

# JOSHIAH

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

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**Joshiah:** Well now. Well, it is indeed a pleasure to be invited back into your vibrational level and we would like to take a moment to express our greetings to each of you and to express as well our gratitude for your, once again, inviting us back into your vibrational level and for offering us this opportunity to interact and to share with each of you.

Now, before we begin this afternoon, we would like to suggest that there exists for each of you to be involved in what we refer to as a silent communication, a telepathic exchange of information, if you would, with other entities that would be with us this afternoon, the opportunity for you to alter your consciousness and to indeed interact with other entities that would welcome that opportunity to interact and to share with you or indeed to interact with that portion that you refer to as your higher self.

You will find, once again, as a result of the energy that you have created in this sacred space that it's quite easy for you to alter your consciousness. You will find that if you were to close your eyes and express the intent that you can enter into that meditative state and in that altered state of consciousness, in that meditative state, have that opportunity to interact and to share with the entities on that telepathic level, if you would. As always, the choice is yours.

We would also suggest as well that many times the information that you receive in that altered state of consciousness, that telepathic exchange of information many times is much more accurate and much more pertinent to your individual needs than is the information that we express through our friend Elias in this rather limited use of the vocabulary. So, as always, once again, the choice is yours.

Now. You exist in a vibrational level that is rather unique throughout all of the vibrational levels throughout all of creation. In this vibrational level that you exist in, you, as entities who have chosen to enter into this vibrational level have put in place what we refer to as an electromagnetic type of energy. It's an energy that limits your capacity to understand in your so-called awake consciousness state who and what you truly are. It limits you to understand in your awake

consciousness state of the capacity that you have and that you utilize to create this reality that you experience and exist in [in] your conscious state.

It also limits the possibility of entities existing outside of your vibrational level to have any type of influence upon your creation and upon the activities that you participate in in your vibrational level, in your so-called awake consciousness state. And this electromagnetic type of energy exists throughout your entire vibrational level, it exists within each and every atom, if you would. And once again, it is unique, not in any other vibrational level throughout all of creation is there a similar type of creation or existence.

It's also rather important that you understand that you are on this vibrational level by choice. You choose to enter into this vibrational level. You were not put here by some entity who decided that you must enter into this existence in order to have some type of progression or in order to learn some lesson, absolutely not. If you believe that there is some type of progression that you must experience, then you can have that, absolutely. And if you believe that there are some lessons that you must learn, you can create that as well, absolutely. But you create them. There was no entity that put you here and said that you must experience this in order for you to go through some type of progression. That's a human consciousness concept. It does not exist in your so-called subconscious level.

Now, while you're in this vibrational level which you chose to exist in, indeed when you are in your so-called awake consciousness state, you are as far removed from who and what you truly are as it's possible for you to be. You see, many in your conscious state, once again, because of your so-called electrometrical type energy, because of that so-called veil, believe that this awake state is the most important part of any existence that you are participating in; that the subconsciousness and the altered consciousness and your meditative state and your dream state are all imaginary states of consciousness.

The irony of it is that when you are in your so-called awake consciousness state, you are in as imaginary a state as it's possible for you to be in. It's very difficult for you to maintain this state. It's much easier for you to

alter this consciousness and enter into the other levels of your so-called altered states of consciousness, like the dream state or the sleep state, for example. And we assure you, absolutely, that you will enter into that state. And we assure you as well that you will from some area of your consciousness in some so-called predetermined, if you wish, date in this existence alter your consciousness into what we refer to as the between incarnation state. You will die, in other words. You will absolutely go to sleep at some point and you will absolutely enter into that between meditative or between incarnational state. You will go through those various levels of consciousness, absolutely guaranteed. What's not guaranteed is that you would stay in your so-called awake consciousness state. You cannot maintain that and will not maintain that state. It's an illusionary state. It's the most difficult state of consciousness for you to be in or to exist in or to create and most definitely to maintain.

Now. Many individuals in this awake state of consciousness believe, once again, that there are certain levels of progression that you must pass through in order to have the opportunity to leave this vibrational level. That's a human consciousness concept. It does not exist in your other levels of consciousness. You absolutely will not fail to have the opportunity to leave this vibrational level. You entered into this vibrational level by choice, and should you choose, you will leave it as well. Your choice. Not someone else's. Not some other entity's, either within your vibrational level or outside of your vibrational level, will make that decision or that choice for you. That's your choice. It's your choice to be here, and it's your choice to leave. Absolutely.

Now. You, once again, in this so-called awake consciousness state have put in place that electromagnetic type of energy that limits the understanding of your capacity to create your reality. And that limits your understanding of your capacity to create your reality but also limits your understanding that you do create your reality. You create it all. You create it all, absolutely.

Now. That creation process, once again, from your consciousness state, can be very difficult to understand. You see, in order to validate this reality and in order to make it real, you believe that you have certain experiences, certain experiences that are beyond your control. Certain experiences that are indeed the result of some other entities having an influence upon your reality that you have absolutely no control over, that you cannot in any way influence, it simply happens. And you see, when you believe that it simply happens, when you believe that it's simply the result of another's choices or influences upon your reality, then you don't have to accept responsibility for it. And if you don't have to accept responsibility for it, it becomes more real. It becomes more validated. It becomes something that's beyond your control. And

you see, if it's beyond your control, then you, as the entity who has chosen to enter into this vibrational level, to exist within the influence of that so-called veil, are doing a very good job at fulfilling the desire that you expressed when you entered into this vibrational level. Absolutely.

You are creating exactly the way that you desire to create. You desire to have a reality that seems real, that seems beyond your capacity to control because it intensifies the reality and as a result of the intensification of that reality you also intensify the emotions and the feelings that you can experience while you exist within that reality in your so-called awake and consciousness state.

You see, the creation of your reality is really very simple. You like to complicate it. You see, if it's more complicated, then you don't have to be in control. If it's more complicated, then you don't have to take the responsibility for it. You can blame it on someone else, be it other entities that you interact with in your day-to-day activities or indeed other entities that you may believe exist somewhere outside of your vibrational level that are creating and influencing your reality for you. Absolutely.

You see, when you understand that you are the creator, then the emotions and the feelings don't have anywhere near the intensity and the irony of it is, that you entered into this vibrational level for the purposes of experiencing the intensity of those emotions and feelings. And the creation of the reality, once again, is very simple. The reality that you experience in your so-called awake consciousness state is a reflection of your beliefs. And you see, individuals in your consciousness state for the most part believe that they experience some type of activity or interaction with other individuals and as a result of that experience they form a belief. And we would suggest that it's not that way at all. That the reality that you experience in your conscious state is a reflection of the belief that you hold. You hold the belief first, and then it becomes validated and expressed in your reality, in your day-to-day activities and your day-to-day experiences and interactions with other individuals. The reality that you experience in your conscious state is a reflection of the beliefs that you hold.

Now. For many that can be quite a stretch, absolutely. For many that can be a very difficult concept to grasp. For you see, once again, in your conscious state, you believe that this reality is very solid. You believe that this reality is influenced by all types of entities and influences, both outside and within your so-called solar system that are influencing your reality that you experience on this particular planet that you choose to exist on. We would suggest to you that it's as a result of your believing that there are these other influences that you validate that this reality is real. That it's beyond your control. For once again, if it's real and it's beyond

your control, then the intensity of the emotions and feelings is magnified quite dramatically.

The irony of it is that the reality that you experience in your conscious state is an illusion. Now, that's not to suggest for an instant that it's not a valid illusion, that it does not have some purpose, absolutely not. Just because it's an illusion doesn't mean that it doesn't serve some very significant purpose in your creation process. Absolutely not. But nonetheless, it's an illusion. The reality that you experience in your conscious state is an illusion, and it's the, if you wish, least real of all of the realities that you exist in. You see, you are so much more than you perceive in your conscious state. You are a multi-dimensional personality that has the capacity to create. Not only does it have the capacity to create, but it does create the reality that you experience. And you create it as a reflection of the beliefs that you hold.

Now. We have suggested many times that there are three various types or groups of beliefs, if you wish. There are what we refer to as the human consciousness belief systems. The human consciousness ones that you bought into, if you wish, when you choose to enter into this vibrational level. That you enter into this vibrational level with the human consciousness consensus to participate in various belief systems that you might refer to as your laws of physics. You believe, for example, in time and space. Two [of the] very difficult so-called human consciousness belief systems that it's difficult for you to step outside of. Two of the very strong belief systems that you hold are now so incorporated in your reality creation process that it's difficult to give you examples through the use of a vocabulary without continuously referring to your beliefs in the concept of time and space.

For example, if we were to say to you that you exist in the now, we have chosen a terminology that is a reflection of the belief in time, in the now. If we say to you that you are a spark of consciousness, that leaves one with the impression that there's this greater consciousness and you are but a small part of it, and it validates and fits well within your belief in space. If we're to say that you are the Piece of the One, for example, once again, it's a definition that's based upon the belief system in space, that doesn't really exist. And so, it becomes difficult through the use of a vocabulary to give you accurate descriptions of who and what you truly are because we continuously choose and are reflected back to the choice of words that are a reflection of the belief in time and space. And time and space are illusions.

The reality that you experience in your conscious state is an illusory reality. Absolutely. Now, the human consciousness belief systems, once again, are the ones that you bought into, that you as a human consciousness agree to participate in, the human

consciousness consensus to validate those belief systems, to make them difficult for you to alter and to step outside of while you're in your so-called conscious state.

And then you have what we refer to as societal belief systems, and you can see different examples of societal belief systems throughout your Earth's system. Belief systems that are based upon various religious concepts or various societal concepts that you as individuals choose to reincarnate into particular areas and to participate in those so-called societal belief systems. Societal belief systems are not necessarily uniform throughout your entire vibrational level, throughout your entire Earth system, if you wish. In other words, you can have different societal belief systems and each of you can come up with various examples of your own of societal belief systems where there's one society that believes and holds as a truism, if you wish, certain values that do not apply to another societal belief system. Societal belief systems are much easier for you to alter and to step outside of than the so-called human consciousness belief systems.

And then you have the individual belief systems. The belief systems that you choose individually to hold within your so-called subconsciousness and that are reflected in the reality that you experience. Individual belief systems are, by their very nature the easiest for you to alter. Altering a belief system is not a very difficult process at all. You can use almost any technique that you desire, and if you believe that it will work, it will work.

You see, a method or technique is not nearly as important as your belief in the validity of that method or technique. Belief. The key word is always belief. If you believe that a various method or technique will work for you then it will work. It's far more important that you believe in the technique than it is that you be concerned about whether or not that technique is the right one. If you don't believe that it's the right one, it won't work and if you do believe it's the right one it'll do quite well. So, don't worry about the method or the technique that you employ to alter a belief system. Worry about whether or not you believe it will do the job. (*Chuckles*) Whether or not it's a belief system that you can own as a truism, that will assist you in altering your beliefs.

So, altering a belief in order to alter your reality is not a difficult thing for you to do. The difficulty is to discover the belief that's responsible for the reality that you are currently experiencing and which you would either like to alter or you would like to strengthen and validate. You see, if it's a joyous occasion, if it's a very enjoyable reality that you are experiencing then it would be of a benefit to you to understand what the belief is that you're holding and validate that belief and reinforce that belief so that you can perpetuate and even intensify that reality so that you can enjoy both the emotions and

feelings that are as a result of that creation of that reality.

On the other hand, if you're involved in a particular reality that you find is less than desirable, then you may find it quite beneficial for you to alter that reality, by altering the belief that's a reflection [of] that reality. It is understanding that belief that can be very difficult. Getting a grasp of that belief that you hold within your subconsciousness, and that is reflected in your reality, can be quite a challenge for many individuals, absolutely.

You see, it's important that you understand that that portion of your so-called higher self, that spark of consciousness that you are, that entity that has the capacity to create that you are, creates whatever it is that you desire based upon the beliefs that you hold and it does so without judgment. Right or wrong is a human consciousness concept. It does not exist within your so-called subconsciousness. Right or wrong, indeed, is a reflection of the choices that you make in your so-called conscious state. You see, what you may believe to be right or wrong in other various societies it may have an entirely different take and perspective of what right or wrong is in that various instance that you might be referring to.

And so, right or wrong is a human consciousness concept. That spark of consciousness that you are, that so-called higher self, if you wish, that part of your entity that creates your reality does so without judging whether or not it's right or wrong. It does so from a position of absolute and unconditional love and it creates whatever it is that you desire to experience as a reflection of the beliefs that you hold and it does so quite joyously.

It's only in your conscious state that you experience realities that you find to be either desirable or undesirable, that you pass the judgment on as being whether it's good or bad. That's a human consciousness concept. And there's nothing wrong with it. It's important that you understand, however, that it is a human consciousness concept, that there is a portion of you that creates whatever it is that you desire, as a reflection of the beliefs that you hold and it does so joyously from a position of absolute unconditional love, and without any type of judgment as to whether or not it's right or wrong. If it's what you want, if it's what you desire, if it's a belief that you hold, then that spark of consciousness that you are creates it so that you can have that experience. Absolutely. And it does so, once again, as a reflection of the beliefs.

And so, understanding the beliefs is the difficult part of this altering of reality. Understanding at a conscious level what the belief is that you hold so that you can alter it is the difficult part. You see, you in various levels of your consciousness and in order for us to give you some type of an explanation that falls within a grasp of your conscious understanding we refer to your belief in

time and space. You, in your so-called in-between incarnational periods choose many beliefs to bring into a particular reality, into a particular incarnational period. You choose beliefs to have various experiences to occur throughout your so-called lifetime. And as you exist within that incarnational period, indeed, you many times activate a particular belief that you chose in your so-called altered state of consciousness between incarnational states. And as a result of that activation, you validate and bring into a reality a choice that you made in your altered state of consciousness, in the so-called between incarnational state.

Now, that becomes difficult for you to get a grasp on, and it becomes even more difficult when we explain to you that it all exists in the now. You do it simultaneously. You choose a particular belief system in an altered state of consciousness that's a state of consciousness that you exist in in between incarnational states and you bring it into this particular incarnational state and into this illusionary reality and you make it real.

Now. Many individuals, particularly in your Western society, like to have some type of scientific validation. And so you create, you create as a result of your belief in the desire to have scientific validation, various illusionary realities that validate and support some type of scientific belief, in that various types of realities do occur. You have within each and every atom of your entire being an energy. An energy that is the essence of who and what you truly are. And you have as well within each and every cell of your entire being what your scientists refer to as the DNA. Your scientists can study that DNA and they understand that there are portions of it that they can designate and identify to have various aspects upon your life. Various particular, what they refer to as, markers that influence various parts of your existence, your physical reality.

They also understand that there's a huge portion of the DNA that seems to do nothing. It seems to just be there. It's like seeing your brain and believing, as the scientists have a tendency to do, that you only incorporate a very small portion of that brain in your conscious existence. And so it is with the DNA. They believe that there is the active DNA, and then there's this other seemingly junk part of the DNA that doesn't seem to have any purpose, it's just there. Well, in order to validate that scientific portion of your conscious mind you put in place that type of DNA, and contained within that so-called inactive DNA are the possibilities for you to experience various types of realities in this incarnational period. And as you alter that energy that surrounds the DNA, you indeed can activate and deactivate various parts of that DNA and you can experience that reality that you desire. And you can validate it scientifically.

You, in your so-called between incarnational states, put in place various belief systems that have the possibility

to be experienced in this particular incarnational period, in this lifetime. And you contain them within the DNA, you bring that in with you, if you wish. And then, as you activate or deactivate the energy that surrounds that DNA, you either activate or deactivate various aspects of the DNA that bring into your existence that reality so that you can experience it. And as you go through your lifetime, and you have experiences that trigger, if you wish, the activation of the belief system then you change the energy that surrounds the DNA, and as a result you bring the experience into your reality.

And as you alter that energy as well, you can alter the DNA and reverse the process. Each of you has examples of entities who are experiencing some type of life-threatening [untreatable] disease. Absolutely incurable. The entity is for all intents and purposes experiencing their last days in this incarnational period. And then quite miraculously they experience some type of recovery. And it is classified as a miracle and your scientists can't explain it.

Well, it's really very easy to explain. First of all, you exist in an illusion and it's very easy for you to alter the illusion, you have but to believe. And an individual who experiences that type of alteration in their physical existence has altered the energy that surrounds the DNA, and as a result of the alteration of that energy have reversed the process of the DNA and have eliminated that reality from being within their particular experience in that incarnational period. It's really that simple.

You can make it as difficult and as complicated as you wish. You can put in place all types of belief systems and make it very complicated, but it's really not complicated at all. The reality that you experience in your conscious state is a reflection of the beliefs that you hold. You create your reality, absolutely. You are the god that you search for and you cannot fail to come to that understanding. The rest is illusionary. It's really that simple. Make it as difficult as you wish. Choose all of the complicated belief systems and bring them in so that you can feel less and less in control and that there are others influencing your reality. You can do that consciously, absolutely, but it does not change the fact that you do that. It doesn't change the fact that it's your choice. It doesn't change the fact that you create the reality.

You see, to choose to not create your reality is to still make a choice. To choose to not accept the responsibility for the creation of your reality is to make a choice. To choose to believe that there's a god out there that creates your reality for you is to make a choice. And if you hold that belief, indeed, this whole experience that you have in your so-called conscious awake state is illusionary and you can have that as well. It's not a right or wrong. If you wish to believe that there's some entity existing outside of your vibrational level that creates your reality for you, then you will

experience realities to validate that belief. It's all an illusion. You can have whatever it is you desire. Not only can you have whatever it is that you desire, the irony of it is that you do have whatever it is that you desire. And once again, many of those belief systems are put in place in your so-called between incarnational state, or in your dream states.

So, how do you discover what a belief system is? Ah, there's the difficult part, once again. Pay attention to the spontaneous attitudes that you experience when you are involved in some day-to-day activity. You see, many individuals believe that if you hold a particular attitude, that that attitude will alter a belief system. You can have that, absolutely. It's an illusionary reality, and that's as valid as any other type of belief system. The difficult part is that if you hold within a belief system that is opposing the belief system that you're trying to achieve and to bring into your subconsciousness then you have two conflicting belief systems. And you create a reality, and it appears like you've got it, it appears like, "That's finally where I'd like to be. I'm creating all of this reality." And then suddenly, along comes the opposing belief system and it destroys that which you have built, and it validates, once again, that illusionary belief system that you're not in control. It validates that you are at the mercy of other individuals or of the universe or of some other entity existing outside of your universe. It doesn't matter what the belief is, it validates it.

And so, the key is to understand what the beliefs are in paying attention to the attitudes—the spontaneous attitudes, not the attitudes that you think about, and that you'd say, "Well, that's not the attitude I'm supposed to have. I'm supposed to hold this very positive attitude. I can't have that negative attitude. That's not good for my creation process." If you hide from the so-called negative attitudes, if you don't pay attention to those spontaneous attitudes, you will have difficulty getting a grasp on what the true belief is that you hold that's responsible for the reality that you are experiencing. But once again, the reality that you experience is a reflection of the beliefs that you hold, and many of those beliefs are beliefs that you hold in your subconsciousness and they are very difficult, many times, for you to get a conscious grasp of.

Now. It's possible for you to alter those beliefs, absolutely. But once again, understanding them is of a primary concern before you begin the alteration process. Pay attention to the spontaneous attitudes. Choose a method that will work for you to alter beliefs. It doesn't matter what the method is. The method or the technique is not nearly as important as your belief in the method or the technique.

We have used many, many times the analogy of an entity who comes upon a body of water that they have to cross. And a short way off the shore there is this bank of fog that they must pass through, and this fog

bank seems like it's quite impenetrable and you can't see through it, so you have no idea how far this journey is going to be.

And so, individuals run up and down the shore and they look at various vessels that are anchored along the shore and they attempt to choose a vessel that they believe will be seaworthy, that will take them on this journey, on this perhaps perilous journey, that they have absolutely no concept of how far it is or any dangers that may lurk.

And so, the more that one believes that it's a difficult journey, then the more one searches for the ideal vessel to carry them across the water. And so, many individuals run up and down the shore, and they keep on checking out the vessels to see if they're properly equipped and to find out if they're seaworthy and to see whether or not they have enough of a crew to take on this perilous journey. (*Chuckles*)

And then there are the other individuals who have a sense that it's a very safe journey, who have a sense that the vessel is not really all that important. And so they come to the water's edge and they choose the first vessel and they say, "Ah, this will do just fine," and they get in their vessel and they begin the journey and they find out that it's a very safe journey. They find out, in fact, that you really can't get lost on this journey. They find out in fact that you didn't really need a boat; the water is so shallow if you wish you can walk across.

And so, [the] key is to not worry so much about the beliefs that you would like to use as techniques or methods, but rather your belief in whether or not that method or technique would work. That's what's important. The method or the technique is of very little relevance. It's your belief that's important.

And so, choose a method or technique that works, that you believe in it, employ it, and get on with it, and you can achieve your capacity to alter your consciousness. You can achieve your capacity indeed through altering of your consciousness to alter your reality, and to do it with a purpose to achieve a desire that you would like to experience in this reality. You see, once again, you create the reality. Whether you choose to believe it or not is of very little importance. You create the reality. You are the god that you search for. And you absolutely cannot fail to come to that understanding. The rest is illusionary. You can have whatever it is that you desire. Not only can you have whatever it is that you desire, but you do have whatever it is that you desire.

This reality is an illusion. And it's your illusion, and it's your creation, and you can alter it. Absolutely. You can, if you wish, choose to believe that you're not in control. That's not a right or a wrong. We are not suggesting to you that you must do this or that you must do that, that this is right or that's wrong, absolutely not. It's not a right or a wrong concept. It's a choice that you can

make to go in either direction. It's your choice. It's always been your choice. The reality that you experience is a reflection of the beliefs that you hold and the beliefs that you hold are a reflection of the choices and decisions that you make. Absolutely.

No one can take that away from you. You cannot be separated from who and what you truly are. Your spirituality is withinside of you, it's not something that you have to go search for. It's limited from your capacity to understand in your conscious state because of your choice, because of your choice to put in place that electromagnetic type of energy. Not someone else's choice, not some other entity's choice or [not] other entities' that you interact with on your day-to-day activities choice. Your choice. It's your reality. It's your choice. It's your creation, based upon the beliefs that you hold. And if you don't like it, change the beliefs. We assure you, you will change the reality. Absolutely. Guaranteed. The only limitation to your creation process in this reality is your imagination. If you can imagine it, you can create it. Absolutely.

Now, we would like for a moment or two, and if you have questions for us, we would be willing to return and attempt to answer them for you. 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 that opportunity to interact and to share with each of you, and to offer you our absolute unending support and our unconditional love. And we would bid each of you farewell, with love and with peace. ☸