

JOSHIAH

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Q and A

Joshiah: Well, now. Well, once again it is indeed a pleasure to be invited back into your vibrational level. And we would like to, once again, express our greetings to each of you and we would remind you, once again, that there exists for you that opportunity to be involved in that silent communication. You will, once again, find it quite easy to alter your consciousness. You have but to close your eyes and express the intent and you will be able to readily enter into what you might refer to as a meditative state and in that altered state of consciousness have that opportunity to be involved in what we refer to as that silent communication, that telepathic interaction, if you wish, with other entities, or indeed, with that portion that you refer to as your higher self. And once again, many times that information that you receive is much more pertinent to your individual needs and desires and requests than is the information that we express through this rather limited use of a vocabulary. And as always the choice is yours. Absolutely.

Now. The reality that you experience in your so-called awake consciousness state is a reflection of the beliefs that you hold. You make it more complicated if you wish. You simply have to believe that it's more complicated and it can be that way. You can believe that you're not in control and you can create the reality that validates the belief. Absolutely. You, once again, participate in a reality creation through a system of what we refer to as beliefs and belief systems. And there are, once again, three particular types of beliefs, if you wish. And in some areas they overlap slightly but for the most part they can be very distinct, and that is, once again, your human consciousness belief systems that you agreed to participate in when you enter into this vibrational level. That you agree to hold as absolutes, if you wish. And they are very difficult for you to step outside of, very difficult for you to alter. Not impossible. But very difficult, very difficult to alter and yet sustain interaction in this vibrational level, in this conscious state.

And then you have the so-called societal belief systems. Difficult for you to alter, once again, but not nearly as difficult as the human consciousness belief systems. It's within your capacity to alter the societal

belief systems. Once again, difficult, but not nearly as difficult as the human consciousness belief system.

And then you have the individual belief systems. Belief systems which you hold as individuals that are responsible for the reality that you experience in your day-to-day activities. Those particular beliefs and belief systems are well within your capacity to change, not only within your capacity to change, but you do change, at some level of your consciousness you do change. You believe in time and space and to validate that belief system in order to give you some concept of an explanation that you can grasp we would suggest that in your so-called between incarnational state, before you enter into this particular incarnation, you chose particular beliefs that you bring into the incarnational period with you. Beliefs, indeed, that many times you hold within your so-called physical being, and you activate depending upon the particular choices and decisions that you make throughout your incarnational period. Possibilities that you put in place. And as you alter other beliefs, as you go through your so-called incarnational period, you take that possibility and have the potential to turn it into a probability, and then to experience it, based upon, once again, what it is that you believe.

Now. It becomes very difficult for an individual involved in your so-called incarnational period, in your conscious state, to grasp this concept of creation because you chose to limit your understanding. You chose to limit your ability to consciously hold that understanding of the reality creation process. You can get glimpses of it, you can alter your consciousness and in your altered state of consciousness you can become aware of what it is that you're experiencing and you can bring that awareness back into your conscious awake state. And you refer to that as a meditative state many times or some individuals refer to it, indeed, as lucid dreaming or various states of altered consciousness in which it's completely within your capacity through an altered state of consciousness to experience and to have memories of your so-called other incarnational periods. Absolutely, you have but to believe and it's completely within your capacity to do so. To experience that consciously and to maintain your sanity, to maintain some viability, and to maintain some type of legitimacy in this so-called awake state, is very difficult. Not impossible. But very difficult.

You also, in this awake state, many times don't wish to accept the responsibility for the reality that you experience and to allow others to accept the responsibility for the reality that they experience. And so, you have your so-called societal belief systems. That certain things are allowed and others are not allowed, one's right and one's wrong. The irony of it is that if you were to travel to the other side of your Earth you would find, indeed, that there can be another society existing that has quite different belief systems than what's right or wrong. You have various religions that occur in certain societies and in other societies on the other side of the Earth you have entirely different religions. Who's right and who's wrong? It depends upon what you believe. Your belief precedes your reality.

Now. We suggest that right or wrong is a human consciousness concept. You hold it within your society because it allows you to function. It gives you limitations. It gives you rules and regulations so that you can function, so that you have your limitations and you like to operate within limitations. There are, however, certain individuals who establish what they refer to as principles, and through the establishment, they attempt to apply their principles, they develop a character. And through their establishment of their character they sometimes violate the rules and regulations. Because, you see, sometimes the rules and regulations don't always apply to the situation. They may have been well-meaning rules and regulations when they were established, but when you come up with a certain circumstance it doesn't fit the original concept and you attempt to apply the rules and regulations it sometimes doesn't work. It sometimes crosses that line of what you would have established as principles.

And what the principles do is allow you to strengthen your character and through strengthening your character you begin to like who you are. And as you like who you are you begin to experience that concept of love and self love. And through the experiencing of self love you begin to love others. And so what's more important? The rules and regulations? Or the principles and the character that you chose? You see, the rules and regulations may apply in your society but they may not apply in another. But principles in establishing your character and liking who you are, and loving yourself will work in all societies. It crosses all the boundaries of what you believe to be right and wrong.

Now. In your right and wrong concept—which once again, is a human consciousness concept, does not exist in your so-called subconsciousness—it becomes very difficult to grasp the concept that every individual existing within your vibrational level is responsible for the reality that they experience. They are in agreement to participate in each and every day-to-day activity that they are involved in. They are in agreement to participate. They've put in place contracts, they hold

beliefs that they wish to validate, they wish to validate at the subconscious level.

You see, the sub-consciousness level that you are that creates this reality does so without judgment. It doesn't look at the particular belief that you hold and say, "Well, that's wrong. We're not going to allow you to have that belief." You see, to do so would indeed limit your ability to create your reality. To have any type of rule or regulation that must not be violated is to limit your capacity to create your reality. And so, the spark of consciousness that you are that creates this reality does so without judgment. It's not right or wrong. If you hold the belief it will create the reality and it will do it joyously.

And so, if you chose to be a victim, you can be a victim. The spark of consciousness that you are validates that belief. You simply have to believe that you're not worthy. You simply have to believe that you're a victim. You simply have to believe that you can be persecuted and the spark of consciousness that you are will indeed assist in creating that reality. And you will find all types of other individuals that you interact with in your altered state of consciousness that are more than willing to facilitate and to participate in the creation of that reality so that you can validate the belief that you're not worthy. So that you can validate the belief indeed that you should be persecuted. You can have that. And the spark of consciousness that you are creates it willingly, joyously, without judgment as to what's right or wrong. It gives you whatever it is that you desire based upon the beliefs that you hold. Absolutely. Each and every thing that you experience is a reflection of the beliefs that you hold. You make the choice.

If you wish to believe that you're not in control, then that's the choice. If you wish to believe that it's not within your capacity to create your reality, that's a choice. That's a belief that you hold and the reality that you experience will validate the belief and you will in your awake consciousness state believe that you're not in control. In your so-called higher self you will rejoice at the success that you've had at creating that reality to validate the belief, to allow you to experience the range of emotions and feelings that are possible for you to be associated with that particular reality that you're experiencing. It's really that simple. You can make it as complicated as you wish. But it's really that simple. The reality that you experience is a reflection of the beliefs that you hold and the spark of consciousness that you are creates the reality that you experience and it does so joyously. To validate your beliefs. To allow you to experience the range of emotions and feelings. And that's why you're here. You can make it more complicated. You can believe that you've been put here by some entity, that you have to learn all of these lessons, and you can validate that belief system. Absolutely. It's not a right or wrong. Right or wrong is a human consciousness concept.

Once again, what might be right or wrong in one particular society you will find in another society is entirely different. Does that make one better than the other? Does that mean that one's right and the other's wrong? I guess it depends on which society that you're in. You see, you have all types of conflicts throughout your entire world system based upon one who believes that they are right and the other's are wrong. The irony of it is that they are right and the first one's wrong. And the real irony of it is that neither is right or wrong. They create the reality that they experience to validate the beliefs that they hold. And in their altered states of consciousness they agree to be participating in that reality creation process, joyously create that reality.

You see, it becomes very difficult, once again, in your awake state to understand the concept that when two individuals are involved in an abusive situation, that it's the victim that's ultimately in control. It's the victim who in their altered state of consciousness has control of that reality. It's the victim who chooses to believe that they are a victim. It's the victim who chooses to believe that they're not worthy. It's the victim who chooses to believe that they can be persecuted. And when they stop holding the belief that they're a victim, then the abuse ends. When the victim chooses to no longer be a victim then the whole situation changes. When the victim believes that they are worthy; when the victim begins to like who they are; when the victim begins to believe that they are no longer a victim, then the reality that they experience will validate the belief that they hold. It's really that simple.

What becomes difficult for you to grasp in your conscious state, that entities that are involved in those situations, at some level of their consciousness agree to participate. They agree to participate to create the reality to allow them in their so-called awake consciousness state to validate their beliefs and to experience the intense range of emotions and feelings that are associated with that reality. And they put in place an electromagnetic type of energy that limits their capacity to understand in their awake state that it's their choice. That they hold the belief. And the reality that they experience is a reflection of the belief, and that the spark of consciousness that they are does not judge whether it's right or wrong, but allows them to create whatever it is that they desire as a reflection of the beliefs that they hold.

Once again, you can make it as complicated as you wish. You can believe that you're not in control. It's not right or wrong. It's a choice that you make. You can choose if you wish to believe that you have guides and angels that create your reality for you. That's not right or wrong. You can have it. Absolutely. It's as valid a reality as any other. You can choose to believe that there's some entity existing outside of your vibrational level that creates your reality for you. And you can have that as well. You will have all types of

experiences to validate that belief. But it's a belief, it's a reality that's a reflection of the belief that you hold.

Or if you wish, you can choose to believe that you're in control. And you can have that as well. It really doesn't matter. You create your reality, it's a reflection of the beliefs that you hold and you absolutely cannot fail to come to the understanding of that. You exist in an illusionary reality. Doesn't mean it's insignificant, but it is nonetheless an illusionary reality. It's an illusionary reality as the one that you experience when you step into a theater and you see some projection upon the screen and you understand absolutely that that is indeed someone else's idea of what their reality is. It's a story, if you wish. And it's a trick of lights. You exist in a similar illusion. Absolutely. And you can have whatever it is that you desire. You create your reality. You are the god that you search for. And you absolutely cannot fail. The rest you can have whatever it is that you desire. You have but to believe.

Entities who choose not to believe that they create their reality have made a choice, and they experience the reality to validate the belief. It's really that simple. It's really, really that simple. You can make it as complicated as you wish, once again, but it is really that simple. The reality that you experience in your awake conscious state is a reflection of the beliefs that you hold. And if you don't like the reality, change the beliefs. Individual beliefs are very easy for you to change. You have but to believe that you can change them. The method or the technique that you employ to change them isn't important. Doesn't matter at all. What's important is that you believe that the method or the technique will work.

The societal beliefs are as well within your capacity to change, however, much more difficult than your individual beliefs, and the so-called human consciousness belief systems are very difficult for you to change because you choose to participate, because you choose to validate, to make them real. You choose. No one else forced you to make that choice. You choose. And you choose for the capacity of experiencing an incarnational period in your awake consciousness state so you can experience the intense range of emotions and feelings that it's possible for you to experience. That's why you're here. You choose to be here. You choose to put it in place and you choose to sustain it as well. Absolutely.

Right or wrong is a human consciousness concept. It does not exist in your subconsciousness. That subconsciousness, that spark of consciousness that you are creates whatever it is that you desire to experience and it does so without judgment. It's who and what you are. You cannot be separated from your spirituality. You cannot lose it. You choose to hide from it. It's not something that you're lost from; it's not something that you have to search for. It's who and what you are. It exists not only within each and every

cell of your entire physical being, it exists within each and every atom of this entire universe. It's who and what you are. You are so much more than you perceive in your conscious state. The reality that you experience is a reflection of the beliefs that you hold. And if you don't like your reality, change the belief. If you like the reality, reinforce the belief. It's really that simple. It really and truly is.

Now. If you have any questions we would be willing to attempt to answer them for you.

Questioner: I have one (*inaudible*). I know that you said before that the only thing that you can affect in our reality is perhaps through the electronics, the tape, and things like that. What about for others that are part way inside of the veil, let's say, in between incarnations or, well, I guess all are in-between incarnations if they've just died. How much can they affect our physical reality?

Joshiah: First of all, when we affect your reality in terms of your so-called recording mechanisms and electromagnetic types of equipment, understand that we only affect that particular alteration in your reality because you desire it. It's not something that we desire to do. It's a desire that you express. It's a belief that you hold. It's your reality. It's your creation. Absolutely. There's absolutely not one instant that occurs within your so-called awake state that is not your responsibility. Response-ability. It becomes a very difficult term because you see you believe that some individuals can have a responsibility and others don't. Well, that's a choice. You see, response-ability. You have that ability to have a response. Not only do you have the ability to have a response, but you do have a response to each and every interaction that you're involved in. You can't escape responsibility, it's what you do. You can choose to ignore it. You can choose to suggest that, "I'm not responsible," but that's a belief and it will be reflected in the reality that you experience. It's still your response-ability.

And so, when you experience alterations in your so-called recording systems understand that it's as a result of beliefs that you hold, desires and expectations that you hold. Your choice. You are involved in that creation.

You see, the energy that exists within this place is your energy. We come as an invitation. We have absolutely no ability to alter your reality other than minor things that you allow us to have that interference with. It's your choice. You see, we interact as you interact with each other on a day-to-day basis. The interaction doesn't take place unless two individuals agree. One individual cannot create a reality for another. You interact, and you agree, and you put in place the agreements and the contracts so that you can have the experience. And our interaction is the same. We are much more limited through choice to not be involved in your particular reality creation. We are much more

limited in our ability to have any influence in your reality.

The information that we reflect to you is simply information that you choose to hear. It's information that's contained within each and every one of you. To believe that we as an entity existing outside of your vibrational level, somehow I'll have access to more information than what's available to you within your own reality creation process is ludicrous. It's just not possible. It doesn't make any sense. It's like suggesting that you're existing within this particular incarnational period and this vibrational level can somehow give us an explanation of the vibrational level that we exist in that's somehow superior to the knowledge that we have over our creation process. It just doesn't make any sense. And it's a similar terminology and explanation when you reverse the procedure to suggest that we somehow have knowledge that's not available to you in your creation process. It's just not so. It's really not so.

Now, to answer the second part of your question. You as an entity and every entity existing within your vibrational level is responsible for each and every experience that you have. Now. Many times in your awake consciousness state that becomes very difficult for you to grasp. But nonetheless you are responsible. That doesn't mean that you can't be involved in an agreement and in a contract which when you come into your consciousness state makes you feel like you're not aware of what's occurring, that you're not in charge, and that some other individual in your awake consciousness state is having an effect and is indeed influencing your reality. But you've agreed to that. You have held a belief that that's possible for that to occur. And once again, the belief proceeds the reality. It's really that simple.

If you wish to believe that there are entities existing either withinside of your vibrational level or outside of your vibrational level that can have the capacity to influence your reality, then you will create an illusionary reality to validate that belief. It's not right or wrong. You can have whatever it is you desire based upon the beliefs that you hold. And if you wish to believe that there are those entities either in altered states of consciousness within your vibrational level or outside of your vibrational level that are creating your reality, then you will have indeed experiences that validate that belief. But it's your belief. It's your choice. It's your reality.

The other entities participate similar to the interactions that you have with the individuals in this particular room on this afternoon, because you've agreed. It doesn't mean that the individual that you're interacting with has to be in your so-called awake consciousness state, in your awareness level. Absolutely not. You interact with individuals in your altered state of consciousness on a continual basis. There's nothing to keep you from

having that interaction in your awake state. You have but to believe. You have but to believe. It's still your creation. If you wish to believe that there are no entities that are influencing your reality you can have that as well. It's not right or wrong. It's a choice that you make.

If you believe that there are entities that have the capacity to create your reality and to influence your reality, it does have drawbacks, if you wish. And it doesn't matter what the belief is. At some level within your conscious state you will rationalize that that's got a drawback, that is a problem. Because you see, it makes it real if you're not in control. It makes it real. It makes this reality and this illusion real.

And so, if you believe that you have an entity existing outside of your conscious state that's influencing your reality, and then you ask that entity for assistance, or things are going along well and you say, "Well, my guides and my angels are really doing things for me now and everything's percolating just well." But you see, in order to validate that reality that you're not in control, that these guides and angels are influencing your reality, then many of the illusionary realities that you experience will not be sustainable. Because you see, then it proves that you're not in control. It validates that these other entities are influencing your reality.

Conversely, if you believe that you are in control, and you're creating this reality, the difficulty with that particular type of belief system is you lose your comfort level. You have to accept the responsibility for who and what you truly are. You have to accept the responsibility for this reality that you're experiencing. And that can be very difficult in your conscious state if the reality's not going well, and you can't dig out an understanding of what the belief is that's causing the reality. And you can't blame it on anyone else either.

And so, it doesn't matter which way you believe, it becomes very difficult in your conscious state for you to have that so-called very harmonious type of reality experience. Because you choose to believe that you're not in control. That's one of the human consciousness belief systems that you put in place with the sustaining of this electromagnetic type of energy that limits the understanding of who and what you truly are in your awake and conscious state.

And so, it's very difficult to hold any belief that you can sustain and look at it and say, "Well, that's it, we're absolutely in control and everything is just going great." Ironically, when you begin to understand who and what you truly are then the reality becomes more illusionary and you're changing it doesn't become nearly as important. You become more accepting of the reality that you experience. Your perspective changes.

You see, individuals involved in a day-to-day activity can be involved in an activity which to one can seem very, very traumatic, very frightening, an absolutely terrible particular activity or experience. And yet, their

companion can stand beside them and calmly, quite willingly, accept the experience and have absolutely no feeling of fear or anxiety. Same particular activity, two different perceptions, based upon your belief, based upon your ability to understand that it's an illusion.

You see, when you begin to understand that it's an illusion, then many times what one desires changes. One's capacity to experience fear changes. One begins to look at the importance of knowing who you are, of putting in place, once again, the principles and applying them. Not to impress others, not so that others can feel that this is a better person. Absolutely not. You put in place the principles that would reflect the type of person that you would you like to be. Not that you believe others would like you to be, but that you would like you to be. So that when you can look in the mirror each morning that you like the person that you see. That that's who you want to be. That's that what you would like to reflect. That's that what you would like to see reflected back to you in others. It's what you desire. It's what you believe are the right things, the right principles for you to choose.

And then you put them in place. And you like who you are. It's not that you don't like who you are. It's not that you don't understand the capacity to love. All of the reality that you create in your so-called awake consciousness state is created from a position of absolute unconditional love. You just simply choose, once again, to put in place that electromagnetic type of energy that limits that understanding in your awake conscious state. To bring into that conscious state a feeling of self love allows you as well to begin to love others. And it allows you as well to begin to understand the importance of this understanding your beliefs.

And not that you'll necessarily change your entire reality and all of the interactions that you're having with other individuals, but rather that your perception changes. And that your feeling of self worth changes. And that you like who you are and you feel at peace. And you feel that you are accomplishing that which you desire.

You have a different perception of the particular interactions. Fear becomes something that you rarely experience and you begin to understand, as well, that the emotions that you experience can be expressed and then eliminated. You can feel anger, and express it, and then let it go, and get on with your existence. Absolutely. The so-called negative emotions become less frequent, and when they occur you understand that it's within your capacity to eliminate them. You understand that they occur as a result of you choosing to hold particular beliefs that allow you to experience that reality, and therefore you can let it go.

And so, if you wish to believe that you have guides and angels that are influencing your reality you can have that. And with it comes that limitation in being in control of your reality for you are going to have difficulty being

in control of your reality if you're allowing other entities to influence your reality, have to validate that you're not in control. If you're entirely in control then the other entities and guides and angels can't influence your reality. And so you can't be constantly in control. You will experience those realities that validate the belief that you have guides and angels. And it's not right or wrong. If that's what you desire you can have that. Absolutely. It allows you to experience certain emotions and feelings that are the result of those interactions. And that's not right or wrong, it's a choice that you make.

Religions are not right or wrong. They're a choice that you make. Beliefs are not right or wrong, they're a choice that you make. And the particular spark of consciousness that you are gives you whatever it is that you desire based upon the belief that you hold. And it's not right or wrong other than you believe it's right or wrong in your awake consciousness state. And so, if you wish to believe that you have guides and angels that can influence your reality, go for it. It'll allow you to have all types of experience to validate that belief and they can be very enriching experiences, and indeed can allow you to experience an intense range of emotions and feelings and that's really why you're here.

Does that answer your question?

Questioner: (*Inaudible*) and also so you can have the belief obviously that you're in control of your own reality and still be able to interact with those other entities the same way as you would interact with friends in this reality. They're still wanting to interact with us if they have no need to help us, right?

Joshiah: Absolutely. Not only can you, but you do interact. You see, we try to break it down to the simplest components, of the belief precedes the reality. And we've used the analogy before, that it's like trying to take a particular material element in your so-called reality and break it down to its most minute particle, if you wish, which is your atom. And you understand indeed that the atom is made up of certain components as well and you can break it down even further. But you also understand that that atom while it may be composed of different types or different masses of components is still relatively the same throughout all of the material elements in your entire universe. They're composed of atoms. You understand that. You can get a grasp, even though you can't see that. You can't validate it really except through some type of experimentation that proves a theory. But really, you can't see it, an atom's too small for you to see and yet you understand the principle that you can break every particle down to its most minute particular element that's common throughout the entire universe and that's the atom.

And so, it is that every reality that you experience you can break down to its minute existence is the result of a

belief. Similarly, as your elements are made up of multitudes of atoms so it is that your reality is made up of multitudes of beliefs which we refer to as a belief system. If you interact with another individual who believes that there are angels and guides that are influencing their reality and you become part of that and you agree to participate in it, although you may not agree in the guides and the angels, nonetheless at some level of your consciousness you agree to participate. You interact with those guides and those angels.

You see, that entity that believes in the guides and the angels are creating their reality, at some level of their consciousness interacts with them, at some level of their consciousness they know absolutely that it's their creation. And so, you know at some level of your consciousness that it's your creation, and yet, you interact with all of the entities. Not only the ones that you experience in your awake consciousness state, but indeed all of the other entities that are participating in and agreeing to fulfill your creation process.

You see, you believe that the only entities that you can interact with are the ones that you see in your awake consciousness state. And it's really not that way. You are so much more than what you perceive in your awake conscious state. You interact in other levels of your consciousness with other entities that are existing in other incarnational periods that are not in this one. You interact with other entities that you would refer to as being in the in-between incarnational state and you even have the capacity to interact with other entities that exist outside of your vibrational level. Through your choice.

And we are an example of that interaction. We find it rather humorous that individuals would listen to us and actually tack some value [out of] the information that we express and then question whether or not there are other spirits. It's really quite humorous.

And so, you do interact with other entities that are not in this incarnational period. And so, it should come as no surprise at some level of your consciousness you interact with other entities that are what you refer to as between incarnational periods and indeed other entities that are outside of your vibrational level. Entities outside of your vibrational level have that capacity to interact with you. They just do not have the capacity to create your reality. There's a huge difference there. We cannot create your reality. We have absolutely no desire to attempt to create your reality. We have absolutely no desire to influence your reality. That's your choice. Absolutely. And so, if you wish to choose to interact with other entities at any level of consciousness you not only can have that but you do it on a regular basis. It's really that simple.

Does that answer your question?

Questioner: Yes, it does, thank you.

Questioner: Whenever I interact with somebody else, with what I would call another being, be it you or a human or whatever, if I see, whatever I see reflected back is completely my belief, right? Like, if I feel resistance to a concept that I believe, coming from that other person, it's not theirs. It's mine? It's my stuff? My resistance to that concept or idea. Is that not true?

Joshiah: If you believe that. Absolutely.

Questioner: So it might not be?

Joshiah: It's an illusion. There are but three things you cannot change. You are the god that you search for, you create your reality, and you cannot fail to come to that understanding. The rest is illusory. If you wish to believe that when you have a concept or an idea and you express it to someone and they receive it or they express it back that that's as a result of some belief that you hold, you can have that. Another individual may have an entirely different perception of the same interaction because they hold a different belief. The reality that you experience is a reflection of the belief that you hold. And if you desire to change the reality, change the belief.

You see, in the example that you give, you are assuming, first of all, that the expression takes place and as a result of that interaction then you form a belief. But it's not that way at all. The belief is there first and then you create the reality to validate the belief.

So, if you believe that it's reflected back to you, any idea or concept that you put out, and it's reflected back and someone not experiencing it, that's your choice. It's a reflection back to you to validate the belief that you hold. And that doesn't mean that the other entities at some level of their consciousness have not agreed to participate in and indeed they have, for it allows them to validate a belief that they hold.

The interaction takes place to validate beliefs that you hold, absolutely, that allow you to experience the range of emotions and feelings that are associated with that interaction. And if you wish to change it, change the belief. You can apply that to any particular interaction and in your entire existence: if you don't like it, change the belief. If you like it, and you wish to intensify it, then intensify and reinforce the belief. It's really that simple.

Questioner: Then, anything that I experience that way as an experience is an illusion? Correct?

Joshiah: This vibrational level that you exist in is an illusion. The reality that you experience in your conscious state is an illusion. That doesn't mean it's not significant. You see, to say that it's an illusion does not mean that it's not significant. And many times there's that perception that if it's an illusion then it's not important, if it's an illusion then it's not significant, and it's really not that way at all. Every reality that you experience, not only in your awake conscious state but in all the levels of consciousness are illusory.

Doesn't mean they're not real. Doesn't mean that they're not significant. It means that you can change them. It means that it's an illusion, it's a reflection of the beliefs that you hold.

When you alter your levels of consciousness then the so-called human consciousness belief systems that make this real do not have the same effect. Many of the so-called human consciousness belief systems do not have the same effect in your altered states of consciousness. When you are in your dream state, for example, time and space don't have the same type of significance that they have in your awake state. The illusion is sustained absolutely, but you are much more aware that it's within your capacity to alter it. It doesn't mean that it's not significant. It doesn't mean that it's not important. It means that it's an illusion. And it's all illusory. We all exist in illusory realities. We simply understand that it's an illusion.

It's like, once again, when you walk into a theater you understand that what you're experiencing is an illusion. When you enter into your theaters that allow you to have your so-called surround sound and the image is indeed surrounding you so that you feel like you're part of it, it comes much more near duplicating what you experience in your awake state. And the feelings and emotions that you experience in that type of situation are much more intense than when you have the sound coming from one particular area at the front of your presentation and you have this blank flat screen that you stare at.

And so it is, when you're in this particular awake consciousness state and you have the surround sound and you have all of the images that are completely around you, it makes it more real. It makes it more important and it intensifies the emotions and feelings and that's why you're here. Continuously comes back to the fact that you create your reality. You entered into this vibrational level by choice and you do so to experience the intense range of emotions and feelings. It's really that simple.

Like so many particular concepts that you experience in your awake consciousness state, when it is overly simple then one chooses not to believe because it can't really be that simple. "I can't really be that dense that I can't grasp such a stupid, simple concept." And yet, that's how it is. It really is that simple. And you choose, you choose, and once again, that's important. You choose to believe that you're not in control. You choose to put in place that electromagnetic type of energy. You choose to have the experience. Absolutely.

Does that answer your question?

Questioner: Yes, and so I can still ... I can, from my little self, from my little conscious self that believes somehow it's separated from the higher self by the veil, I can from this end somehow reverse that process and still maintain my presence here, still interact in the

illusion, still have fun here. And from what I've read by so-called realized people those of us that don't do that are missing out. Now that, I don't want to argue about that, whether living in a gutter is better or being a transcended individual is better. I don't care. I know what [ride] I consciously like and I'm interested in, and so as long as I believe I can achieve. And I guess that's all that really needs to be said.

Joshiah: Absolutely. The difficulty is to understand what you believe and the choices that you make, not only in your awake consciousness state, the choices that you ...

(Recording ends.) ✿