

# JOSHIAH

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**Joshiah:** ... a pleasure to be with you on this afternoon and we would like to extend our greetings to each of you and to extend to each of you as well our gratitude for your inviting us into your vibrational level and offering us, once again, the opportunity to interact and to share with each of you.

Now. Before we begin we would suggest that there exists the opportunity for you to be involved in what we refer to as the silent communication. And by expressing the intent to further thin the veil to allow for other entities to enter into this sacred space that you have created you have the opportunity, should you choose, to have a telepathic exchange of information with those individuals, with those entities. Should you choose, you could find it very easy for you to alter your consciousness and enter into what you might refer to as a meditative state and be involved in that silent communication.

Now. We would ask if you would give us but a moment's silence and we would adjust the energy within this sacred place and we would use a moment to fine-tune our connection with our friend Elias (*the channel*).

(Pause)

Well now. We thank you for that moment and we, once again, remind you that there exists that opportunity for you to be involved in that silent communication, that telepathic exchange of information with other entities, should you choose to do so. And we would remind you as well that the information that we present is somewhat limited in terms of translation through the use of a vocabulary. And the information that you have the opportunity to receive through silent communication, that telepathic exchange of information, many times is much more accurate, much more pertinent to your individual needs and desires than is the information that we express to you through our friend Elias. And so we would encourage you, should you choose to be involved in that activity. And once again, you shall find it very easy as a result of the energy, which you have created in this sacred space, for you to alter your consciousness. You have but close your eyes and express the intent and you shall experience that meditative state if that is what you choose to do.

Now. You create your reality. We have suggested that so many times that it becomes rather repetitive. Yet it is in many ways the basis and the foundation in information which we would attempt to portray to you. You create your reality. Your reality is a reflection of your beliefs. There are many who would suggest that there are others who are responsible for the creation of your reality and they firmly believe that. And ironically, if that is what you choose to believe then you can have that. You see, you create your reality and it is a reflection of the beliefs that you hold. If you choose not to accept the responsibility for your reality, that is still a choice and it is still a belief that you hold within. It is eventually reflected in the reality that you experience in your day-to-day activities that validate that belief. So you can have whatever it is that you desire based upon your beliefs that you hold.

Now. That becomes for many a very difficult concept to grasp. When there are those activities that occur in day-to-day that you have difficulty in accepting the responsibility for, those less than desirable activities that you are involved in, and you ask yourself, "How can I be responsible for that type of reality? I would never wish that upon myself," well, at some level you have chosen, made a choice, to hold a belief to not accept that responsibility or to be involved in that activity. But nonetheless, it is your creation based upon your belief in it.

Now. We continuously suggest that it is [based] upon belief systems. While there is that one basic understanding that you create it all and it is a reflection of your beliefs, there are a combination of beliefs that affect and are responsible for the reality that you experience. And there are what we refer to [as] the human consciousness belief systems and the societal belief systems and the individual belief systems. And it is a combination of those beliefs and those belief systems that are responsible for the creation of the reality that you are experiencing. And therein lies the difficulty for many to get a grasp on that concept, to get an understanding of what the beliefs are.

We would attempt to use an analogy and we would caution you to understand that analogies are poor at best for they lead one to misinterpret what the intent of the original message was. However, many times analogies can be beneficial as well in attempting to

give an expression or an alteration of an idea in a concept that can be easily grasped.

This reality that you experience in your conscious state is an illusion. But nonetheless, it seems very real. You, as individuals, while you are in your conscious state, believe that this is the real reality, that this is the most important aspect of your existence in the conscious state. That is an illusion, but nonetheless it is a belief that you hold and it is one that you have chosen to participate in, that you chose to be involved [in] in this vibrational level and in this creation process.

Now. When you are in that reality state, all that you perceive is made up of atoms. Each and every element that you perceive in this conscious state in this vibrational level is made up of what you refer to as atoms. Now. Those atoms are made up of protons and neutrons. The protons have a positive electrical charge, the neutrons have no charge and they form the nucleus of the atom. Surrounding the nucleus of the atom are the electrons and the electrons have a negative charge. The protons and neutrons and electrons that make up an atom are infinitely small. If you can believe how small an atom is then you must understand that the elements that compose the atom are infinitely smaller.

Between those elements that compose the atom are what your scientists would refer to as space. Well, it is energy; it is not space. That energy is the energy and the essence of this creation, of this vibrational level. It is the essence of who and what you truly are.

Within this atom, however, are these protons and neutrons that form the nucleus and the electrons that surround that nucleus. Depending upon the number of protons and neutrons and reactions to the electrons and the number of electrons, you have various different types of atoms. You have, for example—and we will use very simple examples—an atom of oxygen. When you alter the protons in that atom, when you alter the electrons, you have an atom of hydrogen. And so it is the same basic elements within the atoms and yet by altering the balance of those particular elements you come up with two entirely different atoms.

Now. When you combine those atoms in various aspects and in various degrees you come up with all of the elements that you experience in your conscious state. For example, when you put together two atoms of hydrogen and one atom of oxygen you have one molecule of water. And that is simple basic chemistry and you all understand that, absolutely. Use that analogy to understand that this reality that you experience is based on and a reflection upon the beliefs that you hold and it is the combination and the alterations of those beliefs that alter your reality. Similar to the atoms which are the basic building blocks of the reality that you experience in your conscious state, so it is that your beliefs are the basic building blocks that

determine what the atoms will be that are the building blocks of your creation, of your illusion, of your reality.

You understand absolutely as you alter the various neutrons and protons and electrons that are formed within an atom that you alter the makeup of that atom. Now. Your scientists understand and believe that there are approximately ninety different types of atoms that they can identify. And ironically, they have the ability to make others. And that very concept that they have the ability to make other atoms outside of what you might refer to as the naturally occurring atoms should be the clue to understand that you can create whatever it is you desire. However, it is the combination of those so-called naturally occurring atoms, atoms that there are approximately ninety of, that result in all of what you experience in your conscious state. And so it is, in terms of your creation process, the combination of your beliefs that are the result of what you experience as well in your conscious state. For this reality is a reflection of your beliefs as surely as the elements that you perceive in your conscious state are a reflection of the combination of atoms.

Now. For many it can be as difficult to understand what the beliefs are as it can be to understand what the combination of atoms are that result in the material creations that you experience. You have belief systems. Belief systems are a combination of various beliefs. And as you alter a belief within a belief system you can alter the entire reality that you experience. Now. It becomes difficult for many to grasp the concept that you alter your entire reality simply by altering a belief. And yet you do. Absolutely you do.

When you arise each morning you can say to yourself, "This is going to be an absolutely terrible day." Now. It may not happen the first day. But then, you didn't really believe it the first day, you simply said it. But somewhere within your subconsciousness you have triggered, if you wish, the beginnings of a belief system that, "this is not going to be a very good day." And the next day you say it again. And you say it with a little bit more conviction the second day than you did the first day. And you practice it and you begin to reinforce it. And after a week or so of your telling yourself that it is going to be a very terrible day, you will get very good at saying it. And you will begin to believe it. And when you begin to believe it, it will be reflected in the experiences of your day-to-day activities.

Now; what has changed? The day-to-day activities, the interactions with others may not have changed but your perception of that interaction will have changed. What you get from that interaction in terms of feelings and emotions will have changed, and you exist in this vibrational level for the purposes of experiencing those feelings and emotions so you will have accomplished what it is you have desired to experience. And although the particular day-to-day activity may not have altered—you may have maintained, if you wish, the

contracts and the agreements that you have had with others—nonetheless, your perception of that interaction has changed and suddenly you begin to feel what you might refer to as negative emotions and feelings as opposed to what you might call positive. And so you as an individual have an absolutely entirely different perspective of what it is that you are experiencing although the particular experience, the event itself, may not have altered at all.

Now. You can take exactly the opposite and you can begin to suggest to yourself each and every day that it is going to be a wonderful, marvelous day. And you repeat the scenario and you practice it and you begin, once again, to form the belief that each and every day will be a wonderful, marvelous day. Now, the events and occurrences again may not alter. You may, for example, walk out into what you might refer to as a very rainy, cool type of environmental experience. But because of you having held that belief that it is going to be a wonderful day that particular experience, that rainy and cool day, can trigger in you all types of positive emotions. And you can look at it as a very inviting, a very enjoyable experience. And all of the benefits that come from that type of a day come into focus and you have, once again, the feelings and the emotions that you desire to experience and you, once again, accomplish what it is that you exist in this vibrational level for the purposes of accomplishing. And so you create your reality, absolutely.

You have, once again, the human conscious belief systems, the societal belief systems, and the individual belief systems. And you create it all. You exist in each and every atom of this entire universe, absolutely, and it is your creation. Once again, the human consciousness belief systems are the most difficult to change. They are what you might refer to as the laws of physics. The ones that you as individuals, when you entered into this vibrational level, agreed to hold and to participate in—the consensus belief systems, if you would.

Then you have the societal belief systems, the ones that can indeed influence the society that you exist in but may not have any particular influence on any other society that may exist in other parts of your vibrational level. These, once again, are belief systems that you chose to participate in. These belief systems are much more within your grasp to alter than are what we refer to as the human consciousness belief systems.

And then you have the individual belief systems. The individual belief systems that are the belief systems that have the greatest impact upon the reality that you experience. For you can see even within a society where there are, once again, the societal belief systems that you have agreed to participate in and to validate, individuals who hold different individual belief systems. And there can be involved in that society individuals who are in what you might refer to as a very

positive existence and those individuals who are involved in what you might refer to as a very negative existence, holding, if you would, the same human consciousness belief systems, similar societal belief systems, but entirely different individual belief systems. And the reality that they experience is a reflection of those beliefs, absolutely, similarly as each and every material element that you experience in this vibrational level in your conscious state is made up of a combination of atoms.

You create your reality and it is a reflection of your belief systems. And those belief systems, similar to the combination of atoms, are a combination of many various beliefs from the human consciousness, to the societal, to the individual. You have many sayings within your conscious state that lead you to an understanding of that concept of the reality creation process. For example, “Give me the ability to understand those things that I cannot change and the ability to change those that I can.” Those things that you seemingly cannot change are simply things that you have agreed to as a human consciousness to not have the ability to change. There is absolutely nothing within this vibrational level that you cannot change. You have but to alter the belief systems. It just becomes much more difficult to alter that human consciousness belief system than it is to alter the societal or the individual belief system, but nonetheless, not impossible. Absolutely not impossible. The only limitations to the creation process that you as individuals in this vibrational level have or experience is the limitations that you place upon your reality.

You create it all. Understanding your beliefs is the key to altering your reality. There are individuals existing within your reality who believe that the cosmos affects your reality. They believe that the planets and the stars have an effect upon each individual and that every individual existing within your vibrational level is at the mercy of that astrology. And they believe it absolutely. And within their reality they have all types of validations for that belief system. For you see, you can have whatever it is that you desire. If you believe that the planets and the stars and the astrology can have an effect upon your reality then you can have that. Absolutely. The irony of it is if you believe that they don't have an effect, you can have that just as easily. It is not a right or wrong, it is a choice. It is a belief system.

If you believe that there are angels and guides that exist around you that create your reality for you or have an influence upon your reality, you can create that. There is nothing wrong with that. Absolutely not. That is your choice. That is your belief and you can have that. And it will be reflected and you will have all types of validations in your day-to-day activities that prove to you that there are angels and guides that exist around you. And in fact, individuals that are involved in that belief system will even have the capacity to interact

with those guides and with those angels if that is what you desire. But an individual who chooses not to believe in the guides and angels can have that as well. It is not right or wrong. It is not “has to be” or “doesn’t have to be.” It is a choice. It is an individual choice in a belief system. The key is to understand that you create it all and it is a reflection of your beliefs. And if you don’t like what you are experiencing then alter the beliefs.

Now. There are some benefits to understanding and accepting the responsibility for the creation of your reality. If you understand and accept the responsibility for the creation of your reality then you also have the opportunity to change it. You see, when you believe that you are not responsible, when you believe that you are not in control, when you believe that there are other entities that can have an influence upon your reality, then you, through default, through a choice, create a reality that you seemingly are not in control of. Seemingly are not in control of. You create it, nonetheless, but it is a reality that can leave you feeling frustrated, out of control, a reality that can perpetually take away that which you seemingly desire in the conscious state. Seemingly desire in the conscious state because, you see, within the subconsciousness and indeed within the conscious state you choose to believe that you are not in control. This is an overlying belief system that you hold or an underlying (*chuckles*), whichever way you wish to observe it, that influences the reality that you experience.

And so, if you desire to have a reality where you are not in control, if you desire to have a reality where there are other entities that create the reality for you, then you shall have that experience. You shall create that experience, absolutely. But on the other hand, if you desire to create something which is of utmost importance to you and you can’t do that because to do so would destroy the first reality and the first belief system “that you are not in control” and so you have conflicting belief systems. And so you create these wonderful realities. You work very hard at creating the new employment, for example, or you work at very hard at obtaining that abundance that you desire. But somewhere, deep inside, you hold the belief that it is just not in your power to maintain or to sustain, to create such a reality.

You see, there are these other individuals, other entities—be they other entities existing in your vibrational level in a similar conscious state as what you are—that you believe have an influence upon your reality, and you give them that power. Or be they other entities that you believe exist somewhere outside of your vibrational level and you give them that power. It makes no difference—you give away your power to create the reality that you desire. And ironically, you get exactly what you desire, that is, a validation of the belief system that you are not in control. And you lose it all. And that is the tragedy, if there is a tragedy, in

believing that you are not in control of the creation of your reality.

The tragedy only occurs in your conscious state. In your subconscious state that is not considered a tragedy at all. It is considered to be creating exactly what it is that you desire. You see, that is the irony. In your conscious state you can feel and experience what you might refer to as success or failure but that is not experienced at the subconscious level. At the subconscious level you are creating exactly what it is that you desire. It is an exact reflection of the beliefs that you hold. It is not a failure at all. Absolutely not. It is an accomplishment. It is what you exist for in this vibrational level. You create that reality based upon the beliefs that you hold. Absolutely. And if you choose to believe that you are not in control then you will create the reality to support that belief. And as far as your subconsciousness is concerned, that higher self, that Piece of the One that you are, you will be absolutely successful in creating a reality that is a reflection of your beliefs. For ultimately, that is what you do. There are no variations. There are no exceptions.

And so, we continuously come back to that very basic message that you create your reality, that you are that spark of consciousness that has the capacity to create, and that you cannot fail—absolutely cannot fail—at some point within your existence to return to that understanding of who and what you truly are. All of the rest, everything else in this environment, everything else in this vibrational level is an illusion. It is a reflection of your beliefs. It is an accurate reflection of your beliefs and it is a reflection of what it is that you truly desire. Now. You can suggest in your conscious state, “Well, I don’t desire that at all. What a foolish statement to suggest that I desire such an undesirable reality.” And yet, withinside, you hold the belief systems that are responsible for the reality that you experience.

You, as individuals, entered into this vibrational level to create a reality that allowed you to experience a rather intense and varied range of feelings and emotions that is not duplicated or possible in any other vibrational level. And in order to do so, you put in place an electromagnetic type of energy that limits your understanding of who and what you truly are while you are in your conscious state, that allows you to create from your subconsciousness, if you wish, a reality that seems to be absolutely out of your control.

The good news is that you, as individuals existing within this vibrational level, have chose to alter the very energy that makes up this vibrational level and to enter into what we refer to as the new age and new energy, and in that particular new era you shall have and do have the capacity to consciously create your reality, to consciously get a grasp of the understanding of what your beliefs are and to change them; to change them, to bring into your consciousness that understanding of the reality creation process. And in doing so, have the

capacity to alter your belief systems and as you alter your belief systems you will absolutely alter the reality that you experience. It is like waking up, once again, every morning and instead of suggesting this is going to be a very nasty day, believing that it is going to be a great day. And you will create the reality to support the belief. Absolutely.

You can talk all you wish about various types of reality creation processes and you can have them all. You can put in place any type of method or any type of reality creation process that you desire, any technique that you believe will work, and if you believe it will work, it will work. Absolutely. You can believe, once again, that astrology has an impact upon your reality and you can have that. You don't have to believe it, but you can. Absolutely. You can believe that the reality that you experience is an expression of your thought. And as you concentrate on that and as you hold the belief and you hold the thought, along comes this reality to support the belief.

Understand that that is an illusion. Understand that all of the creation that you experience in your conscious state is an illusion and it is a reflection of the belief that you hold. And the more rigid you are in your belief, the harder it is for you to alter your vibrational level and to alter your reality. Believe that you create it all. Believe that you are a piece of the god that you choose to search for, that you are the spark of consciousness that has the capacity to create, and believe that you cannot fail. If you would hold but those three simple beliefs and put all of the rest up for grabs, then you can alter your reality and you can have whatever it is that you consciously desire.

You can put away the realities that you experience that are a reflection of your subconsciousness belief systems and you can bring those belief systems into your consciousness. And you can, as your scientists have discovered in their laboratory in their dissection of your elements back into the very basic makeup of your atoms, dissect your reality back into the various makeups of your belief systems and if you don't like it you can change it. And you can have whatever it is that you desire. Absolutely.

The only limitation to your reality creation process is your imagination. And you can have it all. If you would hold but the three basic beliefs that you cannot alter, and examine the rest quite crucially, and choose those which create the reality that you desire, and alter those that don't. It is really that simple. It is within your grasp. It is your reality. It is an illusion. Understand that it is an illusion and you can alter it. You create it all—right down to the most minute detail of this vibrational level, right down to the most minute atom that exists within your universe. You create it all. Absolutely. And therefore you can change it. The choice is yours.

Now. We would break for a moment or two and if you have any questions for us we would be willing to return

and attempt to answer them for [you]. And we would remind you in the meantime that we do not leave this sacred space that you have created and should you choose to interact with us you have but to express the intent. For we are not separated by time or space but rather by a vibration. And we would be with you always and offer to you our unending support and our unconditional love.

And now we would leave you for a moment or two, with love and with peace. ❁