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University of Regina Parapsychology Class

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 you and as well our gratitude for your offering us this opportunity to interact and to share with each of you.

Now. Before we begin this evening we would like to suggest that there exists for each of you the opportunity to be involved in what we refer to as a silent communication. The opportunity for you to be involved in a telepathic interaction or exchange, if you wish, with that portion that you might refer to as your higher self or that spark of consciousness that you are or indeed with other entities that may be with us on this evening.

And you will find that as a result of the energy that you have created that it's quite easy for you to alter your consciousness, to enter into what you might refer to as a meditative state. You see, the information that we express is information which is given through the rather limited use of a vocabulary. It's an expression of thoughts and feelings that's transmitted [including to you] information that you desire to hear. Not information necessarily that we believe you must hear or that you need to hear but rather information that you desire to hear.

And it is transmitted, once again, through a series of emotions and feelings and attempts to be expressed through this rather limited use of a vocabulary. You should find that, if you were to enter into a meditative state or an altered state of consciousness or whatever terminology you wish to use to try that it would be possible for you to be involved in that silent communication, that telepathic interaction and exchange of information.

And many times, the information that you receive in that altered state of consciousness is much more pertinent to your individual needs and desires than is the information that we attempt to express through this limited use of a vocabulary and through our interaction with our friend Elias.

And so, should you choose to alter your consciousness you will find, once again, that as a result of the energy that you have created that it's quite easy for you. You

have but to close your eyes and to express the intent. And we assure you that the expression that we are attempting to relay to you will be available for you should you wish to hear it anyway. So, if you wish, you can choose that opportunity. And as always, the choice is yours, absolutely.

Now. You exist in what we refer to as a vibrational level. It's simply a term that we use to get some type of an explanation that you can get a grasp of in your conscious state. A vibrational level. There are many vibrational levels that exist throughout all of creation. And this vibrational level that you exist in is rather unique. You see, this vibrational level that you exist in is a vibrational level that you create, that you choose to participate in the creation and sustaining and that indeed is a reality that has some unique features that are not duplicated in all of the other vibrational levels throughout all of creation. And yet, in other areas it is quite similar to the other vibrational levels.

This vibrational level and all of the other vibrational levels exist within the same time and the same space. You see, time and space are illusions. They don't really exist. They only exist in your awake consciousness state. They don't exist in your altered states of consciousness, in your meditative state, in your dream state, and in your between incarnation state, you have no concept of this illusionary time and space. They are awake consciousness concepts that you sustain and validate and make real, if you wish. But nonetheless, they are illusionary. They only exist in your awake consciousness state.

This vibrational level exists within the same space and the same time as all of the other vibrational levels that exist throughout all of creation. So, once again, time and space are illusions. And we would use a couple of analogies this evening and we hesitate to use analogies because individuals have a temptation to interpret them to satisfy their own meanings or their own desires and their own belief systems. However, there are a few analogies that are quite accurate in giving an explanation and quite advantageous for us to take the opportunity to use those analogies.

And one of them is that you understand absolutely that [within] your so-called reality, within this Earth system that you exist in, there are a multitude of what you refer to as frequencies. Radio waves, television waves, all of the other types of frequencies that you transmit

throughout your atmosphere conditions. And you understand as well that it's within your capacity to utilize certain pieces of equipment in order to tap into these various types of radio wave frequencies that exist throughout your atmosphere while eliminating all of the rest.

And there are a multitude of them existing within the same time and the same space. And yet you, through the use of specific equipment, can tap into various ones while eliminating all of the rest. You can choose which one it is that you attempt to tap into and to enjoy, if you wish, or to make a part of your reality, part of your experience.

And so it is, that this vibrational level similarly exists in the same time, in the same space as all of the other vibrational levels throughout all of creation and you choose to tap into this particular vibrational level while eliminating your concept of all of the rest. While eliminating [even your] belief that all of the rest exist. And yet, they exist within the same time and the same space, for time and space are illusions. They only exist, once again, in your awake consciousness state.

Now. In this vibrational level, once again, as we have suggested, is very unique. Because you see, in this vibrational level you choose, you as individuals and you as a group of human consciousness, appears to put in place what we refer to as an electromagnetic type of energy. Some of your so-called new agers have referred to it as a veil, if you wish. It doesn't matter what terminology you choose to use for an explanation. We use the term of an electromagnetic type of energy because that's as close as an explanation as we can give you because you get an understanding of the type of energy that you put in place throughout this entire vibrational level, throughout your entire universe, if you wish, in what you refer to as the veil.

Now, this electromagnetic type of energy, this veil, if you wish, has some very specific capabilities and properties. First of all, it limits your capacity to understand who and what you truly are in your various levels of consciousness while you exist in this vibrational level. And we're not just talking about your awake consciousness state. You see, many people have absolutely no problem grasping that concept: "Well, in my awake consciousness state I get this concept that there is more to me than what I'm experiencing in [the] awake consciousness state. I understand that when I'm in my meditative state or in my altered states of consciousness," if you just go into a dream state, you understand entirely that there are different realities there.

And so, you can hold that concept that while you're in your awake consciousness state perhaps there is this type of energy that limits your capacity to understand who and what you truly are. And yet, we would suggest that it exists throughout all of the levels of

consciousness that you experience within this vibrational level to some extent.

When you are in your meditative states and in your deep dream states you still exist within the limitations of this ability to understand who and what you truly are because of your choice. And it's important that you understand that it's your choice to be involved in a creation, in a vibrational level where you have put in place this electromagnetic type of energy that limits your capacity to understand who and what you truly are.

Even in your so-called dream states and what you refer to as a between incarnational state—when you die, in other words—when you enter into that so-called crossover meditative or any other state of consciousness that you choose to believe it's within your capacity to exist within this vibrational level, you exist within the influence and the limitations that you put in place as a result of the veil, of that electromagnetic type of energy.

Now. When you're in your awake consciousness state there's no doubt that that veil, that that electromagnetic type of energy, has its most influence. But nonetheless, it exists as well in the other levels of consciousness. It's a veil that you put in place to limit your capacity to understand who and what you truly are. An electromagnetic type of energy.

It has another purpose as well. You see, while it not only limits your capacity to understand who and what you truly are it also limits the capacity of other entities existing outside of your vibrational level to interfere, if you wish, to have an influence on your creation in this vibrational level.

It's important that you understand that this vibrational level that you exist in, it is not created by some other entity that exists outside of your vibrational level. It's not created by some entity that looked down and said, "Well, I think we're going to put in place this type of reality and these individuals are going to be subjected to existing within this reality for some purpose." Absolutely not. This vibrational level that you exist in is your creation. It's your vibrational level. You choose to participate in this creation process. You choose to be involved in this vibrational level. You choose.

Many individuals have difficulty in understanding or grasping that concept. It sounds great, but it becomes a difficult concept to apply. And it becomes a difficult concept to apply because of your choice. Because you put in place this electromagnetic type of energy that limits your capacity to understand and to grasp in your awake consciousness state, [in] your all other various levels of consciousness who and what you truly are. Your choice. And you do it for a specific reason. And we'll get to the reason in a few moments.

And so, you exist in this vibrational level under the influence of a veil, an electromagnetic type of energy

that exists within each and every atom of your entire universe, that you choose to put in place. You choose, as individuals and as a human consciousness, you choose to put in place.

Now. This reality that you experience is a reality that is a reflection of your beliefs. Now, once again, that becomes a very difficult concept to grasp. And we would suggest, for terms of attempting to give you some type of an explanation that there are very types of belief systems. And we refer to the one as the human consciousness belief system. And one that you agree to as a consensus to participate in and to perpetuate and to exist within the limitations that puts upon your experience in this vibrational level, in your awake consciousness state and indeed in other various levels of your consciousness.

The human consciousness belief systems, that you might refer to as your laws of physics. For example, you believe that it's necessary for you to have certain elements in order to sustain your existence in this particular vibrational level, in this physical body, if you wish. And you agree as a human consciousness that that's what's necessary. You agree that there are various elements that exist within your vibrational level that you cannot alter. That's a human consciousness belief system. You agree to participate in that, you agree when you enter into this vibrational level to hold those as absolutes, if you wish. Various realities that you cannot change. Your choice. The human consciousness belief systems.

One of the strongest human consciousness belief system that you have difficult in entering is the belief in time and space. You believe that there is such a thing as time and you believe that there is such a thing as space. And they are illusionary. They only exist in your awake consciousness state.

It's also important that you understand when we suggest that something is illusionary we're not suggesting that it doesn't have significance. We're not suggesting that it's not important just because it's an illusion. Absolutely not. "It's illusionary" means that it's something that only exists because you believe it exists. That doesn't mean it's insignificant, it doesn't mean that it doesn't have a purpose. It just means it's illusionary. It still has significance, absolutely.

And so, this belief in time and space are illusionary. They don't really exist. You believe that there's a past and a present and a future. And yet we are telling anyone to exist in any of those particular concepts. You can't do that. You can't exist in your past, although some would suggest they're trying to live their past. You can't even exist in the present, because by the time we finish [discussing] the present will now be the past and you'll be looking towards what you believe is the future, but it's already here. And by the time you realize it's here it's gone, and you just can't be there. You can't be in any of those present, past or future

states. You exist in the now. For the lack of a better terminology you exist in the now, encompassing of all of those particular elements of your belief in time and space.

And so, time and space are one of the so-called human consciousness belief systems that you put in place and that you perpetuate and you do it in order to validate this reality, in order to make it real. In order to make it seem that it's beyond your capacity to control or to alter. Because it's more real.

And so, you have the human consciousness belief systems. And then, you have the societal belief systems. And the societal belief systems, you can look around your so-called Earth system and see different societies that have different belief systems. And societies operate within those belief systems, belief systems that have to do with various functions regarding your health, for [existence.] Belief systems regarding what's necessary for you to survive and to be successful. Different belief systems that give you various impressions on what is the proper way to exist within your so-called society, (*inaudible*) as being so-called society's rules and laws. And they're also throughout your entire Earth system, absolutely. And all of them are valid. You see, that's the irony of it, it doesn't matter what society you exist in. One is as valid as the other.

And then you have what we refer to as the individual belief systems. The belief systems that you hold as an individual. Now. While it's difficult for you to alter the so-called human consciousness belief systems, that it is indeed to some extent difficult to alter the societal belief systems, although not nearly as hard as it is to alter the so-called human consciousness belief system, what we refer to as those laws of physics. The individual belief systems, [on the other] hand, are within your capacity to alter.

Within your capacity. We're not saying that it's going to be absolutely easy for you. Because you choose to believe that this is real. Existence, that it's real, if it's real it's difficult to alter.

And yet, the reality that you experience is a reflection of the belief that you hold. It's important that you understand the reality you experience is a reflection of the belief that you hold. You see, many individuals would go through their existence in this vibrational level in your day-to-day activities and you'd have an experience and as a result of that experience you would look at it and say, "Well, I guess that that allows me to formulate a belief and that this is how this is going to appear. This is what will occur under these circumstances."

And we would suggest that it's not that way at all. We would suggest that first of all you hold a belief and then you experience and create the reality in order to validate the belief. And then you look at it in order to

make this seem real and beyond your capacity to alter or to change. And you say, "Ah, look at that. As a result of that particular activity and my interaction and involvement in that activity I can form this belief." When in all actuality the belief precedes the reality.

The belief precedes the reality. Always. Not only sometimes, always.

If you don't like your reality, change your beliefs. It seems like such a simple statement, and the irony of it is that it is simple, but you choose to make it difficult. You choose to make it very difficult to alter your beliefs. You choose to believe that much of the reality that you experience in your day-to-day interactions is beyond your control or your capacity to change. Because it makes it more real.

And so, this reality that you experience is a reflection of the belief that you hold. And if you don't like it, change the belief.

Now. You believe that in this awake consciousness state that this is it. That this is the most important part of your existence. And the irony of it is that when you're in this awake consciousness state you are as far removed from who and what you truly are as it's possible for you to be. When you are in the awake consciousness state this so-called veil, this electromagnetic type of energy is the strongest that it can be.

And so, it's very difficult for you to accept and to understand that you are the creator of the reality that you experience. It's very difficult for you to even begin to grasp who and what you truly are.

And yet, in this awake consciousness state you believe that this is it. That this is the most important part of your entire existence, and it's not that way. It seems that way, you choose to make it that way because it makes it more real.

And if there are elements that you experience in this vibrational level in your awake consciousness state that seem to be beyond your control then that enhances the experience. You see, you're not put in this existence, you're not put in this vibrational level. You choose to exist in this vibrational level. It's your choice. You are here because you choose to be here, no other reason. And the reason that you choose to be here and the reason that you put in place all of these types of energies is so that you can experience a reality that seems to be beyond your control.

And when it seems to be beyond your control then indeed the emotions and feelings that you experience are more enhanced. The depth and range of emotions and feelings that you experience in this vibrational level are not duplicated in any other vibrational level throughout all of creation. And that's why you're here.

You weren't put here to learn lessons, of course, unless that's what you want to do. You see, the irony of

it is you can have whatever it is, not only can have whatever it is that you desire but you do have whatever it is that you desire. At some level of your consciousness you hold belief systems that are being created and experienced to validate those belief systems. You're experiencing realities that validate whatever it is that you believe.

If you believe that you're not a worthy individual, if you hold that belief withinside you, then you will create the reality to validate the belief. It's really that simple. If you believe indeed that you are a victim then you will indeed create the reality to validate the belief.

Now, that becomes difficult for individuals to accept. But you must understand that this reality that you experience is, once again, a reflection of the belief that you hold. And you create this reality from a spark of consciousness, if you wish, from this unbelievably powerful spark of consciousness that you are. It gives to you whatever it is that you desire. It validates whatever belief it is that you choose to experience. And it does so joyously. It does so without judgment.

You see, if you believe that you're not a worthy individual then you will create reality to validate the belief. And the spark of consciousness that you are does so without judging whether or not that's right or wrong for you. There's no right or wrong in that level of consciousness that creates your reality. That spark of consciousness that you are creates it all and it does so from a position of absolute unconditional love. And it gives to you whatever it is that you desire. Absolutely. Without fail.

And so, if you desire to experience certain types of realities, then you can have that. Not only can have it, but do have it. The irony of it is that you create your reality, entirely.

Now, there are various individuals who will look at various elements in your so-called creation and [then] you are [experience] your day-to-day activities and you say, "Well, yeah, I can accept that I'm responsible for that particular part of my creation, and I can accept that I'm responsible for this particular part of my creation here. But this entire creation?" Well, now then that becomes something that can be very difficult for you to accept, absolutely. And yet, we're suggesting that you do create it all.

You exist throughout your entire universe. You're so much more than it's possible for you to comprehend.

You create it all. As a human consciousness, and as a society, and as individuals, you create it all. You create your entire vibrational level and that becomes difficult for you to accept in your awake consciousness state until you begin to understand that it's illusionary. And once again, not insignificant, but illusionary. And you can have whatever it is, not only can but do have whatever it is that you desire.

We would challenge many individuals to, in a very short sentence, be specific about what it is that you desire. Many individuals never sit down and try to figure it out what it is that you desire. You hold beliefs that are validated that are responsible for realities that you experience, but you never sit down and attempt to figure out what it is that's causing that reality to be created. You never sit down and attempt to put in place what it is that you truly desire. You never sit down and say, "Well, here I am. This is me, I'm (*inaudible*). Now, what do I want to change? And what's the belief that I hold that's responsible for that particular reality that I'm experiencing?"

You see, many times the reality that you experience is a combination of various beliefs, not just one. And many of those beliefs you put in place in altered states of consciousness. And it becomes difficult to give you an example that you can understand in this, once again, rather limited use of a vocabulary because in order to do so you believe in time and space. And so, we must give you a concept based upon that time and space belief system that you hold and that becomes very difficult.

But nonetheless, we will attempt to give you some type of an explanation so [you can get a] grasp of the understanding of this belief system and [that's] put in place and [validating] of belief systems.

You believe that you experience multitudes of lives that are in a progression. You have your so-called past lives. And so, we would suggest, once again, to give you an explanation based upon your belief in time and space, that in these so-called between incarnational states, at that level of your consciousness, you many times put in place belief systems. You make choices. You say, "Well, I think I'd like to experience that type of a reality. And perhaps I might like to experience that type of reality. And maybe somewhere along in this so-called incarnational period I'd like to have the opportunity to have this type of experience." And you put these particular belief systems in place. And those are what we refer to as the possibilities that can occur within a particular incarnational period.

Your scientists understand that you have within your physical makeup what they refer to as the DNA. And you see, you like to validate your reality, you like to make it real. And so, you come up with these concepts, these belief systems. And lo and behold, you create the reality to validate the belief system. And one of them is your belief in DNA.

Your scientists understand that you have within your physical capacity what you refer to as DNA. And there are various aspects of that DNA that they understand are responsible for the reality that you're experiencing, for the physical attributes that you express and that you display to others. And that you experience in this so-called incarnational period. And also understand that there's a various amount of that DNA that seems to

have absolutely no specific reason for existing. And we would suggest that that so-called portion of the DNA that seems to have no specific reason for existing contains within it the possibilities.

And [when] you exist within this so-called incarnational state, and as you consciously make choices and decisions, and as you consciously begin to hold belief systems, and as you consciously make these choices and decisions that you may or may not be a worthy individual, or that you may or may not be involved in various types of relationships, or that you may or may not have abundance, or that you may or may not have what you might refer to as a very successful existence, you have the capacity to activate various elements in that so-called DNA and to take those possibilities and turn them into probabilities.

And have the opportunity to experience what it is that you put in place in your so-called altered state of consciousness that you believe is a between incarnational state where you made that choice to put in place the belief system. And then through various choices that you make in your so-called awake consciousness state and in your meditative state and in your dream state you have the capacity to activate that aspect of your DNA and to activate that particular belief system and make it your reality so that can experience it.

You do that. Not someone else. You do that.

You also have the capacity to alter that particular DNA so that you can change that reality as well. It can go both ways. And your scientists are beginning to understand that there's an energy that surrounds that DNA. And it's the alteration of that energy that is indeed responsible for [altering] and changing your DNA and making your so-called possibilities and turning them into probabilities. And so that you can experience it. So that you can have it.

And so, you create this reality based upon the beliefs that you hold and many of those beliefs you put in place in your so-called altered states of consciousness. In your between incarnational states, in your dream states, and indeed in your meditative states and it's entirely possible for you to have that influence as well in your awake consciousness state.

Your choices and your decisions influence your thoughts and feelings that influence your beliefs. And your beliefs influence your attitudes. You see, many individuals don't believe that they have certain types of belief systems within them. When involved in an activity in a day-to-day relationship with another individual and suddenly this attitude seems to come from nowhere. And it's an attitude that you believe is not a healthy attitude. One of anger, perhaps. One of jealousy, perhaps. It doesn't matter what it is, something that you believe is not a healthy type of attitude to hold. And so,

you suppress it. And so, you put it away. “I can’t think that way, I’m not supposed to think that way.”

That spontaneous attitude can give you clues into understanding what the belief is that you hold that’s responsible for having the experience in the first place. And so that you can change it. And so that you can change your reality.

You see, it doesn’t matter what it is that believe. Once again, the spark of consciousness that you are creates the reality that you experience to validate the belief that you hold. It’s really that simple. You hold belief systems that allow you to have experiences. And in this vibrational level when you put in place that so-called electromagnetic type of energy that limits your capacity to understand who and what you truly are you enhance the belief systems. You enhance the experience. You make it more real. And you intensify the emotions and feelings.

And that’s why you’re here. That’s why you choose to be involved in this vibrational level. You choose to be involved in this vibrational level, to exist within this limitation of the so-called capacity to understand who and what you truly are as a result of this electromagnetic energy that you choose to put in place so that you can enhance the experience and enhance the emotions and feelings that eventually you experience as a result of interactions and as a result of the creations that you’re invoking.

We would challenge each and every individual to look at any activity that you’re involved in and to break it down, to come back to the reason why you’re doing it, “Why am I trying to accomplish this certain thing?” and you will always come back because you’re attempting to achieve certain emotions and feelings. That’s why you’re here. Absolutely.

Now. You must understand that you can have whatever it is that you desire. If you choose to believe that you’re not in control then you can have that. It’s not right or wrong. The spark of consciousness that you are creates whatever it is that you desire and it does so without judgment. It never says, “Oh, that’s not the right way to go, you shouldn’t be doing that.” Absolutely not. It does so joyously.

It’s allowing you to experience realities to validate the belief that you hold. And it does so joyously. So, if you want to believe that you’re not in control you can have that. It’s not wrong. If you wish to believe that there are other entities out there, guides or angels or whatever terminology you wish to apply and that they are controlling and influencing your reality you can have that, it’s not wrong. You validate and have all types of experiences to validate the reality and to validate the belief systems. It’s not wrong. It’s your choice. If you choose to believe that you are absolutely in control you can have that as well. It’s your choice.

You see, it’s all your choice. The reality that you experience is a reflection of the belief that you hold. And your choices and decisions can influence your belief systems, absolutely. And it’s not right or wrong. Right or wrong is only a human consciousness awake type of belief system. Right or wrong does not exist in your so-called level of consciousness where you create this reality. You create it joyously.

And you do so so that you can experience the intense emotions and feelings that’s possible for you to experience when you believe when you believe you’re not in control.

And the more that you believe that you’re not in control in your awake consciousness state the more that you give away, if you wish, that capacity to understand that you’re in control the more intense the feelings and emotions are because the more you believe that it’s someone else that’s doing it to you.

And if you wish to believe, once again, that your neighbor has the capacity to influence your reality and to cause you all types of problems then you will have all types of experiences to validate the belief system. It’s your choice. You can have whatever it is—not only can, that’s the irony. You not only can have whatever it is that you desire, you do have whatever it is that you desire to believe. Your choice. Absolutely.

You were not put here because you must learn some lessons, unless of course that’s what you wish to believe. It’s not true, but you can believe it, if that’s what you wish. It’s as valid a reality as any other. You have but to believe it and that spark of consciousness that you are will create it and put in front of you all types of obstacles so that you can learn these lessons that you believe that you have to progress through, if that’s what you wish to experience. Absolutely. It’s not right or wrong. It’s not necessary but it’s not right or wrong. You can have whatever it is, not only can have whatever it is you desire but you do have whatever it is that you desire.

This reality that you experience is your creation. Not just some of it, all of it. You are a spark of consciousness that has the capacity to create. You’re no different than any other spark of consciousness that exists throughout all of creation. You are no different, no more and no less than any other spark of consciousness that exists not only within your vibrational level but in all of the vibrational levels throughout all of creation.

You are the god that you search for. And when you exist in this vibrational level—and we will, once again, give references to your belief in time and space—you will at some time have the opportunity to leave this vibrational level, should you choose to do so.

You see, you believe, once again, in time and space. You believe that you’re in this incarnational period and in order to validate those beliefs you go through all

types of alterations of your physical existence. You enter into various stages of adulthood and through your adulthood into old age and eventually you die.

And you leave this physical body. Well, you don't really die. You can't die. It's an illusion. You alter your consciousness. You go one step beyond what we refer to as the dream state and you enter into the so-called between incarnational state. And even in that state you're existing within limitations and the influence of the veil. If you believe when you die you're going to have all types of experiences, be they good or bad experiences, based upon what you believe you've accomplished or been involved in in creating in this particular incarnational period, you will have and delegate those belief systems, you will experience that reality.

In that altered state of consciousness, however, in that so-called between incarnational state, it becomes very difficult to sustain the illusion. It becomes very difficult to hold that belief system and to sustain the illusion and make it real.

You begin to understand that it's only real because you believe that that's what you should be experiencing. And at that point you begin to understand that if you wish to change your reality you have simply but to alter the belief system and it can change instantly. For once again, time and space are illusions.

And at that point—and once again, we use your belief in time and space, which don't really exist, but nonetheless—at that point, should you choose, you have the opportunity to leave this vibrational level. At that point, should you choose, you have the opportunity to enter into your other vibrational levels or you may wish to reincarnate in this vibrational level. Which is something you already have done many, many times. You've made that choice many times. Absolutely.

And so, you cannot fail to come to the understanding that this is your creation. You cannot fail to come to the understanding and to have that capacity to make the choice to leave this vibrational level. To make the choice. Not because you passed some test. Not because you reached some level of, for lack of a better word, enlightenment. Not because you've somehow become spiritually advanced.

You see, you are, once again, the spark of consciousness that is no more and no less than any other spark of consciousness that exists throughout all of creation. You are all that is. Absolutely.

Many individuals search for their spirituality. You can't lose your spirituality. There's nothing to search for, it's who and what you are. You choose to hide from your understanding of who and what you truly are but you can't lose it. It's like putting your right hand behind your back and saying, "I wonder where that went to?" You can't lose it. It's there, it's part of you.

The spark of consciousness that you search for, that spirituality, is who and what you truly are. You cannot be separated from it. You can choose to believe that you've lost it but you can't lose it. It's not a search. It's who and what you truly are.

And you have the capacity, should you choose, to go withinside and to get that understanding. The irony of it is that many individuals search, quite frantically at times, for that spirituality. And the irony of it is that you can't lose it. It's who and what you truly are.

We use the analogy that it's like you have this body of water that you wish to cross. This search that you're on. And there's a bank of fog that lays offshore. And you don't know how far the journey is. You don't know what lies beyond. But lined up along the shore are a multitude of vessels and they range from the most simple of water-type craft, like what you might refer to as your canoe, to the most elaborate oceangoing liner.

And many individuals spend their time running up and down the shore searching out the perfect vessel. "Does it have enough supplies? Do I have a big enough crew? Does it hold all the things that I need in order to make this journey?" And they continuously go from vessel to vessel to vessel, searching but never really truly making the journey. Always afraid to venture into that fog. And not knowing what lies beyond.

And yet, there are other individuals who come down and come to that shore and they choose the first vessel that they see and they get on and they make the journey. You see, the irony of it is that you cannot fail. The irony of it is that you could walk through the water, it's not deep enough to even worry about. There is nothing for you to be worried about losing. You cannot be separated from your spirituality. It's who and what you truly are.

If you search for it through the vessels you will not find it. When you begin to listen to information such as we're attempting to express to you you will not find the answer. We can show you that there is indeed the opportunity for you to make the journey but you must make the journey. When we attempt to put it into the use of a vocabulary to give an expression of what it is, of who and what you truly are, it can't be done. It can't be done.

And so, when you start to read [for it] in books and you think you're going to find the answer in a book, we assure you you will not find it. And [when] you listen to various tapes and when you listen to information such as we're giving you, we assure you you will not find that which you're searching for. It's withinside. You don't make the journey withinside. And it's within your capacity to do so, to make that connection, to understand who and what you truly are. Absolutely. It's within your capacity to understand that you are the spark of consciousness that creates this reality.

You see, the information that we give to you is information that you desire to hear. And when we began this exchange with you this evening we suggested that it would be more beneficial for you to alter your consciousness and enter into a meditative state. Because in that altered state of consciousness, with the group energy that you've put in place, it enhances your capacity to have that understanding, to make that connection, to go withinside. For withinside lies the answers that you seek. We cannot give it to you. It defies the use of a vocabulary. It cannot be explained.

We can present you with the opportunity. We can show you that there are the realities that you may wish to explore, but we cannot give you any type of an explanation that would satisfy. You must go withinside. The answers are withinside.

You see, the information that we express to you is information that you desire to hear. To believe that we're an entity that exists outside of your vibrational level that somehow has access to information that's not available to each of you is ludicrous. We are no more than you are. The information that you desire is within your vibrational level. We simply give to you that which you desire to hear.

You see, we've never existed in your vibrational level and we have no desire to do so. And so, to believe that we, as [an] entity existing outside of your vibrational level somehow has access to information that's not available to you is simply ludicrous.

It's like you sitting in your home and you look across the street. And you think, "I know exactly what's going on in that home. I know all about what they're doing." It's not so. And they can't tell [at] all of what you're doing in your so-called home or within your structure that you exist in. They can't do that. It's your information. It's your reality.

And so, what we express to you is that which you desire to hear. No more. And once again, when you go withinside you have that capacity to understand who and what you truly are. You are so much more than what you believe in your so-called awake consciousness state. Absolutely.

You are indeed that god that you search for, that spark of consciousness, that spirituality, whatever terminology you wish to apply. You are a spark of consciousness that has the capacity to create. Not only has the capacity to create but you create this reality that you experience. All of it. And we're not just talking about the interactions with other individuals, we're talking about each and every atom in your entire universe. You as individuals and as a human consciousness create it all. It's your reality, it's your creation. You are here by choice. Your choice. And you can leave by choice. Your choice.

And so, you are the spark of consciousness, that you create this reality, and you cannot fail to come to that understanding. There are but three truisms and that's it. The rest is an illusion. The rest is up for grabs, if you wish. You can have, not only can have but do have whatever it is that you desire. And if you don't like your reality, change it. You change it. It's within your capacity to do so, absolutely.

This reality that you experience is a reflection of the belief that you hold. No more and no less.

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

And we would remind you as well that should you choose to interact with us we would offer you our absolute unending support and unconditional love. And we would bid each of you farewell, with love and with peace. ❀