

JOSHIAH

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Q and A

Joshiah: Well, now. (*Inaudible.*) Allow us to express our greetings to each of you and to remind you that the opportunity for you to be involved in that silent communication continues to exist and indeed, once again, you would find it quite easy to alter your consciousness and to enter into that meditative state and to be involved in that silent communication, that telepathic interaction or exchange of information with other entities that would be with us on this afternoon. And while we would encourage you to participate in that particular activity, we would nonetheless continue to remind you that this is your choice. Absolutely.

Now. This reality that you're experiencing, once again, is a reflection of the desires that you hold within your conscious state. That becomes a very difficult concept to grasp, absolutely, that one must desire to experience a reality that you in your awake consciousness state must believe is much less than desirable. But, nonetheless, but it is that you desire. It is what it is that you experience in your awake consciousness state.

If you desire to believe that it is within your capacity to have influence on your reality, then you can do so, consciously. If you desire to believe that it is not within your capacity to influence your reality consciousness, then you will have that as readily and as easily as you could have the other.

You see, you create it all. That's the irony. It doesn't matter whether you believe it or not consciously. Subconsciously you understand that this reality is your creation, and it's a validation of the belief that you hold. It gives to you that which you desire. And, once again, many individuals find that quite challenging.

But we, on the other hand, would challenge you to be quite specific in what it is that you desire. Many individuals in your awake consciousness state have a difficult time attempting to give a very descriptive explanation of what it is that they desire. It becomes quite challenging, because they haven't really thought about it to that point, whether it's a conscious effort to understand what it is that you truly desire to experience. Not only what it is that you desire but to be quite specific and to be able to put in place all of the imaginary type of realities that can occur as a result of

your accomplishing and experiencing the creation of that desire. Absolutely.

And so many individuals, once again, find it quite difficult to be quite specific in what it is that they desire.

Individuals who have difficulty in giving an explanation of what it is that they desire many times spend a great amount of time trying to have someone else accept the responsibility for the reality that they're experiencing. Or they go through all types of creation processes where they're expressing desires without quite being aware of what it is that they're attempting to accomplish, and indeed without being aware that they're even consciously influencing their reality by validating the desires that are responsible for the reality that they're experiencing.

Many individuals would express a desire and expect to have an occurrence instantaneously. And so you have a desire, well, we desire to have some type of occurrence come into our reality, come into our day-to-day existence. And you hold that desire without having any type of imagination involved, or expectation, simply a desire, "Well, it would really be nice if I had this particular element or currently involved in my creation, so that I could have that experience within," hold at some level of their consciousness, and indeed quite often in their awake consciousness, this concept that, "Well, it would be nice but it really is quite difficult to accomplish that desire; it's quite difficult to bring that into my reality; it's quite difficult for me to have that experience." (*Chuckles.*)

So, once again, the reality that you experience validates the belief that you hold.

And so it's important that you understand that beliefs are what are responsible for your experiences. You see, many individuals believe that first of all you experience something in your awake consciousness state, and as a result of that particular experience you develop a belief or a belief system, and then it's actually the other way around.

You see, actually you hold the belief first, and then you create the reality to validate the belief. So if you believe you're not in control, then you're not in control in your awake consciousness state. And you have all types of experiences in your awake consciousness state to

validate that belief, all types of experiences that you create to validate that particular belief.

And so when you hold your desire, then you create the reality to validate the belief. And when that desire is influenced as well by your conscious imagination and expectations, then you begin to alter the belief system and have the capacity to bring that particular reality into existence so that you can have it. Absolutely.

You see, if you look from particular realities in various societies, you would see quite different concepts of what individuals believe is possible. In your society there are certain elements of expectation with regards to what it is that you believe is necessary for you to exist in this society, certain particular concepts that have to do with your environment that you exist in.

This is an environment that [can be] very difficult to exist in. For example, if you don't have some type of adequate housing and so you believe that that's necessary for you to exist, and you hold that desire, and you know what it's like, you have an imagination for that type of housing that you desire to exist in, and you indeed expect it to occur, and so you create it.

And yet, in other societies that would seem to be a type of existence and a type of possession, if you wish, that's beyond the capacity to experience. There they don't believe that they have the necessary elements to make such a possession or such an existence possible.

And what's the difference? What's the difference between one society and the other? The only difference is what you believe. The only difference is what you expect, what you desire.

In your society you believe that certain types of transportation are necessary for your existence, and if not necessary at least very desirable. And as a result of being desirable you use your imagination as to what type of transportation you wish to have in your experience, and you expect it to occur, and you create it. And once again, in your society that's quite accepted. In your society that's a type of reality creation that you believe is within your capacity to create and to experience.

And yet in other societies in your so-called Earth system, that's a reality that's beyond their perception and beyond their belief system to be within their capacity to experience.

You see, the irony of it is that each individual existing within your vibrational level creates the reality they experience through exactly the same methods. There's not one that's different than the others. You hold a belief, and as a result of holding that belief you create the reality to validate the belief. And in your society you hold certain beliefs that do not exist in other societies. But nonetheless in your society it's acceptable. It's within your belief system that you can have that. And

you use your imagination and your expectation, most certainly, and you create it. You make the choices and the decisions. You hold the thoughts and feelings and [it] validates the possibility of turning that particular desire into a probability. And you can have it. And it's well within your grasp, and you understand that.

And yet you look at other societies, and other individuals indeed existing within your society, that seem to have so much better relationships or better existences or whatever particular element of their creation that you would perhaps believe would be difficult for you to achieve, and the only difference is their belief systems.

You see, you also have other individuals existing within your society that exist in a particular element of [the] creation process that you would believe as being less than desirable. And once again, the only difference is one's belief. The only difference is one's desire. The only difference is one's expectation.

You see, if you don't like who you are, if you don't think that you're worthy of the particular creation process, or of a particular experience, then you will validate that belief system. You will validate that perception that you're not worthy. And the spark of consciousness that you are will create that reality as readily as it would create a reality to validate a belief that you are worthy. If you like who you are, if you love who you are consciously, it doesn't matter to that spark of consciousness that you are. It creates a reality that you desire, and it does so without judgment.

And once again, the only limitation to your creation process is your imagination. And so you experience a reality and you experience an existence that validates that which you desire. Absolutely. Without exception.

And if you desire a reality that seems to be beyond your control and you think, "Well, I'm gonna hold this desire, that's what I want. I want to have this particular type of abundance," or whatever element of creation and experience you wish to have, but you don't really expect it, because, "Well, so-and-so can create that, and they do so quite well, but that's not within my capacity to do so. I can't do that. It would be nice, and I would really wish that I could do it, but I don't think I can, because I don't believe that I'm worthy of that reality."

And so you create the reality that validates the belief system, and if you believe you're not worthy, then the spark of consciousness that you are will validate that belief system. Absolutely. Without exception.

And so you see individuals who seem to have absolutely no problems with various elements of their creation process, individuals who seem to deal with health issues quite well, or to deal with various problems that are occurring in their existence, and they do so seemingly without any type of distress at all. You look at that and say, "I desire to be like that."

Well, you can have that, absolutely. It's all within your capacity. But you see, to desire it without really expecting it, without using your imagination to understand what that would be like and to have that experience [imaginary], and then to bring it into your reality, to simply desire it, without the expectation, without the belief that you are worthy of that type of experience as a belief that it's within your capacity to create it, then once again, you create a reality that validates the belief that you hold.

And so, as we have suggested many times, it's important that you understand what it is that you desire, and it's important that you utilize the methods of creation. It's important that you use your imagination and your expectation in order to validate and to create the reality.

But the expectation becomes very difficult if you don't like who you are. The expectation becomes very difficult if you don't think that you're worthy, if you don't think that it's within your capacity to have that type of creation.

And so, while you can have desire and expectation, indeed it's greatly enhanced if you like who you are. And you like who you are by establishing certain principles and applying the principles so that you strengthen the character. And you strengthen the character for your benefit, not for someone else's.

And as you strengthen the character and as you begin to like who you are, an amazing thing happens. You begin to have that expectation. You begin to believe that you're worthy. And as you begin to believe that it's worthy to bring this particular creation process into your reality so that you can experience it consciously, you begin to experience success at this desire-and-imagination-into-expectation process, and then you begin to love who you are as well, consciously.

You see, the irony of it is that you create the reality that you experience from a level of consciousness that experiences absolute and unconditional love. It's not that you don't understand that concept at some level of your consciousness. Absolutely not. And many have in your awake consciousness various levels of understanding of self-love. But it's a difficult concept to grasp in your society.

Your society looks upon an individual's self-love many times as being an individual who is too much of themselves, as you might say, an individual who's conceited, you might say. And it's not really that way at all. There's a difference between someone liking who they are and someone believing that they are better than everyone else. The two don't necessarily go together.

If you like who you are, and if you begin to love yourself, then you begin to love others as well. And you begin to like who you are and love yourself unconditionally, then the expectation is readily

enhanced because you begin to believe as well that you're worthy of having that which you desire. And you begin to understand that that which you desire is what you're experiencing. And if it's what you're experiencing anyway then you may as well have some type of control over it. You may as well have some type of conscious influence on it because it's within your capacity to do so. Absolutely. You have but to believe.

The irony of it is you create the reality that you experience, and the reality that you experience is a reflection of the belief that you hold, and you can have whatever it is you desire.

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

Questioner: When you say about the belief system, the belief system comes first and then the imagination. And, secondly, what you believe (*inaudible*) a possibility. Then can you imagine that you are, or it can go the other way too, will they go hand in hand?

Joshiah: Your beliefs, we use the term belief systems because many of the realities that you experience are comprised of multiple beliefs that interact with each other.

And we've used the analogy before that it's similar to understanding that this reality that you experience, this so-called illusion that your experience is comprised of what your scientists would refer to as atoms. And you understand absolutely that each atom, while it may have different components in terms of the neutrons and electrons, nonetheless has a very similar structure.

And yet, by altering minute particles within this so-called atom, you alter the structure, and it's a combination of a multitude of atoms that form the molecules, that form the so-called solid elements that you experience in this vibrational level. And it's a combination of atoms and molecules in various aspects of different forms that allow you to have the experience.

And it's not just one atom, and it's not just one molecule. And so similarly it's not just one belief, but where there are a combination of beliefs in a, what we refer to as, a belief system.

And so, when we suggest that you alter a belief, it's important that you understand what the belief is that you're attempting to alter.

You see, many individuals would hold a desire. They have a desire to have a various type of experience. They may, for example, wish to be involved in some type of a relationship. They desire to have a relationship. But at some level of their consciousness they hold beliefs that relationships are not beneficial. They hold beliefs that relationships they'll never last. They hold beliefs that nobody else would make a commitment to them. They hold a belief that they're not worthy of being involved in a relationship.

And yet, at that level of consciousness, they hold a desire to be involved in a relationship that's very beneficial. And yet, within their so-called subconsciousness are all of these other so-called belief systems that are influencing their reality.

And so they have the desire. They use their imagination as to what it would be like to be involved in that type of relationship, and they indeed even expect to be involved in that type of relationship, and they create it, and it all seems to be going along well.

But then suddenly the relationship begins to develop certain difficulties that validate the belief that relationships never last, that validate the belief that one is not worthy enough that another would make some type of permanent commitment to be involved in the relationship.

And so, the relationship has difficulties, not because one was not successful in holding a desire and an imagination and expectation, but rather that one was not quite aware of all of the other belief systems that exist and that must be influenced in order to sustain that which you desire. We've suggested many times that beliefs and attitudes go together.

And when you're experiencing a particular reality, pay attention to the spontaneous reaction, the spontaneous attitude that results from that experience from one's perception of that interaction with other individuals.

You see, many individuals in your awake consciousness state hold a belief that it's not beneficial to experience anger or it's not beneficial to experience other types of negative—so-called negative—emotions, and so you suppress them. You become involved in an interaction and this particular element of attitude comes forth and one begins to experience anger or jealousy, or one begins to feel like they are being deceived, and so you put aside those particular attitudes, because you believe that it's not beneficial to your existence to experience that type of attitude, and so you suppress it, "Oh, we're not supposed to think that way. We're not supposed to have that particular type of emotion." And so you suppress it.

And when you suppress it, indeed, you are suppressing the key to the understanding of what it is that you hold as a belief system that was responsible for the creation of that particular interaction in the first place.

We have suggested many times that the only negative feeling and emotion are the ones that are suppressed. Many individuals believe that, once again, experiencing anger in the awake consciousness state is a negative emotion and something that should not be experiencing, and so they suppress it and they suppress it and they suppress it.

And many times it must be an interaction with an individual that seems very insignificant. Why would one feel anger in such an insignificant type of interaction?

And so you suppress it and you don't deal with it. And you suppress it and you suppress it. "I'm not supposed to feel that. That's very negative. Not only is it very negative, it's such a petty little thing. Why would I even be involved in worrying about such a thing?" And so you suppress it.

But soon that passion seems to magnify the impact of that interaction. And so that particular interaction and that particular creation that seems petty suddenly seems to be blown completely out of proportion. And you begin to wonder, "Why do I feel such intense emotions over such a petty little incident?"

It's because you don't deal with it. And it's because it's suppressed. It's because it's an emotion that one desires to suppress because you believe that it's negative, and its negative attitude is not one that one should hold in your awake consciousness state. And you put it away and you lock it away, and eventually it becomes overwhelming. And eventually one begins to feel depression. And one begins to feel that one's a failure.

And when one begins to have that particular type of experience, and begins to believe it, and one begins to create the reality to validate the belief system. And so what was once a very simple interaction that allowed for the opportunity to discover what a belief system was through paying attention to the attitude rather than suppressing it has turned into an element that leads one to believe that they're not worthy, that leads one to believe that they get upset over the petty little incidences, and one begins to experience certain types of depression, and one begins to believe, once again, that you're a failure and that being involved in a relationship and indeed one begins to believe that it is not possible to sustain a relationship, that you're not worthy.

And so, once again, pay attention to the attitudes. Don't lock them away. Understand what they are. When you feel anger, express it. Understand what it is.

And it's not necessary for one to express anger by being (*inaudible*), by being aggressive. It's not necessary that one confronts another through anger in a very open, confrontational way. Absolutely not. There are many ways to express various emotions, even through a meditation. You can do it through simply being quiet amongst yourself and dealing with it and understanding what it is and putting it into a proper perspective and paying attention to it—paying attention as well to the keys of what the beliefs are that are responsible for that attitude and for that emotion in the first place, and recognize it as being valid, not something that's negative.

Once again, the only negative emotional feeling is one that is locked away and not expressed. Even that emotion of love which one might feel is one of the most

beneficial emotions that one can experience can be quite negative if it's locked away and not expressed.

And so, pay attention to the attitudes to gain insight into what the beliefs are and to understand indeed that the beliefs precede the reality.

And so, when one has the desire and one uses one's imagination, indeed he must also formulate the expectation in order to have the reality and the desire that you consciously express come into your reality. The belief precedes your reality, always. It's never the other way around, although some might in your awake consciousness state hold the belief that reality precedes your belief systems. And it's not that way at all.

And so, it's important not only that one understands what it is that one desires but that one holds the belief that it's possible for you to accomplish and to create the reality to validate the belief systems and that the belief system go hand in hand with what it is that you desire and that the desire should be sustained and that the imagination sustained and that the expectation be sustained. And when you, once again, experience the attitudes that are resulting from the reality creation, pay attention to them. Don't lock them away and say, "Well, that's a negative attitude, and I don't believe that one should hold negative attitudes because that leads to a negative type of reality." Absolutely not.

A negative attitude is simply the one that you lock away. There's no such thing as a negative attitude. Attitudes are reflections of beliefs, and your beliefs influence your choices and decisions. And your choices and decisions are influenced by your thoughts and feelings. And your thoughts and feelings are influenced by your attitude. So pay attention to the attitudes that allow you glimpses into the understanding of what the beliefs are so that you can indeed hold the desires, the imagination, and as a result of getting a grip on what the beliefs are, enhance the expectation. So that you can have it all. Absolutely.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: Do we also suppress good feelings, like love and joy?

Joshiah: Good or bad feelings are simply an awake conscious concept. They don't exist at that level of consciousness, that spark of consciousness that you are that creates this reality.

You see, the spark of consciousness that you are creates the reality that you desire so that you can experience a broad range of emotions and feelings, and there's not a judgment as to what's a good one or a bad one or what's right or wrong. That's a human consciousness awake consciousness concept. And so to label any particular emotion or feeling as good or bad indeed is, once again, an awake and a human

consciousness concept. It does not exist at that level of consciousness that is responsible for the creation of your reality.

And once again, the only negative emotional feelings are the ones that you suppress. If you suppress what you might believe is a positive attitude, such as joy or love, that can become very negative. That can cause all types of problems in your creation process, as much as suppressing what you believe to be the bad or negative attitudes such as anger or jealousy, for example.

And so, good or bad, once again, is an awake human consciousness concept. The only negative feelings and emotions are those that you choose to suppress.

And you can suppress them all, absolutely. And when you do they can become very negative. And when they become negative in that type of suppression many times it leads to depression. Even the joy and the love, when suppressed, can lead one into a state of depression. Absolutely.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: Okay. So, [in your] system of belief systems, and we need to find belief systems and figure out what's responsible for that, would you say that's entirely different from the kind of trend that's picking up these days of the law of attraction and thinking positive will get you what you want to and will create the reality you want?

Joshiah: What do you believe? You see, many times we've suggested that the method or the technique is not nearly as important as your belief in the method or the technique. If you believe that this law of attraction is a method that will work, then we absolutely guarantee it will work.

The method or the technique, once again, is not nearly as important as your belief in the method or the technique. And to suggest that it's a new particular belief system is to, once again, put in place that belief in time and space, and it doesn't really exist.

If you wish to look at your so-called history, you will discover that there have been various entities, if you wish, who have existed in various incarnational periods who have understood that by holding certain desires you can create your reality.

And if that particular belief system is what you refer to as the law of attraction, it will work. Absolutely. You have but to believe. What's important, once again, is the belief, not the method or the technique.

Many times we've suggested and used the analogy of one coming upon a body of water that one has to cross, and there is a whole series of vessels lined up against the shore. And you've heard the analogy, that it's not nearly as important what vessel you choose as

your belief that that vessel can accomplish that which you desire to achieve.

It's really that simple. And so, it's important, not necessarily that one keep moving from vessel to vessel to see which is the most important or the most seaworthy but rather that one make a choice and that one puts one's faith and their belief in the ability of that vessel to accomplish that what they desire. And if the vessel you choose to employ is the law of attraction, and if you believe that it'll work, then absolutely it will work.

You see, we use the basic elements of your creation process by using desire and imagination and expectation because it fits in all of the belief systems. It doesn't matter which one it is. The law of attraction puts in place that you must understand what it is that you desire. You must hold that desire.

Well, the understanding is the desire, holding it in your fore-mind, if you wish, or holding it out there in a continuous fashion using your imagination and if you do it long enough it will occur as your expectation. It's really that simple, and you can apply those basic concepts to all of the belief systems that individuals hold. The law of attraction is one, and it will work fine if you believe that it will. Absolutely.

And it's not something that has just occurred in this particular area of your so-called incarnational period or of your history. While you have as a group and as a human consciousness agreed to alter the ability for you to consciously create your reality, and you've put in place a time frame for that particular alteration in your energy to occur, nonetheless it's an element of creation that has always existed. It's always been there. You have always created your reality.

In your so-called past, in order to make it seem more real, you've done much more of that creation in your so-called between incarnation or altered states of consciousness. But nonetheless you still do it. It's not something that's been accomplished by some other entity. You still do it. You still, even in those instances, in your awake consciousness state, hold desire and expectation and imagination in order to create the reality that you're experiencing.

Always. It's been that way since what you might refer to as the beginning of time. There's not a change. There's nothing different. It's simply in this so-called area, once again, of creation process, in this era, if you wish, of your incarnational period become something that's been made more consciously available to you, through your choices, not through some other individuals', but through your choices.

And it doesn't matter, once again, what the method or the technique is. It is what is your belief regarding the method or technique. The belief is far more important than the method or the technique. And they will all work. Absolutely guaranteed. You have but to believe.

Does that answer your question?

Questioner: Yes, thank you.

Joshiah: Well, now. It has been a very enjoyable experience, once again, and we would like to express our gratitude for your offering us this opportunity to interact and to share with you, for indeed for us it is a learning experience as well. And as always we would remind you that we are not separated by time or space. Time or space are illusions that only exist in your awake consciousness state, and if you wish 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 offer you our absolute unconditional love and our unending support, and we would bid each of you well, with love and with peace. ☸