

# JOSHIAH

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**Joshiah:** Well, now. Well, once again it is indeed a pleasure to be invited back into your vibrational level and we would like to express our greetings to each of you and as well to express our gratitude for your offering us this opportunity to interact and to share with each of you. Now, once again, before we begin we would remind you 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 alter your consciousness and enter into what you might refer to as a meditative state and in that altered state of consciousness have the opportunity to have a telepathic interaction and exchange with other entities or indeed with that portion that you might refer to as your higher self.

And in that interaction and exchange of information, many times, what you receive is much more pertinent to your individual needs and desires than is the information that we express through our friend Elias and through this rather limited use of a vocabulary. And many times, from that altered state of consciousness you might feel that you're not experiencing any type of interaction at all but rather that it's simply a state where you've entered into, where you don't remember, where you don't have that recall when you come back into your so-called awake consciousness state of having any type of interaction or exchange of information. And yet, many times as well in your day-to-day activities you may have the opportunity to receive intuitive suggestions that are a result of your interaction in that meditative or altered state of consciousness, in that intuitive suggestion can indeed assist you in creating what it is that you desire to experience in your awake consciousness state.

And so, we encourage you as always to enter into that meditative state or into that altered state of consciousness should you choose to do so. And as well, the importance is that you choose to do so, for you see, we only suggest, we would never ever tell you that you must do this or that, but rather simply ask and offer a suggestion and it is your choice. It is absolutely your choice. What do you desire to experience?

Now. You exist, once again, as we have referred to many times in what we would call a vibrational level. We use the term of a vibrational level simply because it's a terminology that comes the closest to explaining

what it is that you're experiencing in your so-called awake consciousness state. Vibrational level simply refers to a plane of existence, if you wish. It refers to a state that you choose to exist within and there are a multitude of vibrational levels. In your awake consciousness state in this vibrational level you exist as well within the limitations that you put in place in what we refer to as a veil, an electromagnetic type of energy. That electromagnetic type of energy limits your capacity to understand, through all your levels of consciousness in this vibrational level, who and what you truly are. Particularly when you're in your so-called awake consciousness state.

It's very difficult in this awake consciousness state to hold within your consciousness so that you can examine it, if you wish, any type of an understanding of who and what you truly are. That's your choice and it's a very simple reason that you put that particular electromagnetic type of energy, that veil, in place and that's so that you purposely in your awake consciousness state limit your capacity to understand who and what you are so that this reality that you're experiencing can seem not only real, but as well beyond your capacity to control.

Can appear, can seem, to be not only real and beyond your capacity, because you see it's not really beyond your capacity to control at all. In fact, the exact opposite is true, that you control it all. That it's your creation. But nonetheless, in your so-called awake consciousness state you choose to believe that you're not in control. And when we attempt to give you examples, and attempt to give you explanations of this reality that you're experiencing, we continually refer to the now. We continually refer to the present moment, if you wish, that you are experiencing, in particular in this incarnational period. And we do so because that veil that you put in place also has within it certain belief systems that you have agreed to participate in, that you as a human consciousness have agreed to participate and to validate and to sustain. And one of those belief systems is your belief in time and space. You believe that there is a passage of time and that there is this concept of distance or space between the limits. And it helps you in your awake and consciousness state to experience a real reality.

The irony of it is that this real reality that you're experiencing in your awake consciousness state is the

least real of all of the realities that you experience through all your levels of consciousness. But nonetheless, you choose to believe in your awake consciousness state that this is it, that this is real. And so, when we, once again, attempt to give you explanations we dwell upon that now or that present moment of this incarnational period that you're existing in and we give you examples that are based upon your belief in time and space rather than to simply give you some type of explanation that's beyond your capacity to understand because it doesn't exist within your concept of your belief in time and space.

Time and space are illusionary. They don't really exist other than your awake consciousness state because you choose to believe that they exist. You are so much more than what you can even begin to comprehend in your awake consciousness state. Many individuals existing within this incarnational period and indeed within all of the incarnational periods that you are creating and existing in believe that there is only this one incarnational period. That you come into this existence for some manner, whether it's by choice or whether it's by someone subjecting you to have some type of experience in this reality, nonetheless, many individuals believe that you come into this incarnational period and this is it. That you experience your reality and your existence within this Earth plane, within this vibrational level, if you wish, as being the only existence that you can experience in this so-called vibrational level.

The irony of it is that whether you believe in reincarnation or not, [that] you exist in a multitude of incarnations in this vibrational level. Not only do you exist in a multitude of incarnational periods or incarnations within this vibrational level you exist in them in the now. "In the now" becomes a very difficult explanation for you to grasp because any reference that we give to time is based upon your belief in time and space, even to say "the now." When you hear that particular phrase you begin to apply it to that belief in time and space where you have a past and you have a future and you have the now, and that's not what we are referring to at all. It's simply a choice of words through this use of a vocabulary that has the limitations of giving you an explanation that's valid, that encompasses the entire grasp of what it is that we're attempting to explain to you.

You see, when we talk about the now and we use that terminology we're referring to your entire existence in this vibrational level. Not only this incarnational period but all of the incarnational periods that you're involved in, that you're experiencing in this vibrational level. They occur, for lack, once again, of a better terminology, simultaneously.

It seems very difficult to give you an explanation that you can grasp that allows you to have some true

understanding of that concept, that you experience all of your incarnational periods simultaneously.

You in your so-called awake consciousness state, once again, believe that this is all there is, that this is the most important state. We would suggest that this particular state is the most illusionary state. And it doesn't mean it's insignificant. Once again, in your so-called awake consciousness state the terminology of illusion brings with it that it somehow has insignificance or is not really all that important. You see an illusionist on the stage that's performing all types of tricks, illusionary tricks, and you believe that, "Well, it's not real," and if it's not real then it doesn't have significance and it's not that way at all.

We suggest that it's illusionary and it is illusionary but it is also significant. We're not for an instant suggesting that what you're experiencing in this vibrational level in your awake consciousness state is not important or does not have that significance. Absolutely not. But we are referring to this consciousness state creation process as being illusionary. For you see, when you begin to understand that it's illusionary then you have the capacity to alter the illusion. It becomes much easier for you to alter it consciously if you begin to understand that it's an illusion and you understand as well that illusions are things that you can manipulate and alter. And you do that readily, whether you believe you do it or not. It's not really all that important. You create this reality and you do it on a continual basis and it's an illusion and you manipulate it and you create it to be whatever it is that you desire.

Now. Many are as well challenged by that concept, but nonetheless, the reality that you experience is a reflection of the beliefs that you hold and you believe that this particular incarnational period in your awake consciousness state is the most important aspect. And you choose, through your belief systems, to establish and to sustain and maintain your belief in time and space. And so, you can't hold in your consciousness state all of the interactions that you're experiencing in your other incarnational periods at the same time simultaneously because that would destroy your belief in time and space. It would destroy the illusion and you would begin to understand that you're existing in this vibrational level in absolute and complete control and you're not here because someone else has put you here and you're not here because you have lessons to learn. You're here because you choose to be here.

And when you understand that and if it were possible for you to hold all of your incarnational periods and all of the other elements that you're involved in creating in all of your levels of consciousness in your awake consciousness state you would simply choose to not be here. You see, it would be impossible for you to hold that in your awake consciousness state. You would be what you might refer to as someone who has entered a state of insanity and you would choose to leave.

Because you see, that's the whole reason why you're here, is because you choose to be here and you choose to come into this vibrational level to put in place that veil, that electromagnetic type of energy that not only limits your capacity to understand who and what you truly are, but also limit's the capacity of other entities to have any type of influence or interference in your vibrational level. And if you were to take that away then you would probably leave this vibrational level.

Which you can do, you're only here by choice. And at some point you will choose to leave. And you see, even in that we use terminology based upon your belief in time and space so that you can grasp that concept. But nonetheless, you exist whether you choose to believe it or not in your awake consciousness state, you exist in a multitude of incarnational periods, existences that are occurring simultaneously.

You believe, in your awake consciousness state, that it's possible for you to alter your future. But to alter your past? "Well, the past is like, that's real." The future has all types of possibilities and through your belief in how much something is possible you turn it from a possibility into a probability and you have the capacity to have that experience. But when we suggest to you that your past is as illusionary as your future or your present and you can alter your past and not only can but do alter it as readily as you do any of your other existences then that becomes very difficult for you to grasp. That becomes very difficult for you to hold in your awake consciousness state and say, "Well, that happened yesterday, I can't change that." And yet, the effects of what happened yesterday you absolutely can change, not only can but do on a regular basis.

And that becomes difficult for you to understand because, once again, you believe in time and space. It's difficult for you to believe that the past is occurring simultaneously or what, with what you would refer to as the present as well as what you conceive to be the future. They occur simultaneously. And not only do you have the capacity to alter that past but, once again, you do on a regular basis.

Many individuals existing within this incarnational period in your awake consciousness state experience certain elements in your day-to-day activities that are reflections upon other incarnational periods that you're existing in, and conversely, the incarnational period that you refer to as the present is also influencing other incarnational periods that you're existing in. You're not separated one from the other. You can't separate from who you are. You can't separate from this spark of consciousness that you are. You can't be separate from your spirituality. It's who and what you are. You do a very good job of hiding from who and what you are, but you can't separate from it, you can't lose it. And as well, you cannot lose your connection with the other incarnational periods. You can hide from it. And you do a very good job of that as well. You put in place that

electromagnetic type of energy, that veil that limits your capacity to have that understanding that you're existing in these other incarnational periods and you hide from it, but it's an illusion that you're not existing in those incarnational periods when you actually are.

Many individuals go into a so-called past life experience. And we've suggested many times that you can do that, but for the most part when you do that you can do it primarily for your entertainment purposes and we [assist] many individuals in that type of interaction primarily for entertainment type purposes. Because you see, while you can and not only can but do influence those other incarnational periods, the influence is based upon belief systems that you hold within your consciousness. And if you wish to change your reality then change the belief system and as you change the belief system you influence other realities as well. And the irony of it is in these other incarnational periods and these other realities that you're existing in and experiencing you also change belief systems that influence this one. And that becomes a difficult concept for you to grasp.

And yet, once again, many individuals who go into past life experiences, reincarnational type of experiences, and we use the term, once again, the "past life" because you believe in time and space. The irony of it is that you can go into a future so-called incarnational period as readily as you can your past, just becomes a difficult concept for you to grasp in your awake consciousness state. But nonetheless, in your so-called past incarnational periods you can experience certain realities that you are involved in in creating in that incarnational period that are influencing this incarnational period. And while you really don't change them, while you, without changing the belief system don't change the reality, nonetheless you gain an understanding in your present incarnational period as what may be causing some type of experience that's allowing you to experience anxieties or discomforts or for some depression, for some certain types of phobias that can be overcome. Not because you change that incarnational period and the event that occurred in that incarnational period—although you have the capacity to do that, absolutely, we're not suggesting you don't—but it's not because you change that interaction or that experience but rather because you begin to understand. You begin to understand that it's been an experience.

When we say "been," once again, to validate your belief in time and space. But it's been an experience that has had an influence on this incarnational period and when you get an understanding of what the experience is, many times, the phobia or the anxiety disappears. It becomes easier for you to understand. It's like, "Oh that's why I have that. Hmm." And you believe it's because something that's in your past is influencing this incarnational period. We would suggest it's because another incarnational period that you are

involved in the creation of is influencing this one as readily as this incarnational period that you're involved in is influencing all of your others.

And that becomes very difficult, once again, for you to grasp, but nonetheless, can be quite beneficial for many individuals to get an understanding and a grasp, but not necessarily to alter this incarnational period. We're not suggesting that, but rather to understand who and what you truly are.

For you see, that's what's important, is to grasp the concept that you are in control of this reality that you're experiencing in your awake consciousness state. And for many that's a very difficult concept to grasp. Absolutely. It's very difficult because you, when you entered into this incarnational period, each and every entity existing within your vibrational level have agreed to put in place and to sustain that electromagnetic type of energy, that electromagnetic type of energy that limits your capacity to understand who and what you truly are and as well limits your capacity to understand that there are other incarnational periods that you are involved in and participating in and as well it limits other entities existing outside of your vibrational level to have any influence upon the creation and the experiences that you're involved in in this vibrational level in your awake consciousness state.

You choose to enter into this vibrational level and you choose to put in place that electromagnetic type of energy, that veil, and you also choose to have what we refer to as a human consciousness belief system. What you might refer to as your laws of physics, that are very, very difficult for you to step outside of in your awake consciousness state. You can do so in your altered states of consciousness, not only can, but do. Many of you in your so-called dream states or in your meditative states get glimpses of what it's like to experience this reality without the limitations of time and space. To have that capacity to have your consciousness experience other elements of creation, indeed, in this incarnational period on the other side of your Earth system, for example. That's not an uncommon event for you to experience or for others to experience. You have but to believe that it's within your capacity to have your consciousness travel throughout your so-called vibrational level and you can do so.

The irony of it is, once again, that time and space are illusions. It's not such a [task] that your consciousness is traveling to other parts of your so-called Earth's systems or to other parts of your so-called universe, but [rather] understanding that you exist in each and every atom of your entire universe and that it's an illusion. It's not that you're traveling there, you're already there, you just don't accept the capacity or the possibility that that could be so. A very difficult concept to grasp, absolutely. But nonetheless a very accurate one.

You are a spark of consciousness that creates the reality that you experience. And the reality that you experience is a reflection of the belief that you hold. Of all of the so-called messages that you desire to hear, and it's important to understand that we only tell you what you desire to hear. We're not some guru that has access to monuments of information and knowledge that are not available to each of you. Absolutely not. We are an entity as you are an entity. We are an entity who has chosen not to exist in your vibrational level. We are an entity who understands in our so-called conscious state who and what we truly are. You are an entity who chooses to put in place the vibrational, the electromagnetic type of energy in this vibrational level that limits your capacity to understand who and what you truly are. Other than that we are very similar entities. The realities that we experience are realities of the reflection of the belief that we hold. As are you.

We create our reality and we understand the creation process. And as a result of the understanding of that creation process it's very difficult for us to experience the range and depth of feelings that you experience in this vibrational level in your so-called awake and consciousness state. Because you see, when you begin to understand that it's your creation, when you begin to not only understand it but to have the capacity to alter it, as we do, then the reality that you experience does not have that same intensity in terms of the emotions and feelings that we experience. Particularly what you refer to as your negative emotions and feelings.

You see, the emotion and feeling of love we experience very intensely. Absolutely. We understand that the reality that we experience is a reflection of the belief that we hold and we create it from a position of absolute and unconditional love. The irony of it is that the reality that you experience is the reality that you create as a reflection of the beliefs that you hold and you create it from a position of absolute and unconditional love. You are a spark of consciousness that is no greater and no less than any other spark of consciousness that exists, not only in your vibrational level but in all of the vibrational levels that exist throughout all of creation. There is not one entity that is greater than what you are. Not one. And there is not one that is less than what you are.

You create your reality and you do so from a position of absolute and unconditional love. You see, in your awake consciousness state you choose to believe that you're not in control. You choose to believe that there are other entities, be they entities that exist outside of your vibrational level or be they entities that you interact with on a conscious level in your day-to-day activities, you choose to believe that there are other entities that have an influence upon the reality that you're experiencing. And as a result of that choice to hold that belief then certainly the realities that you experience are influenced by other entities that you're

interacting with, because it validates the belief that you hold.

It's your choice. When you interact with another entity, be it a very interested and complicated interaction or be it simply a brief moment in your day-to-day activities, you nonetheless at some level of your consciousness have agreed to participate and to be involved in that interaction. Absolutely. Every instant that you experience in your awake consciousness state is a reality that you at some level of your consciousness not only participate in, but agree to participate in, to validate a belief that you hold. And the spark of consciousness that you are rejoices at the creation process in creating that reality to validate the belief.

And the experience that you have in your so-called awake consciousness state has never labeled there being right or wrong by your so-called spark of consciousness, by that entity that you truly are. You see, right or wrong is an awake human consciousness concept. The spark of consciousness that you are that creates your reality, not only in this vibrational level in this particular incarnational period but in all of the incarnational periods that you're involved in, created without judging whether it's right or wrong but whether to validate the belief system to give to you that which you desire. To give to you that which you desire. And it does so without judging, "Is it right or wrong?"

You see, if you hold the belief that you're not worthy of having a certain type of experience, if you hold a belief that you're not worthy to be involved in any type of meaningful relationship because you just don't have that capacity, you're just that type of an individual who can't have a meaningful relationship, the spark of consciousness that you are validates the belief and joyously gives that to you, as readily as it gives the individual who believes that relationships are very easy to maintain and to sustain. They hold a belief that they indeed are worthy of being involved in meaningful, fulfilling relationships. The spark of consciousness that you are creates the reality to validate the belief.

And it doesn't matter which end of that spectrum you're involved in and that you believe you should be involved in, the spark of consciousness will create it for you.

Who and what you truly are creates that without judgment. It creates it from a position of absolute love and there are other entities existing in your vibrational level who hold similar beliefs whether they be, once again, at either end of the spectrum and they agree to participate in the fulfilling and sustaining of your belief system in creating your reality to validate what you believe.

Individuals involved in what you refer to as an abusive relationship are involved in that relationship because it validates a belief that they hold. And that becomes a very difficult concept for many to grasp. Particularly when you see what you refer to as a young child existing in what you refer to as an abusive situation.

How on Earth, you would ask, could that child have that capacity to make a choice to be involved in that type of an interaction? Well, we would suggest to you that that child has existed and does exist in other incarnational periods, in other levels of consciousness, and has done so since the time that you as individuals chose to create this vibrational level. That so-called child is going through a process of evolution in your awake consciousness state to validate your belief in time and space, but at other levels of consciousness, in your so-called between incarnational states, you choose to enter into certain interactions and relationships, you choose to enter into certain situations, you choose to enter into relationships with other individuals and you choose the family that you wish to be involved in and the other entities in that family agree to participate and to validate your belief systems and to allow you to have your experiences so that you could experience the intense range of emotions and feelings that are involved in that type of interaction. You choose to be involved, through every experience and every incarnational period in all of the vibrational levels.

And you shall have and not only shall have but absolutely do have the choice to leave this vibrational level. You're here by choice. You're not here, once again, because someone forced you to be. You're not involved in any situation because some entity forces you to be. You see, once again, those individuals involved in that victim and aggressive type of relationship, in that abusive relationship, are involved because at some level of their consciousness they hold beliefs. Many times the beliefs are quite similar. Many times individuals involved in conflicts hold similar beliefs. Whether they be that abusive situation, whether they be your so-called criminals and your so-called law enforcement agencies, whether they be entities that are involved in your so-called warring factions where you have individuals involved in conflict. The beliefs that they hold many times are quite similar. And they agree at some level of their consciousness to participate and to validate the belief systems by creating the reality so they can experience the emotions and feelings that are a result of being involved in that interaction and in that reality.

And when an individual involved in that abusive situation, when the one that you refer to as the victim makes a choice to believe that they become a worthy individual, makes a choice to believe that they can be involved in a different type of reality, makes a choice that they will no longer be a victim, then the abusive situation ends. Ironically, the victim is the one who is in control. When the victim chooses to no longer be a victim then it ends.

And that becomes very difficult for individuals involved in your so-called awake consciousness state to grasp. To accept the responsibility for the reality that you're experiencing. You see, it's very easy to accept the responsibility for a reality that you look at, and you as a

society and as individuals suggest must be a very desirable type of reality. When an individual goes into some kind of employment and they make a very substantial amount of money so that they can experience a very comfortable existence in this reality then they'll accept the responsibility for that. It's like, "Look what I did. I made the right choices and I made the right decisions and I held all of the right attitudes and beliefs and I created this reality so that I can have that experience."

You see, it is very easy to accept the responsibility for realities that you look upon as being desirable realities. But the irony of it is that you create it all. And only when you begin to accept the responsibility for the entire experience, for the entire existence, do you also then begin to have the capacity to change. You see, if you don't accept the responsibility then that means that there's some other entity or some other individuals that are responsible. And as long as you allow them to have that responsibility you can't control your own existence because the spark of consciousness that you are validates the belief systems that you hold and it allows you to experience realities—illusionary realities, and that's the importance of understanding it's illusionary—it allows you to experience these illusionary realities to validate the belief that there are others in control.

You create the reality to validate the belief and if you believe you're not in control then you will experience realities to validate that belief and the spark of consciousness that you are will rejoice at creating a reality that validates the belief that you hold and gives you that which you desire to experience. And when you accept responsibility for your reality, when you accept responsibility for your creation, you've taken the first step to having the capacity and the ability to consciously influence and change your reality.

You see, we've suggested many times that you as a human consciousness have entered into what your so-called new agers have termed the new age and new energy and you all (*inaudible*) through a transition period. And this transition period that you're involved in is simply there, once again, to validate your belief in time and space. It takes time for you to change. Because if it takes time then it's real. And as you enter into this new age and new energy it's becoming more and more within your capacity to consciously influence your reality. It's always been there, you just haven't believed that the ability to consciously influence your reality has been there, but it's always been there. And there's been some entities existing in your so-called past who have grasped that concept and have created their reality consciously or if not created absolutely have influenced it consciously. And it's within your capacity to do so. Absolutely. But you as a human consciousness have put in place, once again, this electromagnetic type of energy that limits your capacity to understand who and what you truly are and has limited your capacity to alter your consciousness or

rather to alter your reality consciously. But as you enter into this new age and new energy what you, once again, as a human consciousness have agreed to allow to occur, to participate in and to create and to validate, you enter into a phase, if you wish, an era, an evolution to validate your belief in time and space, where it's possible for you to consciously influence your reality.

But, once again, before you can achieve that conscious influence of the reality that you're experiencing, your day-to-day activities and that which you desire to experience, you must first of all accept the responsibility for the creation of that reality. If you believe that you have guides and angels that exist around you that are influencing your reality, you can have that belief. You see, this is not a right or wrong concept. We're not suggesting for an instant that you must do this or that you must do that. We're not suggesting for an instant that you even have to believe what it is that we're trying to express to you. But if you believe that you have these guides and angels that are influencing and creating your reality then you will have all types of experiences to validate that belief.

But you see, when you begin to believe that these guides and angels are influencing your reality then you will have experiences as well to validate that you're not in control. You see, how can you be in control when there's some other entities that are creating for you, that are influencing your reality? If you believe that there's some type of entity that exists outside of your vibrational level and looks down upon you and judges what it is that you're doing as being rather right or wrong, then indeed you will experience realities to validate that belief that you're not in control. And if you hold that belief that you're not in control then it becomes very difficult for you to consciously influence and create your reality. Difficult. Not impossible. The only thing that's impossible within this reality is to experience a reality that you did not create.

It's impossible for you to hide from who and what you truly are. You cannot lose that. It's something that you can put away, but it's always there. You cannot be separated from this spark of consciousness that you are. It's impossible for you to do that. And it's impossible for you to lose the opportunity to choose to live in any vibrational level, to exist in this vibrational level or any of the other vibrational levels that exist throughout all of creation. All of the rest that you experience in this reality is illusionary. You are the god that you search for, you create your reality, and you absolutely cannot fail to come to that understanding. All of the rest is illusionary. You can, not only can, but do have whatever it is that you desire. Absolutely. Without exception.

Now. Well, we would break for a moment or two and if you wish we would return and attempt to answer any questions that you might have for us. And in the meantime 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 we would welcome that opportunity to interact and to share with each of you. (*Inaudible*) we would leave you for a moment or two, with love and with peace. ✿