

# JOSHIAH

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*Caveat: This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited. Editorial comments are in parentheses; probable wording is in square brackets.*

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## **Q and A**

**Joshiah:** Well, now. Well, once again, allow us to express our greetings and, as well, we would remind you that there exists that opportunity for you to be involved in that silent communication and we would absolutely encourage you to participate in that activity, to allow your consciousness to shift into, have that telepathic interaction and exchange of information. For once again, many times that information can be much more pertinent to your individual needs and desires. And so, we would encourage you to participate.

Now. This reality that you're involved in in this vibrational level is an illusory reality. And that becomes very difficult to grasp, that it's illusory. Not insignificant, but illusory. And we emphasize that it's not insignificant because many times individuals tend to hold the concept or the belief that if it's illusory then it must not have any significance, or importance, and it's not that way at all. Illusory, in the [fact] that it is a representation and a validation of the beliefs that you hold. Illusory in that it is the most difficult reality for you to sustain.

You believe that this reality that you are experiencing in your awake consciousness state is all that there really is, that this is the important aspect of your existence, and it's really not that way. This is as far removed from who and what you truly are as it's possible for you to be. This awake consciousness state, in this illusory reality that you exist in, is the most difficult reality for you to sustain and to exist within. And you can't sustain it for a very extended period of time. And yet, when you're in this particular state of consciousness in this awake consciousness state you believe that this is what's important. You believe that this is the real aspect of your existence and that the rest of your so-called levels of consciousness are the illusory levels of existence, and it's not that way at all. In fact, it's exactly the opposite.

However, once again, in your awake consciousness state that's a very difficult concept for you to grasp. And so, when we suggest to you that this is an illusory reality we're not suggesting it's insignificant. It's due to the limitations and some type of expression through the use of a vocabulary that we rely on certain terms such as "illusory" to give you that understanding of the

concept that if it's illusory then you can change it. Does not mean insignificant, absolutely not. It's quite significant, it's why you came into this vibrational level and why you continue to exist in this vibrational level.

And yet, when you're in this particular so-called awakened consciousness state and you believe that this is all that there really is you also believe that this incarnational state is it, this is the most important one. And for many individuals, indeed, there's the belief that you don't exist in any other incarnational states at all. There's no such thing as so-called past incarnation and certainly very difficult concept of a future [or] a future incarnation that's existing in the same time and same space, in the now, if you wish, as this incarnational period. Very difficult concept for many to grasp.

And as the result of holding a belief that there's this one particular incarnational period and this is it, then indeed it becomes quite difficult for you to have any type of experience or at least to [recall] into your so-called awake consciousness state any type of experience or memory or recall of any other incarnational periods that you're existing in, be they either what you might refer to as your past or your future. [It is,] for many individuals, this is it. Incarnation is a concept that you just simply do not believe in your so-called awake consciousness state and therefore you have absolutely no recall or the ability to recall instances or interactions in other incarnational periods.

That's your choice. It's a belief that you hold. It doesn't mean that this incarnational period is all that there really is. It's simply that in this awake consciousness state you believe that that's all that there really is. In the altered states of consciousness you do interact in other incarnational periods and with other entities, absolutely. But you choose, once again, to put in place that veil that limits your capacity to understand who and what you truly are, that limits your capacity to bring into this awake consciousness state that understanding and therefore to bring into this awake consciousness state the memory of those interactions with other entities that are existing in other incarnational periods. But nonetheless, simply because you can't recall it in your so-called awake consciousness state or bring it into that state doesn't mean that it doesn't exist.

But when you believe that this particular incarnational period is the most important one, that this is it, then so many of the realities that you're experiencing take on a

much more solidified, if you will, or a much more real context. It's beyond your capacity to control. And one begins to believe that if this is it, if this is all that there is, then ending this particular incarnational period can be quite a traumatic experience, and one that you wish to postpone for ever and ever.

And yet, you understand absolutely, because of your belief systems, that you cannot sustain your so-called incarnational period because, you see, to sustain it would eliminate, would defeat your belief in time and space, would take away that concept of evolution, would take away the concept that there is indeed this passage of time. And as you exist within your so-called awake consciousness state you open your so-called entrance into an incarnational period, through your childhood and through your adolescence and through your adulthood with the understanding that you will end it at some period. And that's a human consciousness belief system. It's one that you bought into, if you wish, when you chose to enter into this vibrational level. One that you agree to participate in, to validate, and to sustain. Absolutely.

And yet, when you're in that so-called awake consciousness state and you believe that this is it then it becomes a very traumatic experience to end it. But simply, [a] traumatic experience if you're only experience in your awake consciousness state. You see, that's the irony of it. You never die, die. You can end an incarnational period, if you wish, and you not only can but you do so on a continual basis. You just don't have the recall in your so-called awake consciousness state. You believe in this passage of time and space. It's very easy for many individuals who believe in reincarnation to have the capacity to believe and to experience incarnations that are in your so-called past. But the future incarnation is a much different concept because, you see, you believe in time and space.

A very difficult concept for you to set aside in any level of consciousness in this so-called vibrational level. And yet, when you're in your so-called dream state and your between incarnational state, in altered states of consciousness, even what you might refer to as your meditative state, many times you experience passages of time, so to speak, certain events that occur, in a space of time that's impossible to fit into the limited amount of time that you were involved in that altered state of consciousness in that dream state. In other words, you can be involved in a dream state or a meditative state and you can have experiences from other incarnational periods, or if you do wish to not believe in incarnational periods and you have difficulty in bringing into your consciousness state the memory of that interaction you can at least bring back into memory of interactions with other activities that occurred within this incarnational period, within various years of this incarnational period. And yet, understand absolutely that it is impossible to have that experience

and that limited so-called time that you were involved in that altered state of consciousness. You can bring back glimpses that time and space, they're not real. That they're illusions in an illusionary reality. And once again, it doesn't mean that they don't have significance. It means that they're illusions.

And so, when you end this incarnational period, when you choose to end your existence, if you wish, in this incarnational period and you alter your level of consciousness [through] the one step, what we refer to as beyond the dream state, you become quite aware of the difficulty in sustaining and maintaining realities that are based upon belief systems that you believe are beyond your capacity to control. It becomes very difficult to be involved in a seemingly real reality that's beyond your capacity to control when you, in that particular altered state of consciousness may have a different belief system that you put in place and suddenly the reality changes. And in that altered state of consciousness you begin to grasp the concept that you're much more in control than what you believe in your so-called awake consciousness state or even in your dream state.

You see, many individuals have difficulty in grasping the concept that when you're in this vibrational level—and we use the terminology vibrational level simply to give you some kind of a concept of an alteration and a [differentiation] between levels of existence. And levels not necessarily meaning one is higher or lower than the other but simply different vibrational levels, if you wish. Simply different planes of existence. And one is not more important than the other, and one is not higher than the other, and one is not lower than the other. You see, in your awake consciousness state many individuals like to classify and to say, "Well, if you can get beyond this level you might be at a higher level." Absolutely not. You're at this vibrational level because you choose to be here. There's absolutely no other reason. And it's no higher or lower than any other vibrational level, it's simply unique. And yet you can't in your so-called awake consciousness state hold full understanding of who and what you truly are. But in your altered states of consciousness you still exist within this vibrational level and [in] that between incarnational state you still have in place certain limitations in the capacity to understand who and what you truly are.

You also, in that altered state of consciousness, have the capacity to make the choice to understand who and what you truly are and if you wish you can leave this vibrational level. If you choose—if you choose—you can leave this vibrational level. It's not someone else's choice. And it's not that you must pass some lesson or some test in order to achieve that. Absolutely not. And yet, when you're in your awake consciousness state you believe that you're not in control and you believe that at some point this may all end. But at some point we absolutely guarantee you it will all end. Because

you as individuals existing within this vibrational level believe that it will all end. And you'll have the opportunity, should you choose, to leave this vibrational level or to continue.

And we continue to say you'll have the opportunity like it's something that's occurring in the future, but that's simply to accommodate your belief in time and space and to try and give you a concept that has some type of a reason to it. And you go withinside and you get past the limitations and you begin to understand who and what you truly are and you begin to believe that it's within your capacity to bring into your consciousness [these] glimpses of the understanding of who and what you truly are. And you begin to believe that you're in control. And you begin to grasp that understanding that the reality is a reflection of your beliefs and that it's illusory and that you can change it. And when you begin to grasp that understanding consciously and you become aware of the illusory reality, then leaving it does not seem to be such a traumatic experience. Absolutely not.

Individuals existing in your so-called awake consciousness state also have a tendency to look at other individuals and to believe that they can enhance their experience. Well, maybe you can. You see, if they believe that you can and if you believe that you can and you become involved in that interaction and you both take away from it certain feelings and emotions and you validate beliefs, absolutely. But understand, if you both become involved—you see, individuals involved in realities that you look at and say, "Well, I wish I could change that. I wish they didn't have to experience that." Why would you wish that you could change someone else's reality? Why would you believe that it's within your capacity to influence their reality? Because you see, if you believe it's within your capacity to influence someone else's reality then you must also believe that it's within their capacity to influence yours. You can't have one side and not the other.

You can't say that, "I'm the right way, and if you don't do it my way, it's wrong." Because, you see, those other individuals then also have that same capacity to influence your reality. And the irony of it is, absolutely no entity existing within your vibrational level is here other than they choose to be here and the realities that they are experiencing or realities that are a reflection of the beliefs that they hold and they validate their beliefs and it allows them to experience certain emotions and feelings and their reality is as illusory as anyone else's, and when they terminate, when they leave this vibrational level, they don't really suffer any type of existence. The only suffering that occurs is when you're in your so-called awake and consciousness state. It does not exist in other levels of your consciousness.

And so, when you end your awake consciousness state there's no suffering. There's no traumatic experience. Absolutely not. Individuals who've experienced what

you might refer to as near-death experiences, and you've all heard that terminology, come back into this so-called conscious state and they bring with them glimpses of the understanding of who and what they truly are. And most of them wonder why they came back into this vibrational level, why did they return to that conscious state? Because you see, it's not traumatic to end this vibrational level and to end your so-called awake consciousness state, absolutely not. It's a choice that you make.

And in that altered state of consciousness, once again, you get the opportunity to get glimpses of who and what you truly are and if you wish you can make the choice to leave this vibrational level or you can make the choice to reincarnate and to have other experiences. The choice is yours. Absolutely.

Not only is yours, but you make it constantly. No one else forces you to do it and no other entity existing either within your vibrational level or outside of your vibrational level forces you to do it. And if you believe that you have the capacity to influence other's reality understand that that capacity to influence their reality only occurs with their participation and agreement. And it's not right or wrong. There's no concept, "Well, I don't think that I'm going to be involved in that other person's experience." Absolutely not. That's why you entered into this vibrational level. That's why you have individuals who are involved in certain aspects of helping each other, if you wish. Because it allows them each to experience certain emotions and feelings. It's why you have the so-called doctor and patient interaction. It's not a wrong concept to believe that one has the capacity to influence and to help another. Absolutely not. But understand that that interaction only occurs because they agree to allow it to occur. It allows them both to experience emotions and feelings, which is why they entered into this vibrational level in the first place.

You see, for the doctor to believe that they can cure someone, absolutely not. You can only influence that other person's reality to the extent that that other person would allow that influence to occur. And if the other person is looking for that and the other person wishes to allow himself to have an experience that seems that their reality has been influenced by interacting with someone else, it's not right or wrong, absolutely not. It's an interaction.

As we said, we have interactions that occur between individuals that allow individuals to experience emotions. And while the interaction may be consistent for either, the emotions that they experience can be quite different based upon their belief systems. And it's not a right or wrong concept. To believe that individuals existing in your so-called society exist in a society that can be transported to improve another individual's existence in their society, it's not a right or wrong concept. But understand when you believe that your

society can influence others to allow their society to exist the way you wish them to exist, if you believe that it's possible for that to occur, then indeed you must believe that it's possible for the other society to influence yours.

You see, it can't be a one-way street. If you believe that it's within the capacity for an entity existing either within your vibrational level or outside of your vibrational level to influence your reality then indeed you exist in a reality that you believe is beyond your capacity to influence and control consciously.

It's really that simple. You can't have it both ways. You can't believe that you have the capacity to control and to influence another individual's reality, whether you believe you're making their reality a more desirable or a less desirable one without having indeed the validation of that belief system enter into your vibrational level and into your reality experience to validate the belief. "It's right there, you see? Other individuals can control mine, so then I have the capacity to control and influence other individual's as well." And it's really not that way.

It can occur, but it only occurs when both entities existing within your vibrational level agree to participate in that type of reality creation process, and it's not right or wrong. We're not suggesting that you should or shouldn't be involved in such type of belief systems. That's your choice. You see, we're not here to tell you that you should this or that, you should choose that. Absolutely not. That's your choice. We can't influence your reality and have absolutely no desire to influence it. It's your choice. Understand that it's your choice. You can have whatever it is that you desire. Not only can, but do.

And so, all of the other entities existing within your vibrational level—and it's an illusionary reality. You are the god that you search for, you create your reality, and you cannot fail to come to that understanding. All the rest is illusionary. You can have whatever it is you desire. Not only can, but do. As we've suggested before, the rest is up for grabs. You can have whatever you wish. You have but to believe.

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

**Questioner:** Yes. Can you give your thoughts on happiness, and as we, how we interpret happiness in this reality. What are your thoughts on happiness?

**Joshiah:** Happiness is an individual concept. You see, what one individual might look upon as being a very happy event another may look upon as being a very unhappy event. It depends upon the belief systems and validation of the belief system. As we've suggested, individuals can be involved in a certain interaction in a day-to-day activity and some can look at it and have it seem to be a very joyous occurrence. But for others it can be indeed a very traumatic occurrence.

So, what is happiness? A validation of belief systems that bring you that capacity to experience joy. But what it is for one individual can be quite varied from another individual, depending upon what it is that you desire, what it is that you believe.

Some individuals can be existing in a type of relationship, an interaction, or in a society that may bring them that feeling of joy and happiness. While for another to exist in that particular type of existence could be quite traumatic. Different belief systems, based upon an illusionary reality. And it's important to understand that it's an illusionary reality. You have different societal belief systems where if an individual is changed from one society to another they may experience all types of traumatic emotions and feelings that are not happy and they do not see as joyful at all. While for an individual who believes in that particular type of society who holds similar societal belief systems, if you would, can experience that existence as being quite happy, quite joyful, quite entertaining, quite desirable.

And so, it depends upon [one's] belief systems. Depends upon one's perception of a particular interaction as to what happiness is. It's an individual experience, if you wish. And not one that you can label as saying that's what makes an individual happy, and that's what makes an individual not happy.

Once again, you can witness all the rather frequent events where individuals are experiencing similar activities, and for one it's quite joyous and for the other it's quite boring and not entertaining at all. So it depends upon your beliefs. Absolutely. If it's a validation of a what you might refer to as a positive belief system, then chances are that you will [be] experiencing joy and happiness. Well, it doesn't necessarily mean that that has to apply to every individual experiencing the same type of reality.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** Are there enough humans choosing to incarnate as extraterrestrials to make them now a part of our, a permanent part of our reality?

**Joshiah:** Time and space are illusions. [Those are the same] now as to say that this particular existence is somehow going through some type of an evolutionary plan, if you wish, and it's really not that way. It only seems to be real in your so-called awake and consciousness state.

Now. We've suggested many times that this reality is a reflection of the belief that you hold. Now, some individuals believe in [these] so-called aliens or extraterrestrial beings, if you wish, and others do not. And so, you create the reality to validate the belief. And if you wish to believe that those particular existences are in place in your so-called universe then you can

have it, absolutely. And if you choose to not believe then the chances of experiencing that interaction are very limited. Absolutely. It comes from a position of being a possibility into a probability. And if it's not a possibility then the chances of it becoming a probability are absolutely zero. So, for some who believe that it's absolutely not possible in their type of experience [it's] not going to occur in their so-called awake and consciousness state.

So, what is an alien, so to speak? What is another life-form? It's an illusion. Just as all existence within your vibrational level in your awake consciousness state is an illusion. You can have whatever it is you desire. It doesn't mean it's not significant. Doesn't mean it doesn't have importance, just because it's illusionary. But it does mean that there are individuals who wish to believe that there are so-called extraterrestrial beings, aliens, and if there are also individuals [who] are prepared to play that particular role in existence in your so-called illusionary state, then you can have it. Absolutely.

Is it more prevalent now? What is now? Now is a belief in a certain time, like you've evolved. And it really isn't that way at all. Evolution is the awake human consciousness concept that validates a belief in time and space. And it doesn't really exist that way at all.

We have suggested that you as individuals and as entities existed in what we refer to as Lemurian eras or time frames. And we use those terminologies simply so that you can grasp that concept based upon your belief in time and space. And we've also suggested that at the end of the so-called Lemurian concept, that you existed in the Atlantean feelings. And in those times in that Lemurian time in particular it was possible for you to understand your capacity to simply enter into and to leave the so-called awake consciousness state at will. It didn't exist within your so-called time and space concept. It was simply an illusionary type of reality that you understood was illusionary and yet that you could enter into and leave at will. In any type of existence that you chose to participate in, at will. Be it as what you might refer to as a so-called human existence or an alien existence or any other type of life-form or existence that you might be able to comprehend.

For once again, your reality is simply limited by your imagination and you can imagine that you can create it. And in that so-called Lemurian period you did it consciously. You did it without ever doubting the capacity to control and to create your reality. And you chose to make it more real in your awake consciousness state. You chose to put in place and to strengthen the electromagnetic type of energy that limits your capacity to understand who and what you truly are.

And so, once again, it's illusionary. If you choose to believe that there are so-called aliens that are influencing your reality or at least existing within your

reality, you can have that. It's not right or wrong. It's a belief system. And for those who choose not to believe it's not right or wrong either. No more so than it is for those who believe that there is some entity existing outside of your vibrational level that's creating it for you. It's not a right or wrong concept, it's a limited concept. But one that you can have. Absolutely. And you have all types of realities that validate the belief system. The irony of it is that the mere validation of that belief system through your creation proves that you are in control. It's not the other way around.

And so, if you wish to believe that there are aliens, it's not a right or wrong concept. There are those who believe and those who have those experiences. And there are those who do not believe and they don't have those experiences, and it's not right or wrong, once again. It's a belief system and it's a validation of a belief.

Are there more now than at any other time? (*Chuckles*) What do you believe? You see? It's that simple. What do you believe? If you believe that there are more now, and you hold that belief as being absolute then for all your experience, absolutely, there will be more now.

It becomes a very difficult concept because your asking your question is based upon a concept of time and space and yet you understand, absolutely, that time and space are only illusionary and exist in the awake consciousness state. And so it becomes difficult to give you an answer that would satisfy your question.

Does that answer your question?

(*Laughter*)

**Questioner:** (*Inaudible*) Are they as real as gravity?

**Joshiah:** They're as real as anything else that exists in your awake consciousness state. You see, gravity is only real because you believe it's real. And it's a human consciousness concept that you put in place. Any life-form that exists in your entire universe is only real because you believe it's real. It's illusionary.

That becomes a very difficult concept to grasp because, once again, illusionary conjures up all these ideas that it doesn't have any importance, and it's not that way. But illusionary is illusionary. When you close your eyes and you go within all of this reality is gone. It's not there. It only exists when you bring your consciousness back into your so-called an awake consciousness state.

Now, it doesn't mean that all the individuals existing within your so-called vibrational level in the awake consciousness state don't have their capacity to experience a reality that's based upon their belief in time and space and their being in their so-called an awake consciousness state. But nonetheless, each individual—each and every individual existing within this vibrational level—when they alter their consciousness—and you all do it, we absolutely

guarantee that you all do it at some point in time, to use your belief in time and space, you all do it—and when you do that this reality is not there. It's only there when you're in your awake consciousness state. Or at various levels of consciousness that are near that awake consciousness state, that give you an awareness of the awake consciousness state.

But when you enter into your dream state and when you enter into your so-called between incarnational state, and for some when they enter into a deep meditation state, this reality is gone. It's not there. You're existing in another reality. And each of you have that capacity to exist within this reality, to exist within this incarnational period, if you wish, and to go withinside, to alter your consciousness, to go into that so-called dream state and beyond, and to have that experience, that interaction, and to bring back into this consciousness state certain memories of the concept, if you wish, of understanding that you are so much more than what you perceive in your awake consciousness state. And the understanding of the complete illusionary concept that you exist in and that you accept in your awake consciousness state as being real. Each has that capacity, absolutely.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** I actually have a question that pertains to those answers. In my physical conscious awake state here I don't have experiences with aliens. I haven't typically seen or experienced them. However (*inaudible*) ...

(*Laughter*)

**Questioner:** ... however, in my dream state when I encounter beings that I know are not from Earth, and I seem to know them really well, and I have great interactions with them in the dream state I'm wondering would I be just remembering a form that I maybe took when I was in Lemuria and decided to be non-human and just remembering that? I'm not sure what I would classify them as then from the dream state, because I haven't experienced them when I've been awake here.

**Joshiah:** We have suggested many times that bringing back memories from your so-called altered states of consciousness that get into the dream state and the between incarnational state are quite distorted, for lack of a better terminology. We've suggested that it's possible for you to alter your state of consciousness and to go into a meditative state and bring back into your so-called awake consciousness state concepts of the interaction, but not absolute memories. Glimpses of the understanding of who and what you truly are but not the full context and understanding of who and what you truly are.

And that's your choice. You put in place an electromagnetic type of energy that limits your capacity

to do that, limits your capacity to have that understanding in your awake consciousness state. And so, when you have those dreams and you have those interactions and when you come into your awake consciousness state, yes, you can bring back so-called memories. And indeed, many individuals are involved in what you might refer to as lucid dreaming where they have their consciousness involved in interacting in those so-called dream states and [they're] participating in setting in place the agreements and the contracts for the reality that you're going to experience in your awake consciousness state. And you have to bring that back into your awake consciousness state.

And it's just not possible. Because of your belief that it's not possible. Because of your agreement to participate in sustaining an electromagnetic type of field that limits your capacity to understand who and what you truly are in your awake consciousness state.

And so, when you bring back impressions of dreams that you have experienced they can indeed give you glimpses into the understanding of the reality that you're experiencing, but they come back distorted. So you have a dream interpreter.

Dream, and it becomes very difficult for us to comprehend how one individual can interpret the dream [of] another, based upon certain symbols, if you wish. For you see, what you bring back in terms of memories are based upon the beliefs that you hold. Based upon what you believe in terms of your so-called individual beliefs and your societal beliefs.

And so, while you may not have had experiences with so-called aliens in your awake consciousness state, [it does] not necessarily mean that one does not believe in the aliens. But it could mean that one believes it's very difficult to have an experience in the awake consciousness state with those aliens.

And so once again, the reality you experience is a reflection of the belief that you hold. It's illusionary but not insignificant. The reality that you bring back from your so-called dream states and altered states of consciousness is distorted, the memory is not accurate. And you distort it to validate beliefs that you hold. It's always a validation. It's always a validation of a belief.

Many individuals don't believe that they dream. They don't believe that it's possible to recall dreams and so they don't. It's not a right or wrong concept, absolutely not. There are others who believe that it's possible to retain memories of dreams and to bring them back into your so-called consciousness state and they go to great lengths to put that reality into place, to bring it into their so-called conscious state of awareness so they can experience it.

But we would suggest, once again, that you have put in place a belief system, a human consciousness belief system that there is an electromagnetic type of energy that limits your capacity to understand who and what

you truly are to bring that so-called spark of consciousness awareness of who and what you truly are into your awake consciousness state. And those experiences that you have when you are near the understanding, at least at a level of consciousness that brings you capacity, should you choose to, to have the understanding of who and what you truly are, to come back into your consciousness state and bring with you that understanding, it's just not possible.

Because you choose to make it not possible. Not because it's something that's beyond your capacity but rather because you put in place and agree to participate in the limitation that makes it beyond your capacity. You see, that's the key. To understand that the limitation is as a result of a choice that you and the other individuals existing within your vibrational level have agreed to for their benefit and to put into place and to sustain.

And so, memories of dreams are distorted. We've suggested many times that if you were, in your so-called awake consciousness state, able to bring back all of the understanding of who and what you truly are and to bring back all of the interactions, the day-to-day activities that you so-called plan, if you wish, the agreements and the contracts and that you put in place and agree to participate in to validate this belief system and to assist another in validating theirs, and as a result you have the opportunity to validate theirs, and it just becomes very, very complicated. And you put that all together and then you begin to realize, as well, "Well, we're also doing this at another level of our consciousness and another expansion of who and what we truly are in another incarnational period, and here we're doing it in another one," and it just becomes overwhelming.

And for you to attempt to bring that back into your so-called awake consciousness state and still believe you're not in control is not possible. It's just not possible. You would lose your sanity, as you know it. And your chances of retaining your existence within this vibrational level would be very slim. Because you'd be operating outside of the agreements of the human consciousness agreements and belief systems that you have put in place and you as a human consciousness have agreed to participate in. Absolutely and completely.

So, you can't have it both [ways.] You can have the understanding of who and what you truly are. That's a choice that you can make. But to do so, you will leave this vibrational level. It's not right or wrong, it's a choice that you can make. Not only can but do on a continual basis. And you're still here. *(Chuckles)*

*(Laughter)*

Does that answer your question?

**Questioner:** Yes. Well, I could see it, you know, like just putting my old diving helmet back on every time that I wake up here.

**Joshiah:** Well, now. It has been a most enjoyable interaction once again. And we would like to express our gratitude for you offering us this opportunity to interact and to share in your vibrational level and in your reality. For indeed, for us it is a learning experience and one for which we are truly grateful. 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 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 we offer you our absolute unconditional love and unending support. And we would bid each of you farewell, with love and with peace. ☸