

JOSHIAH

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

Now. We would begin by giving you an explanation about this vibrational level that you choose to exist in, this reality that you are existing in and creating in and participating in, this illusionary, if you wish, reality. Illusionary, however not insignificant, absolutely not. You see, you exist in what we refer to as a vibrational level. And we refer to it as a vibrational level because it's the closest definition that we can give within the limitations that are inherent in your use of a vocabulary.

You see, you have, throughout this particular vibrational level, what we refer to as an electromagnetic type of energy that exists in this illusionary reality that you are creating and participating in. This vibrational level indeed is a vibrational level that you choose to enter into and you choose to participate in. And it's important to understand that it's a choice. It's important to understand that there's not any lessons that you must learn. There's not any entity that is subjecting you to some type of existence that's beyond your control. It's your choice to exist in this vibrational level.

Now. This vibrational level exists within, while you are in your awake consciousness state, what we refer to as an illusionary reality. Although it can seem real, we assure you that it's not real. It's significant, but not real. You see, your vibrational level exists within the same time and the same space as all of the other vibrational levels that exist throughout all of creation. And we've used the analogy many times that it's similar to the frequencies, the radio waves frequencies, that you distribute throughout your atmospheric existence in this vibrational level. And you understand absolutely that these radio wave frequencies exist simultaneously in the same space at the same time.

And there are multitudes of them existing within that same space and time in your atmospheric conditions. And you understand as well that it's within your capacity to utilize some type of instrument to tap into the individual radio waves that are being broadcast throughout your atmosphere. While at the same time

eliminating all of the other radio wave frequencies that exist within the same time and the same space.

And so it is, that this vibrational level, this entire existence, your entire so-called universe, exists in a vibrational level that occupies the same time and space as all of the other vibrational levels throughout all of creation. You simply utilize your ability to tap into this vibrational level while eliminating the acknowledgement of the existence of all of the other vibrational levels.

Now. This vibrational level that you exist in is rather unique. It's unique in that you as the individuals and as the entities that choose to exist within this vibrational level put in place what we have referred to as an electromagnetic type of energy, that some of your so-called new agers would refer to as a veil. An electromagnetic type of energy that exists throughout your entire vibrational level. This electromagnetic type of energy accomplishes several things, and one of the most important accomplishments is that it limits your capacity, while you exist within this vibrational level, to have an understanding of who and what you truly are. It limits your capacity to understand that this reality that you experience is your creation.

You see, this vibrational level that you exist in is a reality that you are the creators of, absolutely. And we're not suggesting that you're some entity that simply has the capacity to create the experiences that you're involved in in this vibrational level, we're [suggesting] that as individuals and as a human consciousness society, if you wish, all of the entities existing within this vibrational level create the entire universe of your vibrational level. It's your creation. And you as individuals and you as a human consciousness consensus create this reality entirely.

And when you choose to enter into this vibrational level you choose to live and exist within the limitations of that veil, of that electromagnetic type of energy that limits your capacity to understand who and what you truly are. Limits it, not only in your awake consciousness state, but also in your altered states of consciousness, when you enter into your meditative state or into a dream state or even into that state that some would refer to as between incarnation, when you die, in other words.

Now. Time and space are illusions, they don't really exist other than in your awake consciousness state.

However, in order to give it some type of an explanation that can have some coherence and that you can get a grasp of we [use] this reference to time and space, but understand that time and space are illusions. When we refer to as your passing over, if you wish, or dying or entering into [the] other incarnational periods that's simply a reference that gives you, once again, that ability to grasp a concept that actually exists in the now. Time and space are illusions. They only exist in your awake consciousness state.

And so, with that understanding that it's illusionary, we'll, nonetheless, utilize that belief system in order to give you some type of an explanation that you can grasp based upon your limitation to understand who and what you truly are. Your choice, once again. Not some other individual, but your choice.

When you exist in your awake consciousness state you are as far removed as [what] it's possible for you to be from the concept and the understanding of who and what you truly are. And as a result of the veil that you put in place that limits that capacity for you to understand who and what you truly are, when you're in this awake consciousness state it seems exactly the opposite. When you're in the awake consciousness state it seems like that's the state, like that's what's real. It's like the rest is all an imaginary reality. And once again, the irony of it is that it's exactly the opposite.

You see, you understand absolutely that when you're in this awake consciousness state, you cannot sustain it. You absolutely understand that at some point you will sleep. It's a given. You can't escape it. And when you sleep you will enter into the dream state. And in that dream state you put in place, many times, the agreements and the contracts and you alter belief systems in order to influence the reality that you experience in your awake consciousness state. Based upon, many times, the choices and the decisions that you consciously make in your awake consciousness state.

And so, you enter into that dream state. And you still exist within the limitations of the veil. And then you understand as well that at some point you will die. It's a given. You understand that you can't sustain the awake consciousness state just as surely as you understand that at some point you will die.

The irony of it is that when you die you're simply taking a step in the alteration of your consciousness that's not very far removed from when you're in your dream state. When you're in that so-called between incarnation state, when you pass over, if you wish, you still exist within this vibrational level. You still choose to operate with certain limitations of that so-called veil, of that electromagnetic type of energy that exists within your vibrational level.

And so, the reality that you experience in all of those various levels and states of consciousness is a reflection of the beliefs that you hold. And if you believe that when you die, when you pass over, that you're going to enter into some type of reality that would have these various effects upon your everlasting existence, you can have that. Not only can have that, but it's in all the likelihood that you will create it.

The difficulty is that it's in that state of consciousness that you were also more aware of the creation process. And so, it becomes difficult to sustain the illusion and the reality. If you believe that you're going to enter into some type of eternal damnation, you can have that experience, absolutely. But the chances of you're going to sustain it are very, very remote indeed. Because once again, you're at a level of consciousness where you are much nearer, if you wish, to the understanding of who and what you truly are.

And so, the concepts that there will be some type of everlasting reality is simply an illusion. An illusion that's actually not much different than the illusion you exist in in your awake consciousness state. It's simply much more difficult for you to not [begin] to understand that you are in control. And if you don't like it you can change it. In that altered state of consciousness that you refer to as the between incarnational state you [can] make choices. You make choices based upon what it is that you desire to experience, that you desire to experience. Not what some other entity says, "Well, now, you've been through this lifetime and so we've decided, well, you're going to have this type of experience because you didn't do very well." Absolutely not.

The reality that you experience is a reflection of the belief that you hold. That's a very simplification, explanation of your reality, but it is, nonetheless, very accurate.

Now. In that so-called between incarnational state, in that level of consciousness, if you wish, you have the opportunity—not only have the opportunity but indeed, should you utilize the opportunity, to either leave this vibrational level or to reincarnate, to come back and try it again. Because you see, despite what an individual is experiencing in this so-called awake consciousness state the spark of consciousness that you are is enjoying every minute and every moment of this creation.

The spark of consciousness that you are creates the reality that you desire and it does so without judgment. It's not right or wrong. Right or wrong is an awake human consciousness concept, it does not exist within that level of your consciousness from which you create the reality that you experience.

The spark of consciousness that you are creates whatever it is that you desire and it does so joyously, without judgment.

And so, in that so-called between incarnational state you can, if you wish, desire and express that intent and if you choose to, leave this vibrational level, absolutely. It's your choice. You're not here by force; you're here by choice, and you can leave by choice. Or you can make the choice to come back into and reexperience another incarnational period.

Now. When we suggest that the reality that you experience is a reflection of the belief that you hold, many individuals begin to consciously think, "Well, I never believed that. I never held that belief." Well, the irony of it is that the belief precedes the reality. Always. You see, in your awake consciousness state you don't have any concept that you are in control. And so, you put up that veil. And that veil limits your capacity to understand who and what you truly are. And that veil also limits your capacity to understand that the reality that you experience is a reflection of your beliefs and belief systems.

And so, you create [your] reality to validate the belief. But the irony of it is that [when] you're [in your] awake consciousness state you look at that reality and you believe that it's as a result of having that experience that you form the belief system, and it's not that way at all, it's exactly the opposite. The reality that you experience is a reflection of the belief that you hold. And many times, and we utilize, once again, your belief in time and space, many times those beliefs are put in place in that so-called altered state of consciousness that you refer to as your between incarnational state. You look back into this so-called illusionary reality and you decide, "Well, I think I'd like to have that experience. Perhaps, [maybe] not, but I think I'm going to bring that belief along, just in case that might be an interesting experience. And I think I'm going to, in this incarnational state, experience some type of a reality in the opposite gender. And there are some other individuals, entities we've been interacting with, and I think I'm going to go back and interact with those individuals. And I'm going to bring along some other choices, some other belief systems. And I'm going to make them potential possibilities."

And so, you enter into the vibrational level. You come back into an incarnational period, if you wish, with of course the understanding that all of the individuals that you are interacting with, that you choose to encompass as your family, if you wish, have also agreed at some level of their consciousness to participate in the reality creation. Because they have something that they wish to experience as well.

And so, it's an agreement. It's an agreement. To suggest that you choose who it is that you desire to experience an incarnational period with is accurate, but it's also limiting. Because you choose but that choice is a choice that each individual that's involved in that experience has agreed to participate in. You do not force your will on any other. And neither can any other

force their will on you. It's always a choice. Always your choice. Absolutely. Guaranteed. No exceptions.

And so, you choose to enter into an incarnational period and you put in place these belief systems that you're going to bring along. And your scientists have recently discovered what they refer to as the DNA. And they understand that within the capacity of that DNA there are certain aspects of your physical being and your experiences that are recorded within the DNA. And there's a whole bunch of the so-called DNA that they don't understand. It's like it's there but they don't have any type of an understanding of what it's for.

It's all illusionary. It's simply something that gives you a scientific proof, for you see, if you can prove it scientifically in your awake consciousness state, then it becomes real. And if it becomes real then you can deal with it much easier.

And so, you have this DNA. Your creation, it's not some other entity's creation, it's your creation. Both as individuals and as a society, and as a human consciousness, you agree to participate in and to create this illusionary reality. And the DNA is just as illusionary as the rest of it. But nonetheless, it validates, it validates that concept that you can understand how certain events occur [within] (*inaudible*) an individual's life.

And so, you have this DNA. And you have this so-called portion of the DNA for which there seems to be absolutely no use. It's just stuff that's there. Well, that stuff that's there, that portion of the DNA for which you do not have any understanding or capacity to understand are actually potential realities for you to experience. Physical realities for you to experience in this incarnational period. And as you go through the incarnational period and as you make your choices and your decisions, and as you indeed have your desires and use your imagination and your expectation, you actually alter the energy that surrounds the DNA. And as a result of the alteration of that energy you can activate or deactivate various aspects of that DNA.

And so, you can take a portion of that DNA, which is based upon a belief system that you may have made in an altered state of consciousness that you refer to as your between incarnational state, and you've put in place as a potential possibility, and as you make the choices and decisions, as you hold the attitudes and beliefs, you actually can, once again, alter the energy that surrounds the DNA and you can take that belief system and turn it from what was originally a possibility into a probability.

And so, the list of possibilities become a shorter list of probabilities, and the list of probabilities become an even shorter list of actual experiences, that you create and experience in this vibrational level in your awake consciousness state.

Now. The scientists are beginning to understand that your thoughts can influence the reality that you experience. Now, that almost goes without saying. Not only can but do influence the reality that you experience. Your thoughts and feelings, absolutely guaranteed, influence the reality that you experience, because they also influence your choices and decisions and they influence your attitudes and beliefs. And when you change your beliefs you change your reality. It's really that simple. You can make it, not only can make it but do make it, much more complicated. But it really is that simple.

To break it down into its basic steps, it's that simple. The irony of it is that when an individual looks at this reality and they say, "Well, I must hold this belief because I'm having that particular experience," and yet it's a combination of belief systems. It's a combination of different beliefs that all clump together, if you wish, to create the reality. And to change one belief and say, "Well, that's it. I've changed that belief and so now I'm going to change my reality," absolutely you can influence the reality, but understand that it's all of the other beliefs that are still there that are influencing that reality as well.

It's like looking at this so-called solid existence, this Earth that you exist on, and all of the universe. Your scientists have determined that it is composed of atoms. And you can't see an atom. It's a simple concept that's based upon a belief system. And in order to validate the belief system you can conduct various experiments, and as a result of those conducting of those experimentations you can alter this reality. And as a result of altering the reality then you can conclude that this universe is comprised of atoms.

Now. Every particular piece of solid matter, every piece of matter in fact that exists within this vibrational level in your awake consciousness state, your scientists would argue, is comprised of atoms. It is the composure of those atoms that influences whether or not it's a very solid object, or whether or not it's an object such as your air that you can pass through. But it really makes very little difference. It's simply the structure of the atom that determines whether or not it's going to be a solid [element] or what kind of a particular object it's going to be.

Your scientists also believe that within that atom there are various elements that they refer to as electrons and protons and neutrons and you have a nucleus. If your scientists take that particular analogy and they explode it, if you wish. You take an atom, with its nucleus and with its electrons floating around the nucleus and you expand it until it's the size of your universe you would find that the space between the electrons is greater than the space that exists between your planets.

And so, this reality that seems like it's so real is actually comprised of mainly space. There's nothing there, in terms of something that can be solid. But what is there

is energy. And that energy, by the entities that exist within your vibrational level, you create it all. Not just a little bit. Not just your body, not just your physical being, not just your day-to-day activities. You as a human consciousness and as a society and as individuals create the entire universe. And it's mostly energy. You are that energy. You exist within each and every atom of the entire universe. And that becomes difficult to grasp until you grasp the concept that it's an illusion. It's not real. Once again, that doesn't mean it's insignificant. But it is an illusion, absolutely.

It has a significance because it allows you to have experiences of intense emotions and feelings that cannot be duplicated in any of the other vibrational levels throughout all of creation. You see, that veil that limits your capacity to understand who and what you truly are and as a result of that limitation in your awake consciousness state you have that capacity and that ability to experience very intense emotions and feelings that are not possible when you are in your so-called altered state of consciousness. Or when you do not exist in this vibrational level.

When you walk into a theater and you sit and you see the particular projection that's upon the screen you understand that what you are viewing and what you are experiencing is a trick of light. You understand as well that what you're experiencing is also someone else's production. And yet, as you watch that particular event that is [transforming] upon the screen you experience various ranges of emotions and feelings, and they can be quite intense at times. But when you walk out of the theater you know absolutely that it was just an illusion. And so, the intense emotions and feelings fade very quickly. But in this reality, when you're awake in your consciousness state, "Ah, now that's real." Because you don't believe that it's an illusion. You don't believe that it's a trick of light. You don't believe that you're in control. And so, it's real. And as a result of that reality you experience very intense emotions and feelings. Absolutely.

And that's why you're here. You see, the irony of it is that many individuals search so hard for that connection to their spirituality and you really can't lose it. It's who you are. You hide from it, but you can't lose it. It's like putting your hand behind your back and saying, "Well, there, it's gone." You can't lose it. It's who and what you truly are.

And many individuals look for other elements or other areas or avenues to discover that connection. And yet, the only way to discover is to go withinside. You will not discover it by reading in a book. You will not discover it by listening to someone like us attempting to tell you. Because you see, it cannot be explained in words. It can only be experienced. And you can only have that experience when you go withinside and make that connection, til you grasp that understanding.

And so, (*inaudible*), once again, as an explanation you will not find it. You can find various avenues that will take you to a point where someone is trying to give you a description, but it always falls short. It cannot be explained. It can only be experienced. And the irony of it is that when you experience it you begin to realize that it's a unique experience. It's your experience. Another individual having the same experience may have a totally different concept of what it is that they believe, of what their connection was. It's individual.

And as well, the irony of it is that there is no absolute method or technique that would take you there. If there is one technique that seemingly gives you that opportunity that seems to be, once again, more advanced than others it's that altering your consciousness while maintaining your awareness.

Many of your so-called entities in this awake consciousness state refer to it as meditation. As long as you understand that that's all that meditation is, as long as you don't put some type of a huge explanation on the terminology of meditation. Meditation, that technique, is simply altering your consciousness while maintaining your awareness. Nothing more. It's really not complicated at all.

And in that altered state of consciousness while you maintain your awareness you have that opportunity to make the connection with that so-called spiritual side, that spark of consciousness that you are. But when you come back into your consciousness state you also begin to realize that you can't bring it with you. You cannot sustain it in your awake consciousness state, for to do so would destroy the illusion, would remove the veil. And you see, you chose to enter into this vibrational level. You chose to put in place the veil. And as a human consciousness consensus, to operate within the limitations of the veil.

But nonetheless, you can have that opportunity to make the connection with who and what you truly are. And to bring back into your consciousness some type of understanding that the connection has been made. And have an explanation of what that is is just not possible. The words will always fall short. Absolutely. You will not find it, once again, written in a book or given in any explanation that involves the use of a vocabulary. It is just not there.

And so, this veil that you put in place. This veil that limits your capacity to understand who and what you truly are also has another purpose, and it limits other entities existing outside of your vibrational level to interfere in your creation process. You see, the information that we suggest for you is simply information that you desire to hear. It's information that you have withinside each of you. We simply express it to you.

We're not some entity existing outside of your vibrational level who has all of the answers. To believe

that we as an entity existing outside your vibrational level have more knowledge about your capacity to create than what you have is ludicrous. It just isn't so.

We've used the analogy that it's like sitting in your home, and you look across the street at the neighbor, and you believe that sitting in your home, your neighbor has more understanding of what it is that you are doing to create your home and the family that you're existing in that what you have. It just isn't so.

And so it is, that there are no entities existing outside of your vibrational level that can give to you any information that is not accessible to you through your own self. You have but to go withinside and the answers are all there. Absolutely guaranteed. We simply express to you that which you desire to experience.

And so, when you enter into this vibrational level and you exist in the veil, the reality that you experience, once again, is your reality, you creation, not some other entity's, but yours as individuals and indeed as a human consciousness agree to participate in various limitations, belief systems, if you wish. And some of those beliefs we refer to as the human consciousness belief systems. The human consciousness beliefs systems that you all agree to participate in.

And they are very difficult for you to alter. They are what you might refer to as your laws of physics. That it's necessary for you to breathe oxygen in order to sustain your existence. Those types of belief systems are human consciousness belief systems that exist throughout your entire world, if you wish.

And then you have what we refer to as the societal belief systems. Societal belief systems are belief systems that can vary, through various parts of your existence on this Earth. And you, once again, can get a grasp of that understanding that within this society you may exist within an entirely different belief system and the set of standards, if you wish, than what another group of individuals in another society might adopts as their particular standards of living. Yet each are based upon what we refer to as societal belief systems, and one is as valid as the other.

And then you have what we refer to as the individual belief systems. The individual belief systems are those that are the easiest for you to alter. Individual belief systems into this reality that you experience in your awake consciousness state, that you have some type of control over, that are not influenced as much by the societal belief systems and [caused] by the human consciousness belief systems that it's very difficult for you to alter.

And so, you have these individual belief systems that you experience in your various levels of consciousness, to influence the reality that you experience in your awake consciousness state. And once again, these individual belief systems are held at

some level of your consciousness before you experience the reality. Absolutely. And many individuals have a difficult time grasping that concept in your awake consciousness state. You'll see some individual in an abusive situation and you'll say, "Well, are you telling me that we chose this particular type of reality?" And we're saying, yes, absolutely.

You see, you make a choice for all of the reality that you experience. You can choose to believe that you're not in control, and you will create the reality to validate that belief. And it's not right or wrong. That's the irony. That spark of consciousness that you are creates whatever it is that you desire and it does so without judgment, it does so unconditionally. There is no right or wrong, it doesn't sit there and say, "Well, I don't think they should have that particular type of reality cause they're not going to like it." Absolutely not.

You express a desire. And if you express the desire to not be in control then the spark of consciousness that you are creates the reality to validate the belief system and you have what you desire and you're not in control. And it creates all types of chaos in your awake consciousness state and you go through all of these, what you refer to, as negative experiences. And the spark of consciousness that you are rejoices in the ability to have the experiences and to experience such an intense range of emotions and feelings and it rejoices in creating that reality that you desire.

And so, if you choose to believe you're not in control, it's not a right or wrong. This is not a right or wrong concept: you must do this and you must not do that. Absolutely not. You can have whatever it is that you desire, not only can but do have whatever it is that you desire.

And so, you hold certain belief systems and they influence the choices and decisions that you make. You see, many of those individuals that are in that so-called abusive situation hold a belief that they're not worthy. They hold a belief that they are somehow less than others. They hold a belief that they don't deserve to have a better existence. And when you hold that belief you make the choices to validate your decisions and the spark of consciousness that you are creates the reality to validate the belief system. And you're not worthy. And so that's the reality that you experience.

It's a choice. You make a choice. You can create by default and say, "I'm not in control," or you can create by choosing to be in control. It doesn't matter. This is not a right or wrong concept. Once again, it's important to understand that it's your choice. It's not some other individual's choice and you don't do it in order to influence another individual or to impress another individual. You do it to influence and impress your own reality, your own creation, what it is that you desire to experience.

You see, first you desire. [And when] you desire you use the imagination to have that experience. And then you have the expectation that it will occur. Now, the desire and the imagination is quite easy. Most people can get past that one, although many times we challenge individuals to give us an example of what it is that you desire and they can't be very specific. It's like, "Oh well, I'd like to feel better." Well, what does that involve, to feel better? Be specific about what it is that you desire. And then use the imagination to experience that particular type of reality as if it was there. And then expect it to occur.

You see, there are many individuals who choose to have abundance. "Ah, we'd like to have lots of money." And why would they like to have lots of money? "Well, we always have lots of debt." And so you see, if you always had lots of debt it doesn't matter how much money you get because you always believe you're going to have lots of debt. And so, you see individuals who consume and manage to accumulate massive amounts of what you might refer to as wealth but still always be in debt. Because you see, they believe that the debt process is very difficult to eliminate. "Ah, you always have debt. Can't get away from it. Doesn't matter how much money you've earned, our debt will always be there."

And so, you validate the belief system that you hold, that you're not worthy of being out of debt. And so, you put that aside. You don't worry about that part of it. "I don't have that part. I want the abundance." And it's really that simple.

When you look at things in that light suddenly what you once considered to be abundance may have an entirely different perspective. And may not be so important to have that particular element that was your reference about abundance. It may all change. And there's nothing wrong with that. It simply gives you the ability to have the experience that you desire.

Because you see, whether you believe it or not, in your awake consciousness state all of the reality that you experience is a reflection of the belief that you hold. You have the capacity within you to alter your reality. Absolutely. You have the capacity within you to make the choices. You have the capacity within you to use your imagination and to use the expectation.

One of the elements in this reality creation process that seems to be necessary in order to have any type of experience in terms of success is that you believe that you are worthy, that you like who you are. There are many individuals existing within your so-called vibrational level that don't like who they are. Or they may like certain elements of who they are, but the basic is that they don't believe that they're deserving. They don't like who they are, or they don't like that image that they're projecting. And yet many times, they feel that it's important to influence others and so they project an image that others desire to perceive in them.

And it becomes a false image. And as a result of it being a false image they don't like who they are.

And so, to like who you are you project the image that you wish to be. You project an image that makes you feel worthy. You don't worry about whether others like you or not. If you like who you are others will like you. It's really that simple. It's not a complicated procedure at all.

And you do that by making a list of principles. [Add] the list of principles, and don't worry about putting them in order, just as they come to your mind you write them down, write out the list of principles. And then choose the principles that you believe are the most important and you put them at the top of the list. And then you work down. And if you change them, it doesn't matter. This is not something that's written in stone and you must do this and you must do that or you won't have success. Absolutely not. It's something that you do because you desire to do it, because you desire to experience the results. It's an illusion. It's important that you continuously understand that it's an illusion and what you will experience is a reflection of the belief that you hold.

And so, you put in place the principles. And then, as the opportunities arise, and again, it's important that you understand that as the opportunities arise they arise because you choose to create the opportunities. As the opportunities arise you apply the principles. And as you apply the principles you begin to strength your character. And as you strengthen your character you begin to like who you are. And you begin to like the image that you're projecting to others. And others will begin to like who you are.

Now, many individuals who get involved in that process continue to carry along certain belief systems that they're not worthy. Instead of concentrating on establishing these principles and building the character they begin to dwell on the time when they failed to apply the principles to the illusionary circumstance that they created for that opportunity to apply the principle. And they dwell on that negative. And they begin to believe that they're a failure. "You see, we couldn't do it anyway. I knew I couldn't do it." And they dwell on that time when they didn't apply the principle when the opportunity presented itself.

The irony of it is that there might have been a hundred opportunities and they failed two or three times out of that hundred opportunities to apply the principles. Now, any other existence, if you start looking at a ninety-five percent success rate, that's considered to be phenomenal. But an individual begins to dwell on the five percent where you're not successful and begins to believe that it's not possible and as a result the spark of consciousness that you are does not take into any account of whether or not you were successful in the majority of time. It simply gives to you that which you desire. And it validates the belief that you hold. And so,

if you believe you're not worthy then if you've failed this five percent and you dwell on that particular aspect of the creation process of the application of your principles, and you validate the belief and you become a failure.

Only in your awake consciousness state. At other levels of your consciousness it's not possible to fail. Because you create the reality that you desire to experience as a reflection of the belief that you hold. And it's an illusion. You absolutely cannot fail. You can only fail in your awake consciousness state in an illusion. And it's not failing, it's actually accomplishing and validating that which you believe. And it's doing it very well. It's not failing at all. You cannot fail.

And so, you apply the principles. And as a result of applying the principles you strengthen the character. And as you strengthen the character you begin to like who you are. And you begin to believe, "Well, it is possible for me to do some of these things, to apply them to my situation. It is possible for me to begin to alter some of my belief systems and as a result of altering some belief system I can alter my reality because I deserve, because I like who I am."

And as you begin to like who you are you begin to love who you are. And the spark of consciousness that you are creates this reality from a position of absolute unconditional love. It may, in your so-called awake consciousness state, appear to be a negative existence, but we assure you that that spark of consciousness that you are is creating that reality from a position of absolute unconditional love and it's giving to you that which you desire to validate the belief that you hold. And it does so without judgment. It does so unconditionally.

And so, you have within you that capacity for unconditional love. It's what you are. You may not be aware of it in the awake consciousness state but that's your choice as well. That's your choice to limit the capacity to have that understanding. You do that because it validates the reality and it intensifies the emotions and feelings. And once again, it's really that simple.

We would challenge you to look at any activity that you're involved in and break it down, come back to why you are doing it. And the bottom line will always be because you choose to experience some type of activity or creation that allows you to have certain emotions or feelings. That's why you did it. Absolutely, guaranteed. Everything, not just some things, absolutely everything.

And so, you create this reality so that you can have that experience and you do it, once again, from a position of absolute and unconditional love. And as you begin to like who you are, as you begin to strengthen you character, if you wish, [and] that begins to be reflected in your attitudes and your belief systems and in your

choices and decisions then you also begin to do things to validate self love in the conscious state.

And it's important that you love who you are in a conscious state if you expect to have some type of success in altering the reality. Because if you don't like who you are and if you don't love yourself consciously, then once again, you begin to hold those experiences and those feelings that you're not worthy and you begin to believe that it's not possible. And the spark of consciousness that you are, once again, creates whatever it is that you desire and it does so joyously, validates the belief. It's really that simple.

And so, as you like who you are you begin to experience and have the opportunity to experience love. And love is a state of being and doing. Love is not just something that occurs, so just magically there. You do certain things that allow you to experience certain emotions and feelings.

One of the things that you do, and we're not going to get into them all, but let me give you some examples so that you can get a grasp of the concept. Because there are many things that you can do that allow you to experience many feelings. One of the things that you do is that you give. And you give unconditionally. Now, to give unconditionally means just what it says. There are no conditions. You see, many times when an individual existing within your society gives they put in place certain specific conditions. And when you put conditions in place in order to sustain the gift you're forming a contract. You're not giving an unconditional gift.

There's nothing wrong with that. We're not suggesting that you just suddenly throw out all of the contracts and all of the agreements. Absolutely not. It's [what] allows you to function within a society. But when you give as an expression of love, then you give unconditionally. You don't judge what the other individual does with it. Absolutely not. It's an unconditional gift. And you give it to allow either yourself or another individual the opportunity to experience certain feelings. To experience feelings of joy. To experience feelings of gratitude. To experience feelings of belonging. To experience feelings of security. To experience feelings of trust. To experience feelings of intimacy and commitment.

And so, you give to allow another individual to experience certain, what you might refer to as, very positive emotions.

And so, you have various things that you do that allows another to have those feelings, those experiences. You trust. You give someone a gift of trust. Trust is a very misused terminology in your so-called awake consciousness state. You see, many individuals who are involved in interactions and then when the interactions do not go the way that they desire they say, "Well, I trusted him." Or, "I trusted her to be

involved in that situation and to do the thing that I wanted them to do." Well, when you're sure that you trust someone, you see, to trust someone involves certain aspects of a situation. There must first of all be the opportunity for you to gain and lose something and the loss must be greater than the gain. If you expect to gain something and then you don't but there was absolutely nothing ventured to lose that's not a trusting situation. That's an agreement or a contract or that may even be a gambling situation, but it's not a trusting situation.

In a trusting situation you have more to lose that you have to gain. The second thing that must be in place is that you must believe that you can trust the person. It's rather ironic that individuals interact with each other and then when something goes astray they say, "Well, I trusted them." When really, deep within, they didn't trust them. And so, you must believe that someone can be trusted. They must trust them.

And then the third element, which is often missing, is that you must solicit the trust. In your awake consciousness state you choose to limit your capacity to have what you refer to as telepathic interactions. And so, you will interact with an individual and you tell them certain things that can have a devastating effect upon you. And then after you've told them you say, "Oh, by the way. By the way, don't tell anyone." It's a little late.

First of all you solicit the trust. "I'm going to share with you something, and can I trust you to not share that with anyone else? Can I trust you to have a confidence with me?" And you solicit that trust before you become involved in the situation.

And so, to trust another individual, and to allow another individual the capacity to trust you is a gift. And it's a gift that allows one, once again, to feel intimacy. It allows one to let down the veil that they hide behind and to be vulnerable. And yet, while being vulnerable, feel trust.

And so, those are things that you do to allow individuals to experience love. You commit. Commitment, again, has to be specific. It becomes very difficult to commit to certain things and leave out others. But when you commit, and two individuals are involved in a relationship and they make a commitment, and then they say, "Well, from here on, that's it. We're committed to each other and we can't be committed to anyone else," that can be very limiting. Because you see, if that commitment to each other limits your capacity to expand and commit to others without, without destroying the commitment that you agreed to, then indeed it can be a limiting type of reaction and interaction with other individuals. And [what] you commit to allow the other to feel security.

"There are certain areas of the commitment that we agree to be participating in and in those areas you

understand that my commitment is absolute.” And when you commit in that manner the other has the opportunity to feel joy and security and trust in the intimacy and the vulnerability, and all of those emotions that allow you to experience those feelings of love.

And you become an intimate with the other. Intimacy does not necessarily mean a physical interaction, although that’s certainly possible as well. But we’re talking about an intimacy that allows one to lower down that veil, once again, and to be who they are, without fear of judgment. To allow them to be the individual that the others may not wish to experience. And as a result of that, once again, it allows one to experience security and trust.

And so, there are various elements that you do in order to experience love. It’s not just a simple thing, “Well, I love someone.” Well, what does that mean? Be specific about what it means. Be specific about what it is that you’re going to do to allow the other to experience those feelings of joy and of security and of trust and of intimacy. And of commitment and of knowing.

You see, knowing is to allow one, once again, to have all types of so-called faults. Knowing allows that there are certain elements about an individual that you may not like but you accept them as they are, regardless. You put that aside, because you are allowing them those feelings of security and trust and joy.

And so, when you (*inaudible*) it allows you to experience love, again, first for yourself. Because you see, self love and loving someone else is the same particular elements of involvement. You do the same things, only for yourself you do them for yourself and for another it’s an outward thing that you do for another. But if you don’t love yourself then it becomes very difficult to have the expectation. It becomes very difficult to believe that it’s possible for you to have the experiences that you desire to experience.

Everyone has within them the capacity to have that experience in the awake consciousness state. It’s not limited to a few. It’s everyone’s reality. You create it all. Not just some little aspect of it. And when you begin to have self-love, when you do those things based upon, once again, your choosing a principle and establishing your character and doing the things that allow you to experience those feelings of love, of trust, those feelings of joy, those feelings of security and of intimacy and of vulnerability and of knowing.

And you begin to have the capacity, once again, to enjoy the experiences that you desire to experience. And until you reach that point you cannot give to another the type of love that you would desire to give. And so, you can’t give something that you don’t have [it] to give in the first place. So many individuals say, “Well, I don’t like who I am but I certainly like all the other individuals that I exist with. I don’t love myself all

that much but I certainly love the rest of my family,” and we would challenge that, absolutely.

They may feel that what they are doing for the rest of their family is love but we would assure you that that love is the type of love that can turn into what we refer to as the negative types of existence. Because you can no more love someone else anymore than you love yourself, than you can exist in this reality without breathing.

You cannot love someone any more than you love yourself. And if you believe that you’re not worthy of love then you will also express and exist in realities where you cannot believe that others are worthy of love either.

Many individuals exist within certain realities, where both individuals—and it’s important that you understand that no individual is subjected to any type of reality that they do not at some level of their consciousness choose to be involved in, based upon the beliefs that they hold, based upon the choices and decisions. You see, when two individuals are involved in a situation where one says, “Well, I don’t love myself. In fact, I’m a really rotten, terrible person, but I love all the others that are around me.” But those others that are around them suffer from abusive situations because that person is not capable of loving himself is not capable of loving them either and yet their twisted concept of consciousness love is reflected in what it is that they express to the others.

It’s important to understand that those others choose to be involved in that situation. Absolutely every individual existing within your vibrational level experiences the reality that they desire to experience based upon the beliefs that they hold. And you cannot force your reality on another. It’s not possible. Each individual has the free will to make the choices based upon the beliefs that they hold. Absolutely guaranteed.

Now. The irony of it is that many times those individuals who are involved in an abusive situation and you look at that situation from an outsider, or an outsider viewing it, and you say, “Well. This victim is subjected to an absolutely terrible existence.” And we would suggest that it’s the victim who is in control. Not the aggressor. When a victim chooses to no longer being the victim then the aggressor stops. It’s really that simple. When you refuse to accept that you’re not worthy then it stops.

And you don’t make that choice, and many individuals go through many relationships and interactions because they don’t make the choice. They don’t like this particular existence. “I don’t like that. But I’m not worthy of a better one but I’m going to end this one.” And guess what? Within a very short time, almost invariably they’re involved in a similar type of situation and interaction and relationship. Because the reality that you experience is a reflection of the belief that you

hold and if you believe you're not worthy you create the reality to validate the belief. And it comes back to that time and time and time again. The reality that you experience is a reflection of the belief that you hold. If you wish to change it, alter the belief. Absolutely.

Many individuals have a difficult time in altering beliefs and wanting to have immediate results. You believe in time and space. You believe that it takes a time to get from here to here. And if it doesn't, if you can't validate that then it's not real. And so, you believe that it takes time. And so, when one is involved in a certain situation and they want to change it instantly, they look back and it may have taken fifteen years of your so-called linear time to get there but nonetheless they want it to change right now. "Well, I'm changing my beliefs and [so] change right now."

You believe in time and space. It's a belief system that's really enforced. It really validates your reality, this illusion of time and space. And so, in order to make it real, it takes time to alter the belief system. It takes time to bring that into your consciousness state so that you can experience it. It took time to get there, but once again, many individuals don't have the patience to have the imagination and the expectation for it to occur to alter that reality.

And the irony of it is that many individuals put in huge amounts of efforts, and they're almost there at altering their reality but they dwell on the failures. They dwell on the negative. And the spark of consciousness that you are creates the reality that you desire based upon the belief that you hold. And so, if you believe it's not possible, it's not possible. It's really that simple.

There are so many aspects to this reality that a person, in order to have some type of success in this reality creation process is quite specific about. It's necessary that you understand specifically what it is that you desire to experience. It can't just be, "Well, I'd like a better life." You can have that, but what's that? What is it going to take to make that better life?

And so, you are not specific and you don't use your imagination. And you don't have type of expectation, and so, it goes through an existence, "Some time I'm going to have a better life. I don't know what it's going to be." And so, the spark of consciousness that you are validates the belief that you hold and you never get it because you don't know what it is. It's not right or wrong, once again. It's a validation of a belief that's held.

Every instance of this reality that you experience in your awake consciousness state is as a result of choices and decisions based upon beliefs and attitudes, thoughts and feelings, desires and imaginations and expectations. And the spark of consciousness that you are creates it for you without judgment, unconditional, from a position of absolute unconditional love. And if you can bring that into your

consciousness state, even to some limited extent, then you can have success in understanding and accepting the reality that you're experiencing.

You see, many times when an individual alters their belief systems and they're involved in a creation process, the process doesn't change. It's been put in place. It's like saying, "Well, here I am. I'm five foot two and I want to play basketball. And I want to play with all of those individuals who are seven feet tall." You made a choice when you entered into this vibrational level to put in place the belief systems and to be involved in experiences [involved] with those limitations and it's what we refer to as a human consciousness belief systems, very difficult to change. You're five foot two, it's a choice you made, it's a choice that other individuals involved in that participation and in that creation process agreed to participate in and agreed that you would be five foot two, and all of the limitations, if you wish, that come with it.

But however, when you begin to understand that it's your choice, that it's your creation, you remain at five foot two but it becomes an entirely different aspect of creation. You look at it entirely differently. It becomes not a limitation but indeed an understanding that that's what you desire to experience in this vibrational level. And so, while one's interactions with others may not alter, one's perspective and the feelings that one experiences definitely alters. One's ability to like who one is definitely alters. One's ability to alter other elements of the reality experience most definitely is altered and, if you wish, enhanced.

The choice is yours. It's not someone else's choice. That becomes a difficult concept to grasp, we understand absolutely. When one is experiencing a reality that has certain limitations it's nice to blame someone else. It's nice to say, "Well, it's not my reality. I didn't choose that. How could I choose that? That's such a terrible particular reality to have to experience." And you can have that if you wish. You can blame other individuals. And the spark of consciousness that you are will create the reality to validate the belief. And there will be all types of certain circumstances popping up that says, "There, see? That validates it. Look at that. My neighbor was doing such and such to me." Or, "My parents were feeding me certain foods that [were] involved in my limitations."

You can have that. You can validate that, absolutely. The problem with that type of validation is that, indeed, it limits your capacity to change it. When you accept the responsibility for the reality it may not be a reality that [is] something that you consciously desire but when you accept the responsibility then it also allows you the possibility to alter it.

And as long as you don't accept the responsibility, as long as you look around and say, "Well, there's certain elements that are doing this and certain elements that are doing that and they're beyond my control," then

once again, the reality is the spark of consciousness that you are will create whatever it is that you desire and validate the beliefs that you hold. And it will always be withoutside of your capacity to alter. When you accept responsibility it can be difficult and it can be very challenging. But it can be liberating. And it's the only liberation. To understand that you exist in an illusion. You are the creator of this reality. You are the god that you search for. And you absolutely cannot fail. The rest is all up for grabs.

You exist in so many more realities than what you comprehend in this awake consciousness state. You are so much more than it's possible for you to comprehend. Time and space are illusions. You exist in a multitude of so-called incarnational periods at the same time, in the same space. You just choose to dwell on this aspect. And in your awake consciousness state this becomes the real reality. And that spark of consciousness that you are is involved in all types of other creations but in your awake consciousness state you are only aware of this particular level of your personality, if you wish.

You are so much more than it's possible for you to comprehend. For you to bring all of that understanding in your awake consciousness state would put you into a state where it was not possible for you to sustain your existence. Or you would be what many of your doctors might refer to as someone who is completely insane. Because it would make no sense.

It's an illusion. And it's your illusion. And you can change it if you wish. And if you have difficulty in altering it you can change your perception of it. But it's within an individual's capacity to alter the reality that you experience. And you do so by going withinside, by putting in place the principles so that you can begin to like who you are, consciously, the individual that you would desire others to experience, not what others might choose to experience in you or to witness in you, absolutely not. You do this for yourself. For only when you do it for yourself can you do it for others.

You love yourself. And when you love yourself as well you have the capacity to love others. And you make the choices. You understand what it is that you desire. You imagine what it is to have that experience consciously. And as you develop the self [lovingly] awake consciousness state you begin to believe that you're deserving. And you begin to have the expectation that's necessary to bring that reality into existence so that you can experience it.

It's really that simple. Sometimes it seems like an oversimplification. But nonetheless, you exist within an illusion. A very significant illusion, a very important illusion, but nonetheless an illusion. You are the creator of your reality. You are the god that you search for. And you absolutely cannot fail to come to that understanding. The rest, once again, is within your capacity to alter or to change.

Now. We would like to express our gratitude for your allowing us this opportunity to interact and to exchange and to share with each of you. We are not separated by time or space. Time or space are illusions. We are separated rather by a vibrational level. And should you choose to interact with us you have but to express the intent and we would welcome that opportunity to interact and to share with each of you.

And we would suggest, many times, that the interaction that one has on a telepathic level in an altered state of consciousness is much more pertinent and much more accurate to your individual desires and needs than is this interaction that comes through the use of an expression of ideas and emotions through the use of a vocabulary. For that can be very limiting. And that interaction that you have, in that so-called altered state of consciousness, many times, you don't recall the interaction when you come back into your consciousness. It's like a dream, if you wish, that suddenly blurs and seems to disappear. But if you pay attention to the so-called intuitive suggestions that come to you as a result of that telepathic interaction you will find that it's possible for you to influence your reality from a subconscious level. Pay attention to the intuitive suggestions. And that silent communication, that telepathic interaction, can give to you the answers that you desire.

It's not necessary that you hold it in a conscious state. It's only necessary that you believe. The reality that you experience is a reflection of the belief that you hold.

And so, once again, we are not separated by time or space and should you choose to interact you have but to express the intent and we would welcome that opportunity. And we would offer you our absolute unconditional love and our unending support. And we would bid each of you farewell, with love and with peace. ✨