

JOSHIAH

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Joshiah: ... of you, and we express as well our gratitude for your, once again, presenting this opportunity for us to enter into your vibrational level and to interact and to share with you in your reality. Now, we would ask you, once again, if you choose to express the intent to allow for an even further thinning of the veil in that those other entities who would be with us on this afternoon also have that opportunity to enter into this sacred space you have created and to share in this sacred opportunity to interact with each of you. As always, the choice is yours. And if you would so choose, we would ask you for a moment's silence in which we would adjust the energy within this place to allow the other entities to assemble and to fine-tune our connection with our friend (*the channel*).

(Pause)

Well now, we thank you for that moment and, once again, we thank you for allowing us this opportunity and for presenting us with this opportunity to enter into your vibrational level and to interact with each of you in your reality and to share and to learn from each of you.

Now, as always, we remind you that there exists the opportunity for you to be involved in what we call that silent communication. There are entities within this sacred space that you have created on this afternoon that are quite anxious for the opportunity to interact with you telepathically, and you have but to express the intent. You have created a situation where the energy exists that would assist you in altering your consciousness to enter into what you may refer to as a meditative state. And should you choose to close your eyes and express the intent, you would find it very easy to shift your consciousness and to be involved in that silent communication, in that telepathic exchange of information with other entities that are with us on this afternoon and indeed to interact with ourselves if that is your desire.

As always, the information that you receive in that telepathic exchange is quite often much more pertinent to your own individual questions and desires than what the information is that we express through our friend. So we encourage you, once again, should you choose to participate in that silent communication, to simply close your eyes and express the intent and you will find it very easy to shift your consciousness. And, once

again, it is as a result of the energy that you have created within this sacred space, and it is not indeed as the result of any other individuals existing outside of your vibrational level that somehow have the capacity to alter or to influence your reality. But rather it is your choice. And as your choice, you have the option to participate or not, absolutely so.

Now, we would speak to you this afternoon about a subject that we have been asked about several times and we consistently avoid answering directly because many times the individuals are not ready to hear or do not really desire to hear the answers. And as always, we give information only when you express telepathically, so to speak, what you desire to hear. You see, we do not in any way make the choice for what the topic is, but rather express to you based upon what it is that you desire to hear, and the information that we give is information that you already contain within yourselves. It is information that you hide from, absolutely, but nonetheless, it is information that you have. It is information that you access in many areas of your consciousness, most certainly so. And we come to assist you to bring that into your consciousness. But it is your choice and it is your information and the topics are your choices. And we would speak to you this afternoon about addictions.

You see, you have within your society that terminology that you refer to as an addiction, when someone takes what becomes a habit and turns it into more than just a habit, turns it into what you refer to as an addiction. Turns it into an event or an activity that you find very difficult, and at times almost impossible to stop doing, to stop that process of repeating whatever activity it may be.

You have within your human consciousness basically two types of addictions. You have a mental addiction and you have a physical addiction. Many times there are overlaps where an activity can be both a mental and a physical activity, and a mental and a physical addiction. But mostly it is either one or the other. Although there most certainly is a mental attitude involved in any type of addiction that you are participating in or that you seem unable to alter.

Before an activity becomes an addiction, it first of all becomes a habit. You make a choice. You make the choice to become involved in an activity or an event, whatever it is that you desire to do, and at first it may

be for a various number of reasons. In your consciousness you may feel that it is simply because you wish to experiment, you wish to explore.

Many of your so-called physical addictions become addictions because of those belief systems that you have held from your between incarnation states, and you bring in with you an actual physical makeup that would be perceiving and encouraging that addiction. For example, you have entities who are addicted to various drug activities who have a physical DNA that would make them susceptible to what you refer to as addictions. And that is a choice. That is a choice that is made many times in your between incarnation states. And your scientists can prove absolutely that within your physical makeup there are various characteristics to your DNA which would precede and predetermine, so to speak, that there is indeed that susceptibility to become addicted to various drugs.

There are also individuals existing in your incarnational period who have become addicted to those various drugs based upon choices and decisions and belief systems which are altered while in this particular incarnation state, if you wish to use a linear time frame. The choices are made, while you are in what we refer to as your dream states, to become involved in that activity for whatever reason. And we will present the basis for those reasons later on this afternoon. But for whatever the reason is, these individuals in their dream time actually make the choices to participate in that activity and set in place, so to speak, that very alteration of their physical makeup that makes them susceptible to become addicted to whatever drug it is that they are experimenting with.

So it is a choice. It is a choice that you have made either consciously or in your dream states or in your between incarnation states, but nonetheless it is a choice, and it is a choice that is based upon a belief system. Absolutely. And once again, from that belief system springs forth the reality to support the belief system.

You also have addictions that are mental addictions. For example, you have individuals who may be addicted to various types of gambling. And once again, should your scientists have the capacity to study the physical makeup of those individuals, they would find that there are indeed alterations of the very chemicals within their DNA and within their brain masses that encourage and facilitate that addiction. Once again, it is a choice. It is a choice that can be made in the various stages either consciously or in your dream state or your between incarnation states. But nonetheless, it is a choice and it is based upon a belief system.

Many times when that particular choice is made while you are in this incarnational period it is possible for your scientists to perceive the changes that are made as one becomes involved in the activity—an activity that at first it becomes a habit and then it surpasses

that state of a habit and it becomes what you refer to as an addiction.

Now, what you refer to as an addiction is an activity that you don't seem to be able to stop, that it seems to be beyond your control to halt that activity—be [it] physical or mental. But nonetheless, when the activity seems to precede the ability of one to make the choice to stop, then you refer to it as an addiction. Ironically, many individuals may be involved in a habit that they choose to continue and have absolutely no desire to stop, and it is very difficult at that point to suggest to them that they are addicted. Once again, it begs the question of what is an addiction.

When a person chooses to continue in a particular activity then it is difficult to suggest that it is an addiction if they have absolutely no desire to stop. And yet, should they have that desire to stop we would suggest in many cases it would be very difficult, and in that sense you would refer to it as an addiction. So there is a fine line between what is a habit and what is an addiction, what is free conscious choice and what is indeed a choice that you have made in your altered states of consciousness that you have difficulty altering or understanding while you are in your conscious state. So, there is that fine line between what is a habit and what is an addiction. Nonetheless, it is always a choice. It is an individual choice.

Once you have reached that point in your alteration of your physical makeup—whether it has been done prior to your entering into this incarnational state or whether you have made the choices while in this incarnational state to become involved in a particular activity that has resulted in the alteration of you DNA and of the physical makeup and of the chemical makeup of your physical being, it doesn't matter—once you have reached that state, it is very difficult to revert back. Not impossible, but difficult. And the main reason for that difficulty is because as a human consciousness you believe that it is not possible to alter your physical makeup. You do it, and you do it on a regular basis as you enter into these stages, and you do it not only in addictions, you do it in all other areas of your existence including your health areas, and including your mental health areas. It doesn't matter. You change your physical makeup constantly. But you do it seemingly subconsciously, and therefore when it occurs that you have made that alteration at a subconscious level you seem to accept that that is possible. But to go back and to consciously alter your reality and to consciously alter your physical makeup, well now, that is another situation entirely. It goes against what you can scientifically prove, so to speak. And it becomes very difficult. It becomes one of the areas that you have difficulty in creating that reality because it goes against your human consciousness belief systems and your societal belief systems that you have agreed to participate in. It doesn't mean it is impossible. Just difficult. And it is one of those belief systems that refer

to the individual so even if it is a human consciousness belief system or a societal belief system, it is still an individual belief system as well and thereby it is one that you can change if you so choose.

Now, when you have that so-called addiction to that physical activity you must first understand what belief system it is that has resulted in that becoming an addiction, in that surpassing what was a desirable activity that turned into a habit that then turned into an addiction, that you wish you could stop and you can't. It is an activity that you wish you didn't have to be involved in and yet physically there is that demand to have that activity repeated, to—if it is based upon drugs—to bring that drug back into your system to satisfy that physical need that is absolutely a result of an alteration of the DNA within your physical makeup.

And so, in order to reverse that process, first you must get an understanding of what the belief system is that you carried that allowed that particular evolution to occur. That evolution of that activity going from something that you did for pleasure, for example, that turned into a habit that then turned into an addiction and no longer brings you pleasure. Absolutely not. Many times it brings you all types of feelings of insecurity and lack of self-worth. And ironically, the very feelings that it brings to you is the key to altering that particular addiction.

You will find many times that it is individuals who seem to be involved in the very worst—from your perspective—types of existences that are the most susceptible to addictions. You see, when one does not experience and have that feeling of self-worth that results from self-love, then they can become very susceptible to becoming involved in activities that create realities that support that belief that they are not worthy, that support that belief that they do not have the capacity to experience love or self-love. And it is that feeling of lack of deservability, the lack of self-worth, the lack of self-love, that allows them to become actively participating in those types of events that would result in addictions. Whether it be a physical or mental addiction, it doesn't really matter. Primarily it is because of a lack of a belief system in self-worth, in deservability, and in self-love.

Individuals feel that there is something missing in their reality and they experiment. They experiment in areas that they know within your societal beliefs can result in addictions. Yet they experiment anyway. And there is nothing wrong with experimentation. It is the reason why you created this reality. And ironically, there are those individuals who understand who and what they are, who have that feeling of self-worth and self-love, that can delve into those areas of experimentation and absolutely feel none of the results that you refer to as addiction. They have the capacity to understand that they have the ability to control their reality and they can, if they choose delve into those activities and not

become addicted. And they have absolutely no fear within their consciousness that they will become addicted. Ironically, you will find that those individuals in most circumstances have no desire to do that type of experimentation.

You see, many of your so-called mind altering and addictive drugs are simply drugs that assist you in altering your consciousness. They take away this reality. And many times it is individuals who are not satisfied with the reality that they are experiencing, and have absolutely no concept in the conscious level that they are the ones creating that reality, that experiment with your hallucinogenic drugs that would take away this reality they believe is being created by some other entity and that they are not responsible for. It allows them to enter into an altered state of consciousness so that they don't have to consciously experience their creations.

The problem with that particular activity is that you become involved in an activity that proceeds beyond an experimentation into a habit and eventually into an addiction and you can't stop it. So the addiction begins to precede the rest of your reality creation process, and you create a reality that is even less than desirable than the one that you didn't want to experience in the first place. And you consciously come back to a reality that is even worse than the one that you were creating previously.

And ironically, you continue to create realities to support the belief system that this entire Earth experience is not worth experiencing at all. And the addiction then becomes reinforced, and the attempt to enter into that illusion becomes more desirable than the attempt to remain consciously within your reality. And the addiction becomes stronger and the alteration in your actual physical makeup becomes even more drastic and it becomes more difficult to get rid of the addiction. One begins to lose even more sense of their self-worth. One begins to even lose all sense of love and the feelings of self-love. And the addiction becomes stronger than ever because once again, one of the primary reasons for an individual becoming involved in an activity that results in an addiction is because that particular individual lacks in the area of self-worth and of self-love.

So, the key to altering addictions, be they mental or physical, is to begin to increase one's feelings of self-love. To begin to work upon what it is that you are doing in order to create various emotional feelings within yourself so that you can reinforce that feeling of self-love. When you begin to experience the self-love, then you begin to experience self-worth and deservability, and you have that capacity to begin to end that addiction.

For those individuals who understand that they create their reality, and who understand the process of creation through self-love and through self-worth and

who wish to have that type of experimentation, [they] can do so. And they do so many times quite readily without any fear of addiction, without any need for it to become some kind of a habit-forming activity that assists them in creating an illusionary reality, for they understand that the reality that they experience while in their conscious state is illusionary. They also have that capacity, the majority of them, to alter their consciousness.

You see, it is rather ironic that those individuals who use the hallucinogenic drugs, the mind-altering drugs, attempt to enter into an altered state of consciousness. A state of consciousness that is possible for each of you to achieve without the use of any type of chemicals. Each of you has within you the capacity to alter your consciousness. You have within you the capacity to use various techniques or methods and to enter into what you refer to as a meditative state, into an altered state of consciousness, and in that altered state of consciousness to experience much more and much more vivid realities than what individuals experience when they alter their consciousness through the use of chemicals.

You can, by entering into that meditative state, create all types of what may seem to be illusionary realities and you have the capacity to control and to retain the memories of those interactions and to bring it back into your consciousness and to do so without altering the physical makeup of your body. To do so without experiencing the side effects of using chemicals, and one of those side effects is the addiction.

So, you have addictions that are based upon belief systems, absolutely. They are based upon belief systems that many of you brought into this incarnational period, or, once again, made the choice while you were within this particular incarnational period—either in your dream state or, for some, in a very conscious state—to alter your reality to the point where you actually alter your physical makeup, which makes you susceptible to what you refer to as addictions, be they either mental or physical addictions. And once again, many of those addictions can actually be observed and proven through studying your DNA, through your scientific proof, so to speak.

Now, it is also rather ironic that many of those alterations of your DNA, of the chemical makeup of your body, come as a result of your diet. So you can, if you choose to prove that there are influences that are creating your reality, alter your diet to the extent where it alters your physical makeup, alters the chemicals within your body that result in your susceptibility to addictions, absolutely. And if you believe that and if you follow that line of thinking then it absolutely becomes possible for you to, once again, reverse your process of your diet in order to assist you in altering your susceptibility to addictions to various activities or to various substances. However, one of the problems with

that type of alteration is that you haven't necessarily altered your feelings of self-worth. You haven't altered your feelings of self-love. And if you were to reverse the diet process again you would once again become susceptible to that activity or to that substance that can result in addiction.

You see, some individuals exist on the same so-called poor diets and yet actually do not perceive any type of susceptibility to addictions or to substances or to activities. Individuals who hold the belief that their diet will sustain them, who hold the belief that they are worthy, who hold the belief in self-love and in deservability and do not believe that they need any substance or activity that will somehow alter their perception of their reality, but rather understand that if they don't like their reality they can change it. They don't have to escape from it. They don't need any substances. They don't need any activities that will block out their mental activity within their consciousness state in the reality that they are creating. They accept their ability to respond and they make the choices to respond in such a way that they understand that they are the creators of their reality. They understand that they have the capacity for self-love, that the God that they seek exists within them. It is who and what they are. And therefore, the diet that they exist on does not have the same influence and same effect that it does on another individual who believes that they are not worthy, who believes that they must have the absolute right diet or they will be susceptible to these various activities or substances. And ironically, once again, the physical makeup between the two individuals will be scientifically measurable. It will be different. And it is as a result of the belief systems.

Now, once again, many times those belief systems are belief systems that are brought in from your between incarnation state. Belief systems that are actively sustained while you are in your dream state, and they are done so by choice to create the reality that you desire. You see, if you desire to exist in a reality where you don't feel that you are worthy, to exist in a reality where you are susceptible to these particular activities or substances, then you can absolutely create the reality to support the belief system. Not only can you create that reality, you most certainly will create that reality. It is your choice. There is absolutely not one individual involved in what you refer to as an addiction who has not got there by any other way than by choice.

You can suggest that they were a victim and you can suggest that they were given substances without their knowledge. It doesn't matter. It was their choice. At some level they made the choice to be involved in that activity. Either to create their reality by default in order to prove that they don't have control, or they consciously made the choice because they are not happy with the reality that they are experiencing. So they wish to experiment with all types of other realities,

and in that experimentation do not accept the responsibility for the reality that they are creating but, rather, feel that others or other substances have the capacity to control them and their reality. And in a sense, once again, they give up their power through their choices. And they create through default. But nonetheless, it is their choice.

So, to end addictions is a choice. You can, if you wish, choose any of the various levels of consciousness to blame your addictions on. For example, you can suggest that you brought it in from other incarnations, or you can suggest that you have done so while in your dream state, or you can suggest that it is a conscious choice that you have made. It doesn't matter. You can make the conscious choice to end the addiction.

You see, in all of your incarnational periods, while they do have an effect upon all of your other incarnational periods it does not mean that you do not have free will. It does not mean that you do not have the choice to alter this particular experience that you are particularly involved in at this time, if you wish to use, once again, a linear time frame. It all exists in the now. And you can consciously choose, if you wish, to end any addiction that you are involved in, absolutely. And it begins by believing first of all that you create your reality and accepting your responsibility for that reality, and then by understanding that you can only create from love.

Even the reality that is based on an addiction is only created from the position of love. And when you turn that love inward so that you begin to love who and what you truly are, then you begin to experience that worthiness, that deservability that is necessary for you to make the choice to alter your very physical makeup and thereby end that addiction. And if you wish to use any other belief systems that are involved, it doesn't matter. We suggest to you time and again that the techniques and the methods can be individual. It doesn't matter. Whatever works for you, whatever you believe will work to create the reality that you desire, go for it. If you believe, it will absolutely work.

When you believe that there are other entities who create for you, and when you believe that there are those substances that you do not have control over, you still create your reality, absolutely, only you do it by default. So, one of the keys, once again, is to accept that you create your reality, to accept that you are that piece of God, that piece of the One, that spark of consciousness that has the capacity to create. And when you accept that, and to accept that you can only create from a position of love, then you understand that even that addiction is created from a position of love. You have but to alter that expression of love and express it for yourself. Understand that if you don't like who you are you have the capacity to change it. If there are various principles within your character that you don't like, change them, absolutely. Whatever it takes,

whatever you believe is necessary to alter your feeling of self-worth and of self-love.

And when you begin to experience that feeling of self-worth and of self-love and you make that choice to end that addiction then it becomes possible for you to actually alter the very physical makeup of your being, to alter your very DNA, and so that that addiction does not exist but rather can simply be an event that you choose not to participate in.

You see, you have many within your society who feel that if they have been addicted to something once that they are always addicted to that particular activity or substance, and that the only cure is to not participate in that particular activity or to not obtain and absorb that substance. Those particular individuals are still addicted. They have simply made choices to not participate in that activity. But for individuals who understand self-worth, for individuals who understand self-love and accept the responsibility for their reality it is possible to end that addiction completely, to actually alter their physical makeup so that they don't have to worry whether or not they should accidentally absorb that substance and therefore no longer have control over their physical being. Absolutely not. They understand that they have the capacity to create their reality and they can alter their physical makeup and they can alter their physical being and they can alter their addictions, absolutely. Even if those addictions are based upon a belief system that they brought into this incarnational period that they can't seem to get a grasp of. It doesn't matter—it doesn't matter.

When you begin to believe in self-love, when you begin to understand that you create your reality, when you make that choice to enter into what we refer to as the new age and the new energy, you shall find it possible to bring into your consciousness the understanding of what the belief systems are that are responsible for the reality that you are experiencing and you can alter them.

We can apply that particular philosophy or that particular understanding to any experience that you participate in in your reality, absolutely—be it one that you desire or one that you don't desire. And this afternoon we have spoken to you of addictions and we have used the same philosophy, we have just applied it to a relatively narrow area of your reality creation process. You can apply that understanding to absolutely every area of your reality creation process and create whatever it is that you desire.

You create your reality, you are a piece of God, and you cannot fail. Through that understanding you can begin to experience self-love, and through that experience of self-love you begin to radiate worthiness and deservability, and you begin to make the choices and decisions that alter or intensify your reality—whatever you desire. And addictions is one of the realities that you can alter if you desire. And ironically,

once again, there are many entities involved in an activity that some may refer to as an addiction but to the individual involved in it it is an absolutely desirable reality to experience.

The question is do they create that reality because they desire it, or do they create that reality because they attempt to escape the reality that they are experiencing? And if they are attempting to escape their reality, ironically, they are not escaping at all. They are creating a reality that they don't desire and they can change it, absolutely. Each of you, each of you creates your reality individually. Each of you make the choices. Each of you hold the belief systems that radiate for each and every interaction throughout your day-to-day experiences. Each of you has the capacity as you continue this transference into the new age and the new energy to bring into your consciousness what the understanding of that belief system is so that you can change it if you wish. And it doesn't matter, once again, what area of your reality it is that you wish to change, or you may wish to reinforce. It doesn't matter. It is your choice. It is your reality. It is your imagination. You can do whatever it is that you wish to do.

Now, we would break for a moment or two, and if you have any questions for us we would be willing to attempt to answer them for you. We would remind you that during our intermission the energy and the entities that are within this sacred space do not leave, and should you choose to be involved in that silent communication you have, once again, but to express the intent. For we remind you that we are not separated by time or space but rather by a vibrational level, and you have but to express the intent and we would be with you. And so, if you wish, we would return in a moment or two. Until then we would leave you, with love and with peace. ☸