

# JOSHIAH

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## Q and A

**Joshiah:** Well, now. Well, it is indeed a pleasure to be invited back into your vibrational level and we would once again express our greetings and our gratitude to each of you. And before we begin we would once again remind you that there exists that opportunity for you to be involved in that silent communication, that telepathic interaction and exchange of information with other entities that would be with us on this afternoon or indeed with that portion that you refer to as your so-called higher self or inner consciousness or whichever terminology you wish to explain who and what you truly are.

And once again, you will find it quite easy to alter your consciousness and to enter into a meditative state and to have that interaction, that telepathic exchange of information, should you choose to do so. And as always, the choice is yours. Absolutely.

Now. This reality that you exist in, once again, is an illusion. This reality that you exist in is your creation. [And ] when one begins to look at the limitless possibilities that exist based upon that concept one also begins to, many times, question, "Well, what part of this reality is as a result of interactions and agreements with other individuals?" And one begins to take a, many times, what we would refer to as a limited perception of the creation process. And say, "Well, if I create it all then at what point does someone else have the opportunity to create as well? Then each thing that I experience is as a result of others' creation, or what others are experiencing is only what I believe is within their capacity to experience."

And that is a very limited perception of an explanation, absolutely. You see, once again, you entered into this vibrational level by choice. As did each other entity existing within this vibrational level do so by choice. The reason that you entered into this vibrational level is very important to grasp and understand when one begins to apply all of the other concepts of the reality creation process. And that is, that you choose to limit the capacity to understand who and what you truly are in your conscious state in order to allow you to believe that this illusion is real. In order to allow you in your conscious state to hold that doubt that you're in control. That possibility that perhaps other entities are

influencing your reality. So that it can be real, to intensify the emotions and feelings.

For ultimately, your reason for choosing to enter into and to exist within this vibrational level is to have the opportunity to experience a range and depth of emotions and feelings that is not possible in any of the other vibrational levels throughout all of creation.

And so, you interact with other individuals. You as a human consciousness agree to put in place and to perpetuate and to sustain what we refer to as the human consciousness belief systems. The reality that seems to be beyond your capacity to alter, the experiences that you accept as being absolutes, the human consciousness belief systems that you refer to as your laws of physics, you put them in place. You validate them and you make them real.

You make them appear to be beyond your capacity to alter. And by making them real and beyond your capacity to alter you perpetuate that human consciousness awake concept that perhaps you're not in control. And yet, we continuously assure that you are in control. That particular illusion of being not in control exists because you choose to put it in place. Because you choose to perpetuate it and to sustain it because it makes it seem more real, this illusionary reality that you experience in your awake consciousness state.

And then as well, when one begins to have that limited perception of the explanations that you're in control and you begin to believe that, "Well, perhaps that this is all an illusion and I'm in control then all that I perceive as well is within my control." For you see, we suggest that each of you is in control. Absolutely. But on a level of your consciousness where you agree to participate in the creation and in the perpetuation of the reality that you experience in your awake conscious state.

When one begins to believe that they create each and every aspect of their reality without the assistance of other entities then indeed you being to hold that perception that you literally have an absolute control over your entire reality. And in a sense you do. We're not suggesting that you don't, absolutely not. Your entire vibrational level is your creation and you are within control. But understand when we suggest that you are within control we are referring many times to your entire human consciousness, that you agreed to participate in, that you agreed to facilitate and to

perpetuate. The human consciousness belief systems that you agreed to put in place. And to be very difficult for you to alter in your so-called awake consciousness state. Other interactions however are much more within your capacity to influence.

Now. From that perspective we would suggest that you create everything, absolutely. But then one would suggest, "Well, then what is the purpose of our creating certain realities that seem to be less than desirable? Why would I create illness? Why would I create some type of an abusive situation? Why would I create being involved in some type of conflict with another individual? Why would we allow wars to occur within our society? Why does all that occur?"

It occurs because the spark of consciousness that you are creates whatever it is that you desire without judgment as to whether it's right or wrong. And it creates that reality based upon the beliefs that you hold to allow you to experience the emotions and feelings that you desire to experience in your awake consciousness state that cannot be duplicated and are not duplicated in any other vibrational level throughout all of creation.

Right or wrong is a human consciousness concept, it does not exist in your subconsciousness, in that spark of consciousness that you are. And so, [if] you desire to be involved in a situation that you might refer to as an abusive situation then you have a victim—if you wish to use that explanation, that terminology—you have a victim who seems to be out of control. You have a victim who seems to be under the influence of another's reality, of another's creation, of another's influence, whatever terminology you wish to apply to that particular situation.

[They are] a victim who seems to at the mercy of another individual. At some level of their consciousness that victim has chosen to be a victim. They may hold certain belief systems, belief systems that may have been put in place in a different level of consciousness than your awake consciousness state. Indeed, when an entity enters into your vibrational level as a child it becomes very difficult for you to hold the concept that that individual as a child chose to be involved in a situation or in an environment that's less than desirable. It might even be [an] abusive situation.

At some level of their consciousness, that individual, that entity that you refer to as a child is existing as an entirely different entity, in a multitude of incarnational periods. And at some level of their consciousness choose to be involved in that situation.

And when an entity chooses to be involved in a situation, and it doesn't matter what the situation is, there are other entities existing within your vibrational level who will agree to facilitate and to participate in that creation process, to allow them to feel certain emotions and feelings. And it's an agreement. It's a

contract, if you wish, that's put in place in other levels of your consciousness than your awake conscious state.

And so, that individual who's a victim holds certain belief systems that they choose to put in place. Not forced upon them, not someone suggested you have to do this, absolutely not. Choose to put in place. And in order to validate the belief systems you create the reality. And so, the victim is a victim because they choose to be a victim.

And the aggressor is an aggressor because they are sustaining and validating and working with the victim to allow each to experience the interaction. And the type of reality creation, and the emotions and feelings that results from that interaction.

When the victim changes their belief system, when the victim choose to hold a reality where they are no longer a victim, then the situation ends and the victim is no longer a victim. And if the aggressor wishes to continue being aggressive they must choose another victim. As long as one remains and sustains that belief system that they are indeed not worthy, if they sustain a belief system that being involved in some type of relationship means that they will be victimized, then they will create the reality to support the belief.

They are in control. If they choose to alter that reality, if they choose to alter the belief system, then they will stop being a victim. It's really that simple. You can make it more complicated and you can enter into all of the circumstances where you suggest, "Well, they can't stop being a victim because they need to rely on that other person to exist," and it can go on and on and on.

But it's not really so. It's only that way because you make the choice to believe that it's that way. The reality that you experience is a reflection of the belief that you hold and when you alter the belief you alter the reality.

You see, you believe that when you end this particular incarnational period that that's somehow a very bad and terrible thing. But you will end this particular incarnational period and it's not really all that bad of a thing. It's a reality that you choose to perpetuate. You see, one of the human consciousness belief systems that you put in place and that you sustain is that you will die. You all hold that as an absolute.

Now. You hold the belief that it's not going to happen for a long time. You hold the belief in your day-to-day experiences that that's something you don't even reflect on, it's just something that you realize is going to occur but it's something that's in the future so you don't even worry about it. You put it off. "Oh, that's not going to happen." And it is. You absolutely understand that it is.

You believe however that if one exists within a certain time frame, if one exists for long periods of time and that one somehow has lived a successful life. But if one

dies when they are, what you refer to as a young child, and they have accomplished what it is that they choose to accomplish within this incarnational period, they had a successful life. There's no [test] of existing for a limited amount of time. There's not a success of a creation process that's based upon the time that you spend upon a particular incarnational period. Time and space are illusions. You don't really die. You alter your state of consciousness. It's really that simple.

And so, when individuals are involved in these interactions and these conflicts, it's not a right or wrong, other than what you believe in your conscious awake state. You see, if you were to approach each individual involved in a conflict you would discover that each at some level of their explanation would say that they are indeed not responsible for the interaction. They would say at some level of their consciousness, if you were to question them, that someone else is influencing their reality. Because it makes it real. Because it makes it more easy to sustain and to perpetuate if you believe that you're not in control.

And when you look at two individuals or even two societies, if you wish, that are involved in conflict you'll, if you interact with each one, separately from the other, hear explanations that validate their reasons for being involved in that conflict. Because they believe. Because they believe that that's the reality. That's the result of particular concepts, belief systems, many times societal belief systems or individual belief systems. It's not right or wrong. It's a choice. It's a choice. Based upon a desire. Based upon imagination and expectation.

You see, when there are two individuals who are involved in an interaction where one individual desires to experience an illness and the other individual desires to have the capacity to assist the first in curing their illness, that's an interaction. Allows each individual to be involved in that experience. Allows each individual to experience certain feelings and emotions that come as a result of that interaction. And it can be [a] very positive interaction in terms of feeling what you would refer to as positive emotions and feelings that can make you feel very elated, absolutely.

But each individual chooses to be involved. You see, the individual who has the illness can only cure the illness if they choose to believe that it's possible to be cured. And the only way that the individual who is the facilitator of that cure can have success in accomplishing that facilitation is if the individual who has the illness agrees to participate. It's an interaction, it's a contract. It's an agreement. Is it right or wrong? Absolutely not.

Right or wrong is a human consciousness concept. And so, to believe that someone can assist you in being healed, there's nothing wrong with that, absolutely not. Understanding that it's within your capacity to understand that you are in control allows

you to facilitate that healing much easier than if you believe you're not in control. For you see, if you believe you're not in control then you perpetuate the reality to sustain the belief. If you believed in another has the capacity to influence your reality, there's nothing right or wrong about that, but then you create the reality to [substantiate] the belief, to perpetuate it, to make it real.

And so, the key is not to stop interacting with others but to understand that the interaction is a mutual agreement, a contract, based upon belief systems. And if you have the desire and the imagination and the expectation there are other entities existing within your vibrational level who are more than willing to enter into agreements and contracts with you in order to facilitate and to allow you to have your experience, and they as well, through their interaction, will experience validation of belief systems that they hold.

It's not right or wrong. Right or wrong is not indeed a human consciousness concept. It is a human awake concept. In your level of consciousness, where you create your reality, there's no judgment as to what's right or wrong. Absolutely not.

When the individuals are involved in a conflict it's not right or wrong in your so-called subconsciousness state. If you wish to alter that belief system then first of all you alter your principles. You put in place the principles. You begin to love yourself consciously. And when you love yourself consciously you begin to have the capacity to love others. And love is a state of being and a state of doing.

And one of the particular feelings and emotions that you attempt to allow another to experience or allow another to experience or yourself to experience in the terms of self-love is the ability to understand. The ability to know someone to the point where you understand that they too have the capacity to create their reality. And it's not right or wrong. And you begin to have that capacity to understand them without any type of judgment as to what's right or wrong from their particular aspect and their belief systems.

You understand that the reality they create is a reflection of the beliefs that they hold and you understand that they as well have the capacity to alter their beliefs. They do have that capacity to have that unconditional acceptance of other individuals in your awake human consciousness state. And through that unjudgmental, that unconditional acceptance then you begin to apply that doing part of giving love and allowing another to experience unconditional knowing. Unconditional acceptance. You give an unconditional gift, which is a gift of love that allows [them] to experience a feeling of security and of joy. Allows [them] to experience emotions and feelings involved around trust. And involved around expectation. And involved around feeling intimacy and knowing and understanding.

And when that occurs then the conflict miraculously disappears. When that occurs one begins to stop being a victim. When one begins to experience self love and through the experience of self love to have the capacity to experience deservability, has the capacity to create the character and an image that they would like to project to the others that you exist within, that you interact in your day-to-day activities, then you as well begin to project a sense of understanding and of knowing. And experiencing not only love for yourself but love for others and have love from others being directed towards you.

It's really that simple. You just simply go to great lengths to make it complicated. You go to great lengths to judge what's right and what's wrong. You go to great lengths to suggest that, "Well, what I'm doing is right, and what the other is doing is wrong." Right or wrong, once again, is a human consciousness concept. The reality that you experience is a reflection of the belief that you hold. And the reality that you experience is created by that spark of consciousness that you are and it's done so from a position of absolute unconditional love and every entity existing within your vibrational level creates the reality in the same manner.

And for even those entities that you would look upon as being some type of enemy understand at some level of your consciousness you agree to participate in that particular interaction. And you as well as the other entity create that reality from a position of absolute unconditional love. And it's only right or wrong in your awake consciousness state.

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 you desire. Your reality is a reflection of your beliefs, it's really that simple.

You can make it more complicated and in fact you go to great lengths to make it more complicated because it seems like it's more real. And the more real it is the more it is beyond your capacity to control. But that's an illusion. It's an illusion that allows you to experience the intensity and the deep range of emotions and feelings which is the purpose that you came to this particular vibrational level to experience.

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

**Questioner:** How much influence do other entities have on our ability to create what we want? Other entities or group con—what as an individual ... [with] one person or whether it's a level of group conscious (*inaudible*). Like for instance, I'll give an instance. For instance, if it's a group consciousness belief that broccoli is good for you. Or that smoking isn't good for you. Those are (*inaudible*) beliefs.

**Joshiah:** There are, once again, what we refer to as the human consciousness belief systems and the

societal belief systems and the individual belief systems.

Now. You agree to participate in and to facilitate and to validate the human consciousness belief systems. They are very difficult to change. The so-called laws of physics. Now, the examples that you give fall more within a societal belief system. You see, the human consciousness belief systems hold, once again, [laws,] what we refer to as what your scientists might call the laws of physics. Primarily your belief in time and space. Two of the most difficult for you to alter or to get an accurate concept of in your so-called awake conscious state. But the other belief systems, such as certain foods or certain activities are not good for you are what we would refer to as societal belief systems.

Now. Human consciousness belief systems are almost beyond your capacity to alter. Almost. You see, nothing is beyond your capacity other than you choose to believe it is. The societal belief systems are still very difficult for you to alter but well within your capacity to do so. You will see many individuals who exist being involved in certain activities that you would call harmful to their health and yet they live seemingly very long and productive lives. Without any type of negative influence of that activity being shown upon their existence, upon their life, if you wish, upon their physical being or their physical body. You have seen individuals who would smoke until the day they die and they will not die from any aspect of their smoking.

Now. You can scientifically prove that that individual has certain characteristics in their physical makeup that allowed them to participate in that activity without it having an influence upon their physical being. We would suggest, however, that they choose their entire reality. That they choose to enter into this incarnational period bringing with them the belief systems that is carried within their physical makeup, within their genetic makeup, and within their DNA, that allows them to be involved in that activity and to not have an influence upon their health, if you wish, within that activity, within that incarnational period.

That same individual may be involved in another incarnational period and not hold the same beliefs but rather wish to experience the effect of that particular activity in a negative manner, what you refer to as negative in your awake consciousness state, and perhaps they die from some ailment that's a result of smoking when they are in a very young age. It's not right or wrong, it's simply a choice.

And it's a choice, many times, that's made at a level of consciousness that's not your awake consciousness state. Now, can you influence that? Absolutely. Is it difficult to influence it? Yes. It's difficult to influence it because it's, once again, a societal belief system. It's one that you choose to participate in and now, at some level, you choose to step outside of it. It's not impossible but it's more difficult. The simplest belief

systems to alter are, once again, are the individual belief systems.

The individual belief systems as to one's deservability. The individual belief systems as to one's ability to create that which they desire. Those belief systems are much more within your capacity to alter.

Now. Does that suggest that if you are involved in these particular activities that you can't reverse the effects? Absolutely not. And once again, the only limitation to your creation process is your imagination, your desire, your expectation. Expectation becomes quite difficult for many because you, once again, hold a belief system that is an opposing belief system. To that which you awake consciously desire.

You see, to suggest that you desire is to be involved in a situation while holding a belief system that it's not possible. Allows you to be involved in a type of reality creation that is in conflict with each other. Two belief systems that oppose each other. So, let's suggest that you wish to be involved in a situation where you have abundance, whatever you apply or whatever you assume abundance to be, it really doesn't matter. So, you wish to believe that it's within your capacity to create abundance. But you hold a belief system that you're not really deserving. You hold a belief system that it's not possible to sustain abundance. You hold a belief system that you must experience all types of difficulties in order to sustain and to maintain that abundance. And so, you create the abundance but then you create the reality to support the belief system that you can't have abundance.

And so, the key is to understand to alter the belief system in order to alter the reality. If you believe that certain things will be negative to your health, like that smoking, and you own that particular belief as a societal belief system, but then you think, "Well, I don't like that belief. I'm going to believe that smoking does not have any effect on my health. I'm going to hold that belief," without really examining this concept that somewhere within your subconsciousness you have chosen to put in place, at some level of your consciousness, the belief system that smoking can be hazardous to your health, that it can cause you to experience what you might refer to as negative experiences.

And so, you have within your subconsciousness that belief system but then you choose to alter it, without really altering it, by putting in place a conflicting belief system. And so, you put in place the conflicting belief system and you experience a reality where smoking is not having an effect upon your health. But then suddenly, certain other aspects of your reality change. And so, you begin to doubt that it's within your capacity to create that reality. And so, you validate your original belief that smoking is hazardous to your health because you've never really altered it. And you have that experience, you create it.

We've suggested many times that one pay attention to the spontaneous attitudes that one experiences because spontaneous attitudes are a reflection of beliefs that you hold. When you're involved in an interaction with individuals in your day-to-day activities and there's an experience that is presented and you have a spontaneous reaction and it brings forth an attitude that you believe in your awake consciousness state is not a good attitude and so you suppress it, "Oh, I'm not supposed to think that. I'm not supposed to have that type of attitude. I'm supposed to have this positive attitude." And so, you put away the what you might refer to as negative attitude, the spontaneous attitude. And yet, that spontaneous attitude can give you the opportunity to glimpse the belief system that you hold that was responsible for the experience in the first place.

And when you recognize and validate, when you give some type of recognition to the attitude, that, "Yes, that is an attitude that I hold," then you can begin to get an understanding and a perception of the belief. And when you have that understanding and perception you can change the belief. You can change any belief that you hold.

Once again, the human consciousness belief systems, you agree to facilitate and to put in place and to perpetuate. Very, very difficult to alter. The societal belief systems as well you agree to facilitate and put in place. Much easier to alter than the human consciousness but still very difficult to alter. And the individual belief systems, they are your choices based upon your decisions, your day-to-day activities, your day-to-day choices, thoughts and feelings. You can influence your individual belief systems, absolutely. And you can create the reality that you desire.

It's within your capacity to understand what those belief systems are. And through understanding them you can alter them. How do you alter them? Choose whatever method or desire you think will work. It doesn't matter. If you wish to believe meditation will assist you in [altering] your belief system then go ahead and use meditation. If you wish to believe in some other technique, if you wish to believe in some type of affirmation or repetition of a particular affirmation, that'll work as well. It doesn't matter the method or the technique. What matters is that you believe that it will work. The belief is far more important than the method or the technique.

We've used the analogy many times that many individuals have before them a body of water that they wish to cross. And partway out in that water there's this bank of fog and you can't see through it. And lined up along the shore are all types of vessels that you can choose from that allow you to make the journey across the water and through the fog. (*Inaudible*) you see, many individuals are afraid of the journey, and so they

spend their time running up and down the beach checking out all of the vessels.

Some are concerned that it might be a very difficult and long journey so they're looking for a well-stocked vessel with a crew that can sustain a tremendous journey. And yet, there are others who are not concerned about the journey at all. They come down and the first vessel that they see they get in it and they attempt the journey and they succeed. For you see, the vessel is not nearly as important as your intent to make the journey.

The irony of it is, as we've suggested so many times, that you can't fail. That the water is so shallow you can walk through it if you wish. You don't need any type of vessel other than that which you believe is necessary. If you believe, then it will sustain you. The method or the technique is not nearly as important as the belief.

And if you believe that it's within your capacity to alter your belief systems and you pay attention to the spontaneous attitudes to get glimpses. And you validate the belief system, you give it value, you don't put it away and say, "Oh, that's not a belief system that I hold." You understand that it is a belief system that you hold. And only by recognizing it and accepting it can you have the opportunity to alter it.

Does that answer your question?

**Questioner:** That's wonderful, thank you.

**Questioner:** It almost seems that, one thing I've noticed in myself is that to hear that time and space are illusions is kind of a downer, like. To know, and I'm not sure how a person knows that, but to know consciously that it's an illusion ... to hear it is one thing, to know it is another. To hear it is a downer, to own it is an upper. But is that a belief? Apparently. I guess. It's what I experience.

**Joshiah:** Time and space are human consciousness belief systems. Very difficult to even grasp an understanding in your awake conscious state. Because you see, to understand it in your awake conscious state would destroy the illusion.

It's like understanding in your awake consciousness state all of the methods that you employ to create this reality. You see, it doesn't matter how many times we suggest it to you, you can employ the techniques and you can get glimpses of the understanding but you choose to enter into this vibrational level and to limit your understanding of who and what you truly are. You choose, and putting in place this belief in time and space validates this reality as being real. This illusion as being beyond your capacity to control.

Now. One can spend an enormous amount of time attempting to alter what you refer to as the human consciousness belief systems. You choose to enter into this reality to experience the emotions and feelings that are associated with the creation process where you in

your awake consciousness state exist with the limitations of a veil. Not only in your awake consciousness state but indeed in every level of consciousness within this vibrational level.

As you alter your consciousness you understand absolutely that you also alter and have the capacity to alter the strength, if you wish, or the effectiveness of that veil. At some level within your consciousness you can get glimpses of who and what you truly are, to bring it back into your awake state. That's an entirely different concept. Because you choose to believe that it's beyond your capacity to do so. You choose when you enter into this vibrational level to facilitate those human consciousness belief systems. Such as time and space.

And so, to attempt to hold that in your conscious state is very, very difficult. In your altered state of consciousness you can most definitely get glimpses of that concept. To bring that perception back into your awake consciousness state is not within your capacity and to exist within this vibrational level. At some level of your consciousness, if you wish to believe in time and space and in order for us to give you an explanation we give it based upon time and space, at some level of your consciousness, at some point of time, you will understand absolutely who and what you truly are. And you will understand the perception that time and space are illusions.

One could spend their entire existence, if you wish, in your so-called awake consciousness state trying to exist without any type of physical activities. One could attempt to try to exist without breathing. You could spend your entire existence attempting to prove that that's possible. You would be attempting to prove something that you chose to put in place. And to make beyond your capacity to exist without. To put beyond your capacity in your awake conscious state to validate.

It's like in your awake consciousness state trying to prove that there is no time and space when you're going to great length at other levels of your consciousness to make that impossible for you to do in your awake conscious state.

At some level of your consciousness you have agreed to participate in this illusion. You have agreed to enter into this vibration level, where time and space are illusions, in your awake conscious state. You can alter your consciousness and get indications of that perception. In your altered states of consciousness you can even, if you wish, adapt the capacity to experience your consciousness in other areas of your so-called time and space.

But to do so in your awake conscious state is a feat, if you wish, that every individual entering into this vibrational level agrees not to have as a possibility. It's not a probability, you don't even have it as a possibility.

It's a human consciousness belief system. It's like the human consciousness belief system that you must breathe air in order to perpetuate your existence in the physical state. If you stop breathing you stop existing in a physical state. You end this incarnational period. It's really that simple.

And when you end this incarnational period and you enter into an altered state of consciousness you realize that you no longer have to breathe air to exist. It's an illusion. But it's an illusion that you agree to perpetuate. It's an illusion that you agree to make it beyond your capacity to alter in your awake conscious state. You can to a certain extent limit your capacity to breathe air but you can't completely eliminate it because you won't exist.

And so, in your awake conscious state you may get glimpses, you can bring back perceptions of understanding that time and space are illusions, but to apply them to your everyday activities becomes very, very difficult. Not because it's impossible, but because you choose in your levels of consciousness to believe that it's impossible. You agree to facilitate it.

To [destroy] some of the human consciousness belief systems is not without your capacity, it's not something that you can't do, but if you do that then for the most part you become completely aware of who and what you truly are and you leave this vibrational level. It's really that simple. You see, at some level of your consciousness you will have that capacity to have that understanding. And we again refer to your belief in time and space in order to give you some type of an explanation that you can comprehend.

You're at that level now. At some level of your consciousness you are choosing to remain [into] this vibrational level and to exist in this conscious state. It's not something that's forced upon you. It's something that you choose. And at some level of your consciousness you now have that opportunity, should you choose to, to leave this vibrational level, but you're not making that choice. Because there's the opportunity to experience an intense range of emotions and feelings that at some level of your consciousness you recognize is not possible to duplicate in any other vibrational level. And so, at the point of time, if you wish to use that reference to time and space, this is the most interesting existence, this is the most interesting creation that you believe you can be involved in.

And so, you choose to stay. And when you choose to stay in this vibrational level, in the awake conscious state, in an incarnational period, then you choose to perpetuate the belief of time and space. At some level of your consciousness you understand absolutely that it's an illusion. But once again, it's your choice.

If you chose to believe that because you can't hold it in your awake consciousness state that it's somehow some kind of a negative aspect then you will create the

reality to validate the belief. It's really that simple. You can however choose to believe that it's a positive aspect. You can choose to believe that you have the capacity to alter your so-called future. You can choose to believe that because in your awake state, in your belief in time and space, [in holding in your] conscious state, that human consciousness belief system that one can allow the past to be the past and to dwell upon the future. And to understand and expect that the human consciousness belief system holds the concept that the future is within your capacity to alter.

You see, you alter the past as readily as the future. You just do it at a different level of consciousness than in the awake consciousness state. But (*inaudible*) awake consciousness [state] hold the belief, the human consciousness belief, that it's not possible then you can spend huge amounts of energy trying to alter that which you have agreed is not within your capacity to alter.

You have agreed. You have agreed. It's not something that's forced upon one. And so, if one spends one's time trying to alter your so-called past you can miss this opportunity that you choose to be involved in in this incarnational period to influence your future. That which you in your awake consciousness state believe it's within your capacity to alter.

Ironically, when you begin to believe that it's within your capacity to alter your future that alteration of the future will have an impact upon your [past.] And you will alter it, whether you will recognize it or not in a conscious state.

Recognition in your conscious state is not what's important in your awake conscious state. What's important in your awake conscious state is that you experience the emotions and feelings that you choose to experience, which is why you came to this vibrational level in the first place. That's what's important.

Does that answer your question?

**Questioner:** Yeah. It seems like, from an experiential perspective, it seems like moment to moment to moment and that this veil, I presume, is the thing that: "I'm here." And then, if I can quiet everything down and whoop, I go into one of those that's in the moment more, then whoop, I'm back into the veil and then it's like, it's like it's flashing back and forth, back and forth, back and forth. And so, that God-self part is always available to my consciousness and for some reason I focus on this thought-created place, rather than that no-thought. That's how it feels, experientially. Is that close to how it's (*inaudible*)?

**Joshiah:** You have the opportunity, as does every individual in your vibrational level, to alter your consciousness and in that altered state of consciousness you get glimpses of the concept of the now, of this illusion that you refer to as time and space.

You get glimpses of the understanding that it is an illusion. To bring an explanation of that particular experience back into your so-called awake consciousness state, once again, is very difficult. It's not impossible.

You see, it's like experiencing the connection with that so-called spark of consciousness that you are. You can get a glimpse of that understanding, but when you attempt to express it in the so-called awake conscious state you find that there is no explanation. You find that every explanation that you attempt to give falls short. You try to put it into terms and phrases for it to be something that you can understand or even try and physically prove and you can't get there. You can't get there, because you see you choose to put in place the limitation of the understanding of who and what you truly are.

And you choose to put in place the limitation of the capacity to experience this illusion of time and space, when you are in your awake consciousness state. You can't destroy it. You can't get rid of it. You can understand that it doesn't exist, once again, and (*inaudible*) your energy's attempting to escape from that particular limitation. And you're attempting to escape from something that you agreed to participate in and at some level of your consciousness, once again, you agree to perpetuate and to continue in that experience.

It's not something that you're forced to do. It's a choice that you're making at some level of your consciousness. Continuously. It's not just once in a while, it's not something that you made based upon your belief in time and space at your last between incarnation. You choose to reincarnate, "And so, here we are. And now I'm in this because I choose to be here some time ago and I don't know why I would make such a stupid choice when I could have left." Well, ironically, you make that choice continuously.

You're here because you choose to be here. You're here because you choose to put in place the limitations. You're here because you, at some level of your consciousness, believe that this is a very valuable and a very enjoyable experience. And one that you choose to perpetuate. And you choose at some level of your consciousness to have the difficulty in understanding in your awake consciousness state the concept that time and space are illusions.

Once again, when you go withinside you will have that capacity to have an experience where time and space disappear. You can in altered states of consciousness be involved in what you refer to as past incarnations. You can in altered states of consciousness experience lifetimes within a matter of moments. Time and space don't exist in some levels of your consciousness. To bring that concept back into your awake conscious state is to, once again, step outside of that which you

agreed to remain withinside. Becomes very difficult to do.

You choose, to use your reference to time and space, you choose on a continual basis to remain within this vibrational level and to validate that time and space are real in your awake conscious state. To attempt to do away with that can be very, very difficult. And what we would refer to as almost impossible. There is absolutely nothing that's impossible because it's your creation. However, understand that at some level of your consciousness that's a very, very strong belief system that's held not only by yourself but by all of the entities existing within your vibrational level and all which you agreed to facilitate and perpetuate. And therefore, very difficult to step outside.

And you agree to it on a continual basis. It's not something, once again, that you just simply agreed to in your last between incarnational state. It's something that you agree to in the now. You agree to perpetuate it to make this real, to make the illusion real. Not only for yourself but for all of the other entities that you interact with who also choose to make it seem real.

Does that answer your question?

**Questioner:** Yes, thank you.

**Joshiah:** Well, now. It has indeed been a very enjoyable interaction and we would like to express once again our gratitude to each of you for allowing us this opportunity to interact and to share and indeed to learn from each of you.

Now, 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. And we offer to you once again our absolute unconditional love and unending support. And we would bid each of you farewell, with love and with peace. ☸