

JOSHIAH

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Joshiah: Well, now. Once again, and we would like to express our greetings to each of you, and as well, to express our gratitude for your once again allowing us this opportunity to enter into your vibrational level and to interact and to share with each of you.

Now. Before we begin we would once again remind you that there exists for each of you the opportunity to be involved in what we refer to as a silent communication, the opportunity for you to alter your consciousness and to enter into what you might refer to as a meditative state, and in that altered state of consciousness have an opportunity to have a telepathic interaction or exchange with other entities that would be with us on this afternoon or, indeed, to have an interaction with that portion that you refer to as your higher self or that spark of consciousness that you are. You will find, once again, that as a result of the energy that you have created that it's quite easy for you to alter your consciousness, that you will find that it's possible for you to simply close your eyes and express the intent and to enter into that meditative state and to have that capacity to have that interaction.

Now. Once again, many times it's very difficult for you to recall that interaction and many individuals feel like there has not been an interaction. It's something that may be difficult to bring back into your consciousness state. And that's a difficulty that you choose to participate in and that you choose to perpetuate through that establishment and maintenance of the veil. Conversely, you should not feel that you've not participated in some type of interaction. For indeed, it does occur, and many times that interaction and the information that you receive in that altered state of consciousness is much more pertinent to your individual needs and desires than is the information that we express through our friend, Elias.

And so, as always, the choice is yours. Should you choose to close your eyes, and alter your consciousness, once again, you will find that the energy that exists within this sacred space will facilitate and assist you in accomplishing that alteration of your consciousness. And once again, as always, the choice is yours. Absolutely

Now. We continuously suggest that you exist in a vibrational level that is the result of a reflection of the

beliefs that you hold. This reality that you exist in in this vibrational level is your creation. And as such, indeed, you're that spark of consciousness that has the capacity to create, that you might refer to as some type of god. You create your reality and you, indeed, are the god that you search for. And that's the simplicity of what it is that we suggest to you so many times, over and over. It's the basis for the information that would allow you to understand in your conscious state that this reality that you experience is, indeed, your creation and should you desire to alter it or change it that it's within your capacity to do so. Should you desire to alter or change this reality, indeed, it is completely within your capacity to do so consciously.

Now. The irony of it is that whether you accept that particular belief system or not, it doesn't really matter. You still create this reality. And the reality that you experience is a reflection of the belief that you hold. Absolutely.

From that point on in terms of the creation and what you experience in your conscious state, it's illusion. And it's not right or wrong but rather it's a reflection of what it is that you believe. And if you don't like it you can change it. Absolutely. It's within your capacity to do so, and once again, it's within your capacity to do so consciously. And as you as a human consciousness continue this alteration into what we refer to as the new age and the new energy you will discover that it's much more within your capacity to consciously create this reality. That it can occur, indeed, much more frequently, and much easier, than what it seems to have been possible for you to accomplish in your so-called past.

The reality that you experience is a reflection of the belief that you hold. It's really that simple. And yet, many individuals find that because of the simplicity that it's almost beyond your capacity to understand consciously. You see, if it's so simple, then why don't you do that? And that's the question that you continuously ask, "If it's so simple, then why can't we accomplish that quite so readily?"

Well, that answer, as well, is quite simple. And that's because you choose not to. It's because you as individuals entering into this vibrational level chose to put in place that electromagnetic type of energy, that veil, if you wish to refer to it as such, that limits your capacity to understand who and what you truly are in

your conscious state. Not only limits your understanding of who and what you truly are in your conscious state, but limits as well your capacity to understand in your conscious state the methods and techniques that you employ to create this reality.

Your choice. You see, it's important that you understand that it's your choice. It's all your choice. You see, to suggest that it's someone else that's influencing your reality is to take away the capacity for you to have a chance or a choice to influence it. And if you take away the chance or the choice to influence it, then it means, indeed, that you live in a particular vibrational level and you live in an existence in which what you experience in your day-to-day activities is at the whim of someone else's choices and decisions. And it's really not that way at all.

What you experience in your conscious state, in this vibrational level, and indeed, in your altered states of consciousness, and your meditative states, and in your dream states, and in your between incarnational states, and in all of the other vibrational levels that you have the capacity to exist in is as a result of your choices. Your beliefs. Your attitudes. It's your reality. Absolutely. All of it.

You see, we've suggested in the past that you exist in each and every atom of this entire universe and for many that's a difficult concept to grasp. It becomes almost again, once again, becomes incomprehensible in your conscious state. And [yet] we suggest as well that it's an illusion. It only exists because you as individuals, and as a society, and as a total human consciousness have agreed to participate in the creation and in the perpetuation of the illusion. It's an illusion. It doesn't really exist. And if it doesn't really exist, then indeed you can create it and exist within every atom of the creation.

But in your conscious state, it's real. In your conscious state it's beyond your comprehension. In your conscious state it is so last. This is illusion, this universe that you exist in, that how could you possibly exist in each and every atom? Not only is it possible for you to exist in each and every atom, but you do. The simplicity of it is that it's an illusion.

Now. Many individuals find that a very difficult concept to grasp, for once again, to accept that as an absolute, and to still experience realities that you find less than desirable, is to suggest consciously that perhaps you're not successful in this creation process. And it's really not that way at all.

You see, once again, that spark of consciousness that you are, that inner self that you are, that inner consciousness, whatever terminology you desire to give some type of description of who and what you truly are, creates this reality that you experience in your conscious state with an unbounded joy and from a position of absolute unconditional love. And whatever it

is that you desire, whatever it is that you believe will occur within this illusionary reality, that spark of consciousness that you are creates it joyously. It gives it to you. It's not a right or wrong.

Right or wrong, once again, is a human consciousness concept. It does not exist in your so-called subconsciousness. That spark of consciousness that you are that creates this reality does so without judgment as to whether or not it's right or wrong. It gives to you that which you desire. Absolutely.

And so, it's important for you to understand the basis of this creation process, for if you don't accept that you're the creator, and if you don't accept, indeed, that it's your creation, then it's difficult for you to accept that you have the capacity to change it or to create whatever it is that you desire.

And once again, the irony of it is it doesn't matter whether you believe it or not. It's one of the truths, if you wish, that you can't alter. And once again, there are but three and that's one of them, that you create this reality. Absolutely.

If you choose not to believe that you create your reality, that's alright. Your spark of consciousness that you are creates it for you anyway with all types of day-to-day activities and all types of experiences that validate your belief that you're not in control. You can have that if that's what you desire. Absolutely.

And so, to keep it simple, to come down to the basics, gives you the opportunity to, indeed, consciously alter and create your reality. For you see, if you hold the belief that you have angels and guides that create your reality for you, that's not right or wrong. Absolutely not. And the spark of consciousness that you are creates that reality. And many individuals believe that they have angels and guides that create their realities for them. Absolutely. If they don't create them, at least have the capacity to influence them. And so, they have these magnificent realities, and they give thanks to their guides, and they see their angels around them, and they see them creating and validating this reality. But you see, the underlying belief is that there are others who had the capacity to influence your reality. In order to validate that belief then you have to experience realities in your conscious state that are seemingly beyond your control. And the spark of consciousness that you are creates that reality, and it does so from a position of absolute unconditional love, and it does so joyously. It creates that reality that validates the belief that may give you an experience in your conscious state that you find less than desirable as readily as it creates the reality to validate your belief that you have guides and angels that are influencing and giving you these desirable realities.

It's really that simple. You can make it as complicated as you desire. Absolutely. And in fact, not only can you make it as complicated as you desire, but you do make

it very complicated. Because you see, the more complicated it is then the more real that your reality seems in your conscious state. And you came into this vibrational level, you entered into this particular vibrational level, and this reality, and into this experience, for the purpose of having a reality and a day-to-day activities and day-to-day experiences that seem to be beyond your control, because they give you the opportunity to experience a range of emotions and feelings that are not possible to duplicate when you understand that you are in control. Because you see, when you're in control, and you understand that it's an illusion, then you can continue to create the realities, but they don't seem to have the same influence.

It's like, once again, to use the analogy of entering into a theater, and you see a projection upon a screen, and you experience all types of emotions and feelings while you're involved in watching that particular projection upon the screen. But when you leave the theater you understand that it was simply an illusion. It wasn't real.

And so, you can experience all of the ranges and emotions [and] feelings, they don't have the same intensity. They don't have the range of emotions and feelings that you experience in this real world. Which is as illusionary as what you experience in the theater. You just don't have that capacity to understand that in your conscious state. And that, once again, is your choice. Absolutely. No individual has forced you to be involved in or to participate in this creation process. You are here by choice.

And so, how do you alter this reality? Well, hmm ...

We continuously stay away from attempting to give you suggestions on how to create your reality, that you should follow certain particular belief systems, or that you should follow certain practices, and if you do certain activities in some manner that you will influence and create your reality. You see, that's all possible. Absolutely.

If you wish to believe that it's within your capacity to hold in your conscious state a perpetual idea that something will occur within your day-to-day activities or within your experience, and if you believe it, then once again, the spark of consciousness that you are creates the reality to validate the belief system and you can have it. Absolutely. It will work fine.

You see, the method or the technique is not nearly as important as your belief in the method or the technique. And so, we continuously hesitate to give you particular methods or techniques, but rather to suggest that if you understand [that] the basic belief that you create the reality, and that you are the spark of consciousness that is [the] god-figure that you search for, then you absolutely cannot fail. You absolutely cannot fail to come to the understanding of who and what you truly are.

That's the basis. And yet, within that context, in your conscious state, you do indeed participate in basic creation techniques and processes. You hold beliefs and attitudes. And those beliefs and attitudes have an influence upon your thoughts and feelings. And the combination of your beliefs and attitudes and your thoughts and your feelings influence your choices and decisions.

You can apply that to any type of a societal belief system that exists throughout your entire universe and you will find, if you break it down, even in all of the various religious forms, that that is what you might refer to as a standard reality creation process.

The reality that you experience is a reflection of the beliefs that you hold. And the beliefs that you hold will influence your thoughts, and your thoughts and your feelings will influence your choices and decisions, and your choices and decisions can have an influence upon the beliefs that you hold. And it continues in an unending circle of creation.

And so, it's important that you understand what it is that you believe. And many individuals have difficulty in understanding consciously what it is that they hold as a belief system. And once again, we would suggest that when you're involved in a situation in a day-to-day activity, and you have an attitude that's a spontaneous attitude, pay attention. You see, many individuals believe that attitudes will influence your reality. And if you hold that belief, absolutely, then you can have that type of reality creation. Absolutely. You see, it's an illusion. It doesn't really matter what it is that you use for a method or the technique, it will work. It's an illusion.

But the belief that you hold, many times, hold within your subconsciousness, and you're not aware of it consciously, is what is responsible for the reality that you're experiencing. And when you have that reality created as a reflection of the belief, that spark of consciousness that you are is rejoicing at having accomplished such a creation, such a magnificent feat of creation for you to experience. And yet, in your conscious state, where you believe that you're not in control, you experience a spontaneous attitude, and it may be an attitude that you believed is not, what you might call a positive attitude. And so, you put it away. You hide that one. "I'm not supposed to feel that way, I'm not supposed to have that attitude. My attitudes are supposed to be positive attitudes, and this one I believe is a negative attitude."

And we're not going to tell you what's positive or negative, because that's what's within your capacity to make your choices. And so, you have this so-called, what you believe, is a negative attitude, but you don't think you should have that attitude, and so you put it away, you hide from it. And as you hide from it, you reinforce the belief. And as you reinforce the belief, that

spark of consciousness that you are rejoices at that creation process and it perpetuates it.

So, pay attention to [the] spontaneous attitudes. They give you glimpses into what the beliefs are. And if you like the experience, you reinforce the belief. And if it's an experience that you're not too keen about reproducing, then you can change the belief. And find techniques and methods that will assist you in changing the belief. Once again, the method or the technique is not nearly as important as your belief in the method or the technique.

And so, [you] understanding what your beliefs are you have the capacity to alter your reality. You can also influence your reality by understanding that the thoughts and feelings, once again, are a reflection and interacting with your beliefs, and they influence your choices and decisions. And so, as you make a choice and decision, it can indeed influence your belief system. It's within your capacity to do that.

So, many individuals wish to hear all of the answers, they wish it to be given to them. They wish to have all of the methods and techniques laid out. They don't wish to get an understanding of the basic beliefs and of the basic creation process, but rather, "Tell us what to do. Tell us what we should do when we wake up in the morning. Give us all of these steps that we should follow so that we can create the reality that we desire. Well, that is, of course, unless our guides and angels are going to influence it."

You see, there's the difficulty. You have to understand what it is that you believe. Because the beliefs will influence your choices and decisions. Absolutely. Guaranteed.

Now. You can also break down your creation process to understanding what it is that you desire. What it is that you truly desire to experience. And we're not going to, once again, give you certain methods or techniques and tell you if you do this and this and this that that will assist you in discovering what it is that you desire, or assist you in discovering what it is that you are desiring that you're not aware that you have a desire for. Absolutely not. We're not going to go, because you see, for us to give you a method or technique and suggest that you must do this and this and this is to limit your capacity to do that which you desire to do, that will create the reality that you desire to experience.

For you see, the reality that you experience is a reflection of the beliefs that you hold and it's your creation. That's the bottom line. You can change all of the rest to your heart's content. And you can have all types of illusory realities, but it's your creation.

And so, when some individual or some entity says that you must do this and this and this, well, if you believe that you can have it, absolutely. But you see when you believe that you must do this and this and this, then you're giving away your power to create your reality

consciously. You're allowing someone else to influence your reality. You're allowing someone else to have the capacity to have an influence upon your reality. You are allowing. You are creating the circumstances to allow that reality to create and to be experienced. But when you believe that someone else has the capacity to influence it, then indeed, once again, you will create the day-to-day activities, the day-to-day experiences to validate the reality, to validate the belief that you're not in control. And you really are. It's a choice that you make. You make the choice to believe. Or you make the choice not to believe. But it's your choice. It's your choice, that's a reflection of the beliefs that you hold. And influenced by your thoughts and feelings.

And so, you have a desire. Understand what it is that your desire is. Get a grasp on what that desire is. Be specific about what it is that you desire. And then imagine it. Imagine what it's like to experience it. If a belief enters in that it's not within your capacity to have that particular reality, if a belief enters in and says, "Well, this is all fine and dandy, but I can't do it," then change the belief. If you wish to change your reality you must change the belief. You must change the belief. You must decide what technique and method it is that you wish to desire and employ to change that belief, but you can [so] do it. Absolutely. Not only can do it, but you do do it constantly.

And so, use your imagination. And then the expectation. And that's the difficult one. The expectation. You see, the expectation is a direct influence and reflect of the belief. If you don't believe that it's possible for you to create your reality then you have no expectation to create it and to experience it. And it comes back to the basics. You create the reality and it's a reflection of the beliefs that you hold, and if you believe that it's not within your capacity to create it, then it will be very difficult. And if you believe that you must pray to the gods, and if you believe that you must follow certain circumstances to create this reality, then you can have that, absolutely.

Realize as well that when you hold beliefs that it's within other entities' capacity to influence your reality, then you will create this illusory reality to validate the belief and you're giving up some of your power. And giving up some of that power is only experienced in your conscious state. This consciousness that you are never gives up the power. This consciousness that creates the reality creates the illusion to validate the belief that allows you to believe in your conscious state that you're not in control. Allows you to believe that this reality is real. And it allows you to experience a depth and range of feelings that's not duplicated or possible in any other vibrational level. And you've accomplished exactly what you came into this vibrational level to accomplish; you have not failed. That's the irony of it.

You create a reality as a reflection of the belief that you hold. And if you believe that you don't deserve, if you

believe that it's not within your capacity to have an experience come into your reality, then you shall indeed validate the belief. If you hold an expectation that it's not within your capacity to create the reality, regardless of what it is that you desire and you use all of your imagination to have this fantastic reality that you wish to experience, but when it comes to the expectation, "Well, I can't have it really. That's beyond my capacity to create that reality. It's all a nice illusionary explanation, but I don't really expect it to occur," the subconsciousness part of you that creates your reality validates the belief and you have exactly what it is that you desire. Exactly. The reflection of the beliefs that you hold, of your thoughts and feelings, and of your choices and decisions. It's your choice to believe that it's within your capacity to create your reality consciously. Absolutely.

It's your choice as to which particular method and technique that you choose to employ to create your reality. There's no other individual that's saying that, "You must do this and this and this, and if you don't your life is going to come to an absolute dead end." It just doesn't work that way. Despite what many individuals believe, if they don't do certain things and follow a certain ritual that the whole particular existence will come to an end. Many times when there's a disruption in [his] technique and method and they find out at the end of the day that it hasn't really come to an end, it's like, "Oh, well, I wonder what happened? I wonder where the gods were that create my reality?"

You see, the reality that you experience is a reflection of the beliefs that you hold. You chose to enter into this vibrational level. You chose to experience these day-to-day activities. The reality that you experience in your conscious state is an illusion. It only exists because you in your conscious state believe it's existing. It doesn't mean it doesn't have significance. Absolutely not.

When you walk into a theater and you see this projection upon the screen, you realize that that's an illusionary projection but it still has significance. It still can be portraying of another individual's thoughts and feelings and what it is that they desire to portray to you and it can have tremendous significance. But it's still an illusion. You see, many individuals, when they look at this vibrational level that you exist in, in this universe that you exist in, when we suggest it's an illusion and that time and space are illusions, they'll all think, "Well, if it's an illusion then what's the sense of it?" That's not what we're suggesting at all, that it's doesn't have any sense. And we're not suggesting that it doesn't have significance. Absolutely not. Exactly the opposite. It's very significant. But nonetheless, it's still an illusion. And when you understand that it's an illusion then you understand that it's within your capacity to alter it. Absolutely.

It's a reflection of the beliefs that you hold, and if you don't like the reality you're experiencing you change the beliefs, and you'll change the reality. If you like your reality, if you like this existence, then reinforce and intensify that belief, and you will indeed reinforce the reality. It's really that simple. You can make it more complicated if you wish, not only can you make it more complicated if you wish, but you do so on a regular basis. Because once again, when you entered into this vibrational level you came for the purpose of creating a reality that seems to be beyond your control, and you put in place an electromagnetic type of energy that limits your understanding of who and what you truly are in your conscious state, and not only that [it] limits the capacity for other entities existing outside of your vibrational level to have any type of influence upon your creation so that it can be seemingly completely beyond your control, so that it can be real. It's really that simple. That's why you came here. When you believe that you're not in control, when you're experiencing these intense emotions and feelings, you're accomplishing exactly what it is that you came here to accomplish. You absolutely cannot fail.

You see, once again, there are but three truisms, if you wish, that you cannot alter. You are the spark of consciousness that you search for in your spirituality. That god that you search for is withinside each of you. You create your reality. Absolutely. And you absolutely cannot fail to come to the understanding of who and what you truly are.

The rest is all up for grabs. The rest is a reflection of your beliefs and if you don't like it you can change it. Once again, (*inaudible*) into the creation process that you can experience in this vibrational level is your imagination. If you can imagine it, and if you can expect it, you can create it. Absolutely.

Now. We would break for a moment of two, and if you wish to ask us questions we would be willing to return and attempt to answer them for you and we would in the meantime remind you that we are not separated by time or space, but rather by a vibrational level, and should you choose to interact and to share with us, we would welcome that opportunity, and you have but to express the intent for we are with you always. And we would offer you, once again, our absolute, unending support and unconditional love. And we would bid each of you farewell, with love and with peace. ❀