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December 2, 2005

University of Regina Parapsychology Class

Joshiah: Well, now. Well. Once again, it is indeed a pleasure to be invited back into your vibrational level and we would like to extend our greetings to each of you. As well, we would like to extend our gratitude to each of you for offering us this opportunity to, once again, enter into your vibrational level and to have the opportunity to interact and to share with each of you.

Now. Before we begin this evening, once again, we would suggest that there exists for each of you the opportunity to be involved in what we refer to as a silent communication. You will find that as a result of the energy that you have created in this sacred place that it would be very easy for you to alter your consciousness and enter into what you might refer to as a meditative state, and in that state have the opportunity to have a telepathic exchange of information with other entities that would be with us on this evening or indeed with that portion of your consciousness that you might refer to as your higher self or that spark of consciousness that you are. That opportunity exists for each of you and, once again, many times the information that you receive as a result of being involved in that activity is much more pertinent to your individual needs and desires than is the information that we express through our friend, Elias. And always, the choice is yours.

Now. Our favorite theme, of course, is that you are a spark of consciousness that not only has the capacity to create but does create this entire vibrational level that you exist in, this entire universe, if you wish, that you exist in in your conscious state. That you as individuals and as a human consciousness are the creators. That you are indeed that god that you search for.

Now. Many individuals involved in this particular incarnational period in their conscious state search for some type of an answer or a connection to that spirituality that they are. It's rather ironic that you cannot be separated from that spirituality, that it's who and what you are. It's not something that you can lose and therefore you must search for it, but nonetheless, in your conscious state you feel that you are separated. And you, many times, have that unending desire to have that connection in your conscious state. To have

that realization in your conscious state of who and what you truly are.

For you see, you can listen to all types of messages and you can read all types of books and you can listen to all types of CDs and tapes and whatever other type of medium that you desire that allows you to interact with other individuals and you can seek that answer but you won't find it there. You won't find it in any books. You might find indications of the process that another individual has employed to have their connection with that portion that they refer to as their higher self or that spark of consciousness that you are. However, you as an individual, if you wish to have that conscious connection, must go withinside. Once again, it's not something that you can have an explanation given for. It's something that you must experience.

Now. There are all types of examples of physical experiences that you have in your conscious state, that you indeed can attempt to give an explanation to another individual as to what that experience is about, but until they experience it personally, they don't get a true grasp of the understanding of what it is that you're trying to give an explanation for. And so, you can describe, if you wish, the various method or technique that may take you to the point of having that particular experience in your conscious state. However, an individual cannot have the emotions and feelings that are united to that particular type of experience unless they follow the methods and techniques for themselves and create that experience so they can understand it consciously.

They must create it to understand it consciously. You cannot create it for them, you cannot give it to them, it is something they must search for and to discover on their own. And so it is when you have that connection with that portion that you refer to as your higher self and be able to maintain a conscious memory of that type of a connection then it's something that you must experience withinside. It's not something, once again, that you will find in any book or in any type of medium of expression, absolutely not. It's a personal and an individual's journey that if you desire to have that experience in the conscious state, you must be prepared to make the journey.

Now, is it important? It's only important if you believe that it's important. You see, you, once again, entered into this vibrational level and you entered into this

particular incarnational period by choice. And you can't fail at some time to come to the understanding that you indeed are the creator of this reality that you experience in your conscious state. You can't fail at some point to come to the understanding of who and what you truly are. You can't fail to come to the understanding at some point that you cannot be separated from your spirituality. Indeed, that's who and what you truly are.

So, is it important for you to make that connection in your conscious state? Only if you believe it's important. You see, there are many individuals existing within your conscious state who have absolutely no desire to have any type of connection with that portion which we refer to as your higher self. They may have the desire to have some type of connection to some entity that they believe is the creator of their reality, but for them to believe that they create their reality and that the connection they desire is withinside themselves is something that they do not wish to understand or to hear. Absolutely not. And it's not right or wrong. It's a choice. And regardless, regardless of the choice that you make whether you desire to have that connection or to not have that connection, we assure you that you cannot fail at some point in your consciousness to come to the understanding of who and what you truly are.

So this is not a pass or fail test. It's not something that you must accomplish in order to have some type of graduation. It's not something that you must accomplish in order to become what you might refer to as enlightened, absolutely not. It's simply a choice that you can make if you so desire to do so. And once again, it's a journey that you must make, individually, and it must be made withinside. It cannot be discovered through any type of information that you might receive through any particular medium that's available to you.

And so, for those who desire to have that experience and to go withinside and to discover who and what they truly are, then there is first of all the choice to be made that you indeed would like to make that journey, and then you must decide the method or technique that you'll employ to make that journey, to go withinside. You see, we've used the analogy before, many times, that there are indeed individuals who search for the method or the technique but never really take the journey. Individuals who are so concerned about getting it right, the right method or the right technique, that they spend their time investigating all of the various beliefs and techniques and trying to decide which one will work. And when they attempt to employ one of those methods without the belief that it would work and they believe that because it did not work that they are somehow a failure and it's not that way at all. Actually, because they believed that it wouldn't work and they created the reality to support that belief, they

actually succeeded in creating that what they desire to experience.

And so, the individuals, many of them are, once again, like someone who is faced with a body of water that they must cross, and many of you have heard this analogy where there are along the shore of this water several vessels lined up, that you have a choice of deciding which vessel you will take you through the water. Now, there is as well on this water a bank of fog, and this bank of fog is very near the shore, and you have absolutely no idea of how long the journey is that you must make to cross the water. And so individuals may run up and down the shore checking out the vessels, making sure that the vessel that they choose is the one that's the best equipped to get them there.

Some individuals look for the magnificent ocean liner that has an entire crew to assist them in all types of provisions so that they are assured that they will survive the journey. They continuously go from vessel to vessel and never really choose a vessel but become more interested in the makeup of the vessel and whether or not it's one that they can succeed with.

And then there are the other individuals, who simply choose a vessel and they believe that that vessel will carry them and they claim the vessel and begin the journey. And they succeed. For you see, once again, the journey is very safe and very simple. There is nothing to fear. You can't get lost. You can't end up in some place that's impossible for you to return from.

And so, the vessel is not nearly as important as your belief in the vessel. The method or the technique that you employ to attempt to make that connection with that portion that you refer to as your higher self and to retain a conscious memory of that connection is not nearly as important as your belief that that method or technique will take you there.

You see, you do make that connection on a regular basis. At some level of your consciousness, you are in connection with that portion that you refer to as your higher self, that creates this reality you experience on a day-to-day basis. It's not something you're separated from. It's something that you choose to limit your understanding of in your conscious state. You choose to put in place the electromagnetic type of energy that limits the understanding of who and what you truly are; that limits the understanding of your capacity to create this reality while you are in your conscious state; that limits interference from other entities existing withinside or withoutside of your vibrational level to influence and to create your reality for you.

You as individuals put that particular energy in place and maintain it so that you can make this reality seem real. So that you can make this reality that you experience in your conscious state seem to be beyond your control so that you can intensify the emotions and the feelings that results from day-to-day activities that

you create and become involved in. It's really that simple. It's your choice and it's your creation and the portion of you that creates this reality is not only withinside you but indeed is who and what you truly are. It's not something that you can be separated from. And so, if you desire to make that journey and if you desire to go withinside, then it's important that you choose a method. And, once again, the method or the technique is not nearly as important as your belief that it will work.

Now. Many individuals in this particular incarnational period believe that meditation is a method or a technique that will accomplish that connection with your higher self and allow you to maintain the encounter with that connection, bring it back into your consciousness. And so, it's important, once again, that you understand what it is that you're about to attempt to do. It's important that you understand the method or the technique.

You see, to suggest that one can enter into a meditative state for some can be a very overwhelming concept. "Oh, to meditate ... now that's a very difficult thing to accomplish." That you can do certain parts of a meditation but to get to that point in the meditation where you can actually have a connection with your higher self, well, that's difficult. And you see, if you hold that belief then you create the reality to support the belief and it becomes very difficult for you to do.

And so, it's important that you get a personal explanation of what a meditation is that fits for you, that you can hold, that you can understand, and so that you can complete and accomplish what it is that you believe that's possible for you to achieve. For, once again, the reality that you experience in your conscious state is a reflection of what you believe. And if you believe that meditation is a very difficult state of consciousness for you to achieve then it will be indeed be a very difficult state of consciousness for you to achieve. Absolutely.

However, conversely, should you believe that that type of meditation that allows you to have that connection with that portion that you refer to as your higher self and to retain the memory of that connection in your conscious state is a very simple technique for you to accomplish then you can have that as well. You see, the difficulty, [only] is a reflection of the beliefs that you hold regarding the difficulty.

It's an illusion and you can have whatever you desire in the illusion, absolutely. Not only can but do. You see, the irony of it is that you create this reality whether you believe you do or not. If you don't wish to believe that you create it then you will create the reality that supports that belief, absolutely. And you will create from a position of what we refer to as default. But nonetheless, you will create your reality and it will be a reflection of what you believe and the reality that you experience will validate the beliefs that you hold. And if

you believe that it's not difficult for you to enter into a meditative state then it won't be difficult. Absolutely.

And so, to assist in accomplishing that it's beneficial to understand what a meditative state is, to draft your explanation of where it is that you desire to go and what it is that you desire to do, to map out the journey, so to speak, the inward journey. And so, what is a meditation? You see, you don't necessarily have to use the term of meditation. If meditation brings and conjures up within you all types of symbols and ideas that it's going to be very difficult to accomplish and it is going to take years of practice in order to accomplish it, unless that's what you wish to do, unless you wish to, once again, run up and down the shore and keep exploring the various vessels, then it's important for you to indeed identify what it is that you would like to achieve, and [are] about to attempt. And if the phrase meditation does not fit into your belief system as something that's being within your capacity to create and to accomplish, then don't use the word meditation. It's not important at all, it's just a term. That's all it is.

And you will find if you speak to various individuals who are so-called meditators each one will give a different aspect of what it is that they believe that meditation is, your various methods and techniques that supposedly will take you into a meditative state. And some of them being very simple and some of them being very complicated. We would suggest that if you can get there through simplicity then why would you complicate it? It really doesn't make any sense.

And so, what is meditation? What type of state is it necessary for you to achieve in order to have that ability, to enter into your so-called subconsciousness? Well, very simply put, meditation is simply altering your consciousness while remaining aware. And in that altered state of consciousness your awareness is focused on your inner reality as opposed to your physical reality. It's really that simple. You can make it more complicated, again, if that's what you desire but it's not necessary. It's really a very simple thing to accomplish.

The method or technique that you employ, once again, can be as simple or as difficult as you desire to achieve. When you enter into a meditative state and you begin this process of altering your consciousness, many times you can find it rather beneficial. You (*inaudible*) to use what you might refer to as some type of imagery, some type of guided imagery that assists you in focusing your consciousness inwardly and remaining aware of what it is that you are experiencing. You see, in that guided meditation it assists you in following various techniques that would put aside the complications, if you wish, of the conscious mind, similar to what you do when you enter into a dream state. However, at the same time allowing you to remain aware of what it is that you are experiencing in

your consciousness. And so, guided imagery meditation will assist you in that.

Now. Once again, when you're involved in that type of meditation, it can be very beneficial in altering beliefs and in assisting in creating what it is that you desire to experience in your conscious state. In other words, you can have in place a plan that you wish to experience in that guided meditation so that you can perhaps alter a belief that you hold so that you can bring that altered belief back into your reality so that you can create whatever it is that you desire, so that you can alter your reality. Absolutely.

But that's not going withinside and connecting with that portion that you refer to as your higher self. That's simply altering your consciousness for the purposes of assisting and altering your beliefs so that you can alter your reality. That can be beneficial, absolutely. But it's not going withinside, once again, to make that connection with your higher self and maintaining the memory of that connection. It can, however, through that guided imagery assist you in allowing you to alter your consciousness and remain aware of the altered consciousness while not being aware of your physical existence or your physical being or the physical surroundings that you experience in your so-called awake consciousness state.

And so, that's a beginning, if you wish, to understanding the method of altering your consciousness so that you can go deeper withinside, so that you can make that connection.

Now. [When you] become proficient—and it doesn't take long to become proficient. We're not suggesting, for an instant, that you must practice for years in guided imagery [and] meditation in order to become proficient enough to get beyond that, absolutely not. Once again, your belief would be the deciding factor in when it is possible for you to experience what we might refer to as the next step in meditation. And that is, to go beyond the guided meditation, to go beyond the imagery, and to follow certain methods and techniques and it can be very simple. Do not make them complicated, but rather very simple, and we will give examples of the simplicity in a moment or two.

And when you get into that meditative state and you follow the methods and the techniques then you enter into a state where you have absolutely no thoughts occurring and you are aware that there are no thoughts occurring. You are aware that you are in seemingly a void. And yet in that void you begin to experience everything. In that void you begin to get glimpses of the magnitude and of the [miniscules] of who and what you truly are. In that void you begin to have the capacity to understand entirely that it is within your grasp to create whatever it is that you can imagine. Absolutely. Within that void, your own threshold of connecting with who and what you truly are and to bringing back into your consciousness the recall of that connection. In that

void, you begin to experience the feelings and emotions that are connected with absolute unconditional unending love. You become overwhelmed with the joy. You become overwhelmed with the knowing of who and what you truly are.

And so, it becomes almost impossible to give an accurate description, for you reach that point where, once again, as we have suggested you cannot discover it through any message, you cannot discover it in any book, you must go withinside and experience it in order to grasp a full understanding of what it is that we are attempting to describe to you, and to bring back into your consciousness the recall of that connection. And when you do that, then you will discover as well that you cannot give an accurate explanation of that connection to someone else. And you begin to hear that same old phrase, "If you wish to experience who and what you truly are you must go withinside. I can't tell you. It's something you have to experience." And when you've had the experience then you truly understand that phrase that the answers are all withinside. The answer to every question that you have is withinside each of you. Absolutely. And it will not necessarily be found in any book or listening to any message but rather bound by your own personal journey withinside.

Our friend Elias goes on a rather extended journey when we are interacting like this and many times is involved in various other activities and is reluctant to tell you. And at one point when we were interacting in this particular incarnational period and began this so-called channeling process, when we were expressing messages through him to other individuals who would desire to hear it, he had a habit of stopping the message and had a habit of indeed putting in place his own beliefs and his own influences upon the message. And it was much more beneficial to everyone involved, including himself, when he willingly stepped aside. And in that willingness to step aside he discovered some very other interesting phenomena.

He began to enter into the void, if you wish, and to have that connection and that understanding. And when you speak to him in his conscious state he will laughingly joke to you that there's nothing there, that he doesn't see anything, and it's because he doesn't wish to attempt to give you an explanation for that which you can only experience within yourself. And it's when he's involved in that particular activity and we're using his physical being for the purposes of expressing to you various messages that he many times is interacting with other individuals in other various levels of consciousness.

And indeed many of you after interacting in these particular events will suggest that Elias was indeed in your so-called meditation and interacting with you and he will laughingly put that aside, and will not reflect upon that interaction. That's where he is, that's what

he's doing. He's in that void and he's experiencing things that is possible for each of you to experience should you choose to do so, absolutely.

It's not a difficult process, absolutely not. It's something that each of you can accomplish. You have but to believe. You have but to believe that it's within your capacity to have those experiences as well. It's well within your capacity to have the ability to interact with those entities that you believe are passed over, those entities that you believe have died. Entities who are simply in an altered state of consciousness and you can interact with them quite readily if that's what you desire to do.

It's also possible for you to interact with other entities that exist within this so-called incarnational period that are on the other side of what you refer to as your Earth. Once again, Elias has on occasion come back and the proddings of others have suggested that, yes, he was interacting with other individuals, some individuals in China and some other individuals in various parts of your Earth, while his physical being is here and is seemingly that he's giving you this type of a message while his consciousness, that portion that you refer to as his consciousness, is gone. It's like you might refer to as an out of body experience. And each of you has the capacity to have that experience, absolutely. It's well within your ability to do so. You have but to believe, and you have but to develop a method or technique that you believe will take you there. And you can accomplish that, absolutely. And the simpler the method and technique, the more you believe in it, the easier it will be.

If you believe that there are all types of energies that may have some type of evil effect on you, then you indeed must work within those belief systems, and it becomes more difficult. Once again, if you were to ask Elias what the difficulty is, is there anything to fear, and he would tell you absolutely not. For you see, when you make that connection with the higher self you understand that you are the creator and you understand that there is absolutely nothing to fear. Absolutely nothing. You cannot fail to come to the understanding of who and what you truly are. It's a given. You are the spark of consciousness that creates this reality and when you own that, when you grasp that and it's part of your reality, even though at times it seems like it's beyond your control and there are frustrating moments when you are creating this reality that supports the belief that you hold and you can't understand the belief and you can't change the reality, nonetheless, when you go withinside and you get a glimpse of who and what you truly are and you bring back into your consciousness that understanding, then you no longer fear those particular realities that you create that seem to be beyond your control. You no longer fear and have those apprehensions. You no longer fear that there is anything existing in your so-called altered state of consciousness that can harm

you. Absolutely not. And so, that fear falls away. It no longer exists.

And so, to enter into that altered state of consciousness, once again, if you can keep it simple you will find that you will experience much more success because it's much easier to hold a belief that something will work if it's a (*inaudible*) type of belief or a simple type of technique or method rather than you make a whole complicated, drawn-out method and technique that you must follow, and if you don't get the steps right then it won't work. And so you keep it simple. And once again, what you are attempting to accomplish is to alter your consciousness while maintaining your awareness, and in that altered state of consciousness your awareness is concentrated on your inner reality as opposed to your physical reality. It's really that simple. And so you keep it simple. You develop a method or technique. Simple methods, simple techniques.

When you begin to attempt to alter your consciousness and to maintain that awareness, there are all types of thoughts that randomly come through your conscious mind. You see, in your conscious state your mind is continual activity and so the key is to slow down the activity. And so, rather than attempting to concentrate on several types of thoughts and feelings that are running through your mind, pick one thought and concentrate on it. It doesn't matter what it is. The thought is not important.

Now, there are some who would tell you, you must have a mantra, you must have a word that you repeat over and over. If that's what you desire, then do it. If that's what you believe, then do it, absolutely. Elias simply alters his consciousness by counting his breaths. It's really that simple. He counts his breath and he never counts above three. It's a very interesting phenomena to watch. He'll count his breath, and he will go one, breathing in, two, and breathing out, and three and breathing in, and he starts over again at three. [You know,] it's one, two, three. You see, you can never get lost in a simple count. If you attempt to count in high numbers you find a difficulty because you lose track of the count and you'll get up to twelve and thirteen and you begin to concentrate on trying to remember what the number was and you lose focus of what it is that you're attempting to do in the first place, and that's to keep your mind on one simple thought, and that is your breath. And any thoughts that enter into your mind will simply disperse, if you chose a method that works for you, whatever works for you.

If you [just] put it into some type of container, you can do that. And when the thought comes into your mind [and] you can't seem to get rid of it, you put it into the container. Or you can let it drift off. Or you can imagine it evaporating, it doesn't matter. It's not important, once again, what technique you use, what's important is that you own the technique and you believe it will work.

That's what's important. And so, you concentrate on the one thought while allowing the others to dissipate or put into your box or your container or whatever it is that you desire to do.

And then, when you reach the point that the breaths seem to be so far apart that you begin to have thoughts in between the counting [on] the breath then you can count something else. And at that point, once again, Elias counts his heartbeat. And there's a rather interesting phenomena that can give you a key that you are altering your consciousness. Several things begin to occur. And one of the them is that you become acutely aware of your physical being inside. You can actually begin to hear your heartbeat. Something that you can hear consciously if you attempted to do so, absolutely. Your heartbeat's not something that [goes away,] it's simply something that (*inaudible*) should not concentrate on, but when you are altering that state of consciousness and you begin to go withinside you begin to hear it, absolutely. And you can count it, and you can, one, two, three, rather than attempting to count to high numbers and losing track and beginning to focus on the number rather than on the heartbeat.

And you begin, once again, to experience a slowing down of your time and you begin to experience an alteration in your consciousness. And you begin to realize that you're not aware of your physical body and yet you're wide awake, consciously you're aware of what's occurring withinside, but you're not aware of your physical being. And from that point, you can enter into either a guided imagery meditation which can assist you in altering beliefs and bringing into your reality that which you desire or you can continue to alter your consciousness until you have reached the void, and until you allow to come what would come if you step through the void, and you touch that portion that you refer to [as] your higher self, you will be overwhelmed with the emotions and feelings, and you will get true glimpses into who and what you truly are. And you will understand one thing, that you cannot [read] someone else's explanation with any type of understanding, for it cannot be given through any type or use of a vocabulary. But when there is a feeling and emotion that you must experience, if you wish to retain the memory in your conscious state.

And so, should that be your choice, then you can indeed develop a type of meditation or an alteration of consciousness that will take you there. There are many other methods and techniques, absolutely. That is but one. It's not important what method or technique you use, what's important is your belief that it will take you where you wish to go. And it does not have to be complicated and it does not have to be drawn out. Once you understand the method or technique will take you where it is you wish to go, then you will find you can go there very quickly in terms of your time frame. And for many it can be almost instantaneous. Once you shut off, if you wish, your conscious awareness, you

can take that awareness to withinside, to your inner reality. And you can do so rather quickly. You have but to believe.

It's not difficult, absolutely not. If it's difficult it's because you believe it's difficult. For once again, what you experience in your conscious state is a reflection of the beliefs that you hold. And if you believe it's difficult, then develop a method, go withinside, do a guided meditation, and alter that belief, but make it so it's not difficult, for it simply does not, you have but to believe. The reality that you experience is your creation, you are the spark of consciousness that you create this reality and you absolutely cannot fail to come to the understanding of who and what you truly are. All the rest is illusion. All the rest is within your capacity to change and alter. What you believe is reflected in the reality that you experience and if you don't like the reality that you're experiencing go withinside, change the belief systems, you will change your reality, absolutely guaranteed. You have but to believe.

Now. And once again, we would like to express our gratitude for this opportunity to interact and to share with each of you and 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 you have to have but to express the intent and we would welcome the opportunity to interact, to share, indeed to learn from each of you. And we would offer you, once again, our absolute unconditional love and our unending support. And until the next time, we would bid each of you farewell, with love and with peace. ✨