confined to this one particular individual but indeed is an experience which most individuals not only are capable of having but do have through all of their various incarnational periods.

Your belief in linear time, once again, leads you to have a grasp of a concept that when you come into this incarnational period as children that you have absolutely no knowledge of the existence in the conscious state and that you are somehow more aware and somehow more able to be connected to your so-called other areas of consciousness and so you perceive these so-called imaginary friends. Illusionary friends. Are they illusionary? Well, your entire existence is illusionary. Understand that that does not mean it is not important. It is not intended to take away a significance but rather to add significance, to allow you to understand your capacity to create. The interaction with those individuals is as real as the interactions that you have with any other individual in your conscious state. Absolutely. And it is all illusionary.

Does that answer your question?

**Questioner:** Here is the third question. “(Name) talked about a formula for a cure from Atlantean times that I had discovered, put in a silver tube, and would discover again. What was that all about?”

“I think that the ultimate cure for everyone is to transcend while in the physical, but only if that is what they choose to experience, even though it would seem that hardly anyone actually consciously believes that that is even possible, let alone actually wants to do that. And yet for those of us on the Six Flags (*the name of an amusement park*) experiential ride, this would seem to me to be the ultimate of experiences.”

(Reader asks:) Do you know what the question is in there? I know he gave a little bit of his opinion on something. (Laughter) I guess he is asking about the formula. Did you need me to read that again or do you have it?

**Joshiah:** He is speaking about a cure or a formula for a cure. What is a cure? You see, individuals believe that when there is some type of discomfort within the body that that somehow is an alien force that must be dealt with and must be cured. When you enter into this vibrational level, and we have suggested this concept many, many times, you bring with you beliefs. You bring with you a DNA map of all of the possibilities for you to create within your vibrational level within this incarnational period. And the energy that surrounds the DNA activates various portions of that DNA to allow you to experience what you might refer to as illness or what you might refer to as good health.

Ironically, that portion of your higher self that creates that reality for you creates it indiscriminately for you. It does not suggest that one must be cured and the other must not be cured, that one is preferable over the

other. That is a human consciousness concept. If you don't like what you are experiencing, change it. To believe that there is a formula, that there is a cure that you can apply to all types of ailments and it will cure it, is to indeed believe that there are others who have the capacity to influence your reality. And it is just not that way.

There is absolutely a method to cure any ailment that exists throughout your entire vibrational level in your conscious state and that is to believe that you create your reality and that you are a spark of consciousness and that you cannot fail. And when you hold that concept absolutely, you can alter your reality to experience whatever it is that you desire. The DNA that you brought into this physical aspect of your creation contains within it a map, if you wish, of all of the ailments, of all of the diseases and all of the good health that you can experience in your conscious state. And by holding various beliefs and making various choices and decisions and understanding what it is that you desire, you influence and activate the energy that surrounds that DNA and that in turn activates or deactivates the DNA and it brings into your physical existence the experience that you desire.

That is the key. That is the cure-all, if you wish. That is the answer to any of the so-called ailments that individuals experience in your conscious state. It is as a result of choices that you make, of beliefs that you hold, beliefs that you may hold in other areas of your consciousness, not necessarily in this particular incarnational period, but that you chose to bring into this incarnational period in your so-called map of your DNA. And then, depending upon the choices that you make in your conscious state, you activate the energy surrounding the DNA, which in turn activates the DNA and either results in illness or good health, completely impartial to any judgment by your higher self. It is a conscious creation process.

That is the cure-all. That is the formula. Understand and accept the responsibility for the reality that you experience. Understand and accept that you are a Piece of the One and bring into your consciousness that understanding so that you can experience the self-love and thereby experience love for others, and you can create whatever it is that you desire. And understand that it is an illusion and it is your creation. And understand that within the illusion you have agreed to participate with certain limitations, a human consensus on various belief systems that you are involved in, through your choice.

And if you don't like who and what you are, change it. If you don't like the health that you are experiencing, change it. But you don't simply change it by attacking the particular ailment and trying to simply focus on that, but rather focus on the entire existence of who and what you are—the balance, if you wish, between understanding the self-love, the understanding of the

creation process, the understanding and accepting of the responsibility, and the understanding and the ability to love not only yourself but others. Those are the keys to creating whatever it is you desire including, but not limited to, the health that you desire to experience.

Does that answer your question?

*(End of questions and we thank Joshiah.)*

We would like to, once again, express our gratitude to each of you. Before we leave 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 the opportunity. For we are with you always and we offer you, as always, our unending support and our unconditional love. And until the next time, we would bid each of you farewell, with love and with peace. ❀