

JOSHIAH

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Q and A

Joshiah: Well, now. Again, we would like to express our gratitude for your offering us this opportunity to, once again, enter into your vibrational level and to interact and to share with each of you. And we would remind you before we begin that there exists, once again, that opportunity for you to be involved in that silent communication, that telepathic exchange of information with other entities that would be with us on this afternoon, should you choose to do so. And once again, you would find it very easy to alter your consciousness and to enter into what you might refer to as a meditative state. And as always, the choice is yours.

Now. You create this reality, once again, as a reflection of the beliefs that you hold. And if you begin to put in place an understanding of what it is that you truly desire to experience, and as you begin to have the capacity to create those desires, to bring them into your reality you begin to understand as well the capacity to alter other areas of your creation process. You begin as well to have those feelings of accomplishment that allow you to experience self-worth, that allow you to experience gratitude, [to] begin to increase your capacity to love yourself consciously. And ironically, many times when you develop that capacity to love yourself unconditionally consciously, the desires that you put in place, that which you believe you would wish to experience, changes.

You see, many individuals would desire, for example, to have abundance. And abundance can mean different things to different individuals, absolutely. But that desire to experience abundance can be indeed experienced, created, brought into your reality, for the only limitation, once again, to your creation is your imagination. And if you can imagine it, and if you can expect it, then indeed you can bring it into your creation. And as you experience that abundance, and you begin to get glimpses into the capacities to create and into the possibilities, and indeed into the probabilities to create that what you desire, then many times the attitude towards abundance changes. Because when you understand that it's within your capacity to create it, and when you understand that you can have whatever it is that you desire, then many

times what you once believed was abundance would take an entirely different reflection on your reality.

What you once desired for a sense of security, you begin to understand that the security comes from withinside and not from any physical attribute that you create on the outside. And when you begin to understand that security is a reflection of the things that you do to experience [out] love, and it has absolutely nothing to do with abundance, then your entire attitude towards abundance might change. When you begin to believe that worth comes from withinside and is not a measurement of what you can create on the outside, then again, your attitude towards what is valuable changes.

You see, many individuals believe that it's difficult to create abundance. We would suggest to you that you create absolutely everything that you experience in your conscious state. Absolutely everything, there is not one atom existing within this entire vibrational level that you are not participating in the creation of. And when you reach a true understanding of that concept then it seems rather frivolous to be concerned about creating abundance, when you create it all. And when you understand that, and when you actually own that concept, then abundance takes on an entirely different perspective.

When you own that concept that you are the creator of your entire vibrational level and that you create it from a position of love then security takes on a entirely different perspective. When you understand and own the concept that you absolutely cannot fail then everything that you experience in your conscious state is a reflection of what it is that you believe, and it's an accurate reflection of what it is that you believed. You joyously create from your position of what you refer to as your higher self. Then indeed, abundances appearing become rather insignificant issues, other than from the perspective of allowing you to enjoy your experience in your conscious state, and the area of perception of what it takes to have that enjoyment may change.

We have suggested many times that this entering into the new age and into the new energy may put individuals in the situation where they find that they are changing the very experience and the very environment in which they exist. And for some that may not be desirable. However, we assure you that the

choice is yours and it's not some individual that's putting you into that position. There's no entity that's saying you must or must not do or make that choice. But rather, it's an individual choice. And when it may result in an alteration of what you hold as being important it will absolutely give you the capacity to love yourself unconditionally in the conscious state. And from that position you can have an absolute control not only over your environment but indeed a control over the emotions that you experience in the realities that you create.

You become the master of your own reality and for many that's a very scary situation, for many individuals that you are participating in the creation process with will not have a desire to continue that participation. And relationships change, and interactions change, and the changes many times are subtle. But nonetheless, the change is there. And individuals change their entire personal relationships with others. A choice that you make, absolutely. And one that allows you, once again, to have that understanding of who and what you truly are in your conscious state. One that allows you indeed to have the sense of well-being, of knowing that it's your creation, not only knowing that it's your creation but knowing that you have within you the capacity to change it if you wish.

Knowing indeed that you have the capacity to create whatever it is that you desire. And understanding, absolutely, that what you desire may change. And as it changes, having as well the strength and the courage to accept that you change that which you desire.

The fear of the unknown dissipates, for fear becomes anticipation. Fear becomes acceptance of what the future may bring, that you create, that you are in control of, not some other entity and not other entities that you are interacting with, but that you are in control of. That you have the capacity to alter and to create whatever it is [that] you desire. And the fear of the unknown, once again, dissipates. And those incidences that cause you to feel anger become less frequent for you accept the responsibility for the creation of them and the participation in the particular activity. And while the activity may continue to occur, your perception of that activity will alter. For you see, once again, it's not necessarily that what you experience in your day-to-day activities alters to the point where there's the dramatic change, but rather your particular attitudes towards those activities change.

And what was once a situation that caused you anger can indeed be a situation that you look at and wonder why on Earth you were ever angry in the first place. For it may be very insignificant and have very little impact upon your day-to-day activities.

It's rather ironic that many people become involved in situations where they experience anger and when they reflect back at what you refer to as your past and they look at that situation and they feel indeed some type of

humility that they felt anger in a situation which seems so petty once you step back and be with the entire picture.

And so, once again, as you step into this new age and this new energy and as you begin to love yourself consciously, many of those situations dissipate and you don't experience those intense emotions. And when you do experience them you have the capacity, many times, to step back and laugh at yourself and understand that it's your creation and to alter your perception and to express the emotion and to have it dissipate and to change it. To change it, absolutely. The choice is yours.

The entire reality is, once again, a reflection of the beliefs that you hold, and if you don't like what you experience you can change it. You can change it. There are no other entities that can change it for you. It's an individual journey that you're involved in, one that you choose to participate in and one in which you can absolutely never fail.

Now, if you have any questions for us we would be willing to attempt to answer them for you.

Questioner: I have a question. You were talking before about anger and it being important to kind of express it and get it out of the way. You were also saying about loving yourself. And what if one doesn't feel they can love themselves if they always express their anger?

Joshiah: Many individuals believe that to express anger is to indeed have that emotional outlet and there are many ways to express anger. You don't necessarily have to have an anger outburst in order to express anger. You see, the anger is felt withinside. It's not something that another individual feels. It's a personal, individual emotion that you feel. And to express it does not necessarily mean that you have to have that type of an outburst. Absolutely not. But to repress it is to suggest that you don't experience that and to repress it then is to hide from the particular belief system that you're holding that allows you to create the experience that the anger is (*inaudible*) from in the first place.

And so, in order to alter the belief system it's necessary to recognize the anger and to express it, to release it so that you can get to an understanding of the belief system. It's not necessary to have an outburst, absolutely not, but to recognize the anger and to express it.

Now. There are various ways to express anger. There doesn't have to be that outburst that you give to other individuals to show that you are angry, absolutely not. You can go withinside and express the anger. It's possible for you to sit down and enter into an altered state of consciousness if you wish, and to express the anger. It's possible for you to simply turn away and to express the anger, to understand that the anger is there, to release it, to, once again, get a glimpse of what the belief is that you hold that allows you to create

the experience that caused the anger to be an emotion that came up into your so-called consciousness state.

And so, many individuals suppress the anger, and you see, they believe that if you love yourself absolutely how can you experience anger? And so where did this anger come from? "I don't want that anger, I'm going to hide it. I'm going to say that it's not there." And yet it is there. It's there as a result of a belief that's held. And as you change that belief system, indeed, you can be involved in the same experience and not experience that emotional anger.

And so, it's important to understand that to recognize and express anger does not necessarily mean that there's an outburst of violence or outburst of some type of verbal abuse, absolutely not. It doesn't have to be that way. You can express anger simply by recognizing it, expressing it withinside, using imagination, if you wish, to dissipate the anger in order to validate it, to give it the belief system that was responsible for the creation of that experience in order to experience the anger in the first place.

And when you begin to express the anger and to give it credibility and to recognize that you do experience anger in certain situations, then, once again, you can look at the belief and when you begin to alter the belief you begin to alter the reality, and when you begin to alter the reality then you truly begin to alter withinside who you believe that you are. And the anger becomes less and less frequent in various situations, and when that occurs you begin then to like who you are because the response is spontaneous. Because the integrity that you experience in that situation is spontaneous, not something that you had to think about in order to repress a certain emotion.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: You've said that you create your own reality, and what if the reality you want to create involves the decisions of other people that you don't even know?

Joshiah: At some level within your subconsciousness there is not one individual that you would deal with in your so-called day-to-day activities that you do not know. Now that becomes difficult to comprehend in your conscious state, and we've suggested many times that if you attempted to hold in your conscious state all of the particular interactions that you put in place and all of the agreements and the contracts that you put in place in your so-called altered state of consciousness, in your dream state, that it would be impossible for you to do it. You would be what you would refer to as insane.

Now. However, in your conscious state what you experience in your day-to-day activities is an illusion. And there's absolutely no interaction with another

individual that you have not at some level of your subconsciousness put in place the agreements to do so. And you believe in time and space. You believe that if it occurs today, "Well, perhaps I put that agreement in place in my dream state." Well, perhaps you did. But perhaps the dream state is occurring simultaneously to the particular interaction. Because that's how it truly is. Time and space are illusions. And that becomes a difficult concept to give any type of an explanation for because we attempt to give you an explanation based upon your understanding of your creation process and based upon your understanding of this reality in your conscious state, which indeed dictates that there must be time and there must be space, because that's what makes it real. And if it's real, then how can you change it? And that's a choice that you make in your subconsciousness to perpetuate in your conscious state to validate this reality.

And so, that interaction with the so-called stranger is an interaction with an individual that you've put in place the agreement to participate in that creation for the purposes of experiencing the particular emotions and feelings that arise out of that interaction. It's never a chance. It may seem to be a chance but it's never a chance.

Now. There are individuals existing who understand in their conscious state the capacity to interact and to deal with others at a so-called subconscious level, and they do that on a regular basis and they recognize that interaction. If you can recognize that interaction in your conscious state then it should validate that it would be much, much easier to recognize much more complex interactions in your so-called subconscious state or in your altered state of consciousness.

And so, you put in place the contracts and the agreements and, once again, we use your belief in time and space in order to give you some type of explanation that you can get a grasp of, and so we say you put in place those contracts and those agreements in your altered states of consciousness, in your dream states, or for many in your meditative state, indeed even in your between incarnational states, you put in place the agreements and the contracts to have the experience in your conscious state. And then you conveniently blank any possible connection between your subconsciousness and your conscious state so that the conscious state seems real.

But it's never an accident. You create it all. Absolutely. Even those situations that you feel are less than desirable, they are reflections of the beliefs and belief systems. And we suggest belief systems because, you see, to simplify it is to say that you create your reality based upon a belief. And you do, absolutely. But it's like saying that every object that you experience in your so-called conscious state, in your reality, is comprised of an atom and the atoms are all the same. There's very subtle differences in terms of the protons and

neutrons and electrons. But basically they are all the same. And yet, it's difficult to grasp that your air that you breathe has components that are made up of atoms that are very similar to the couch that you sit on that seems to be so solid. And yet they are all made up of atoms.

And so it is that the reality that you experience is all made up of beliefs, and the beliefs are in belief systems where there are a multitude of beliefs that interact with others that reflect in the reality that you experience. And they are beliefs that you choose—that you choose—at some level of your consciousness and your subconsciousness and what you might refer to as your higher self, to put in place in order to experience that particular activity or element or event in your conscious state for the purpose of, once again, of experiencing the very broad range of emotions and feelings that arise from that interaction.

And it's never an accident. Your so-called higher self, that spark of consciousness that you are, creates it all, and it creates it all joyously. And many times interacting with others to create as well. You see, when we suggest that you create every atom that you experience in your conscious state, in this entire universe, we suggest that you create it, and you create it, and you create it—and so everyone creates it and yet each creates it.

That becomes, again, a very difficult concept to grasp, for you see, you believe in your conscious state, once again, in that time and space belief system that there must be space, and it is an illusion, absolutely. And each individual, each entity existing within your vibrational level exists within each and every atom of your entire vibrational level, of your entire universe. And you all participate in that creation. You all agree. You all put in place what we refer to, once again, as the human conscious type belief systems and the societal belief systems and the individual belief systems, and you create it all. And you agree to participate in that creation in your altered states of consciousness. Including the interactions with the individuals that you believe are strangers in your conscious state. There are no strangers.

Individuals who are what some might refer to as metaphysical or telepathic or some might even refer to as advanced, although we do not like to use that term, "advanced," for you see, the individual who has absolutely no concept of the creation process may be the most advanced in terms of creating. And so "advanced" is very limiting type of phrase to use, but nonetheless, there are those who believe that if you have that capacity to telepathically interact with others that you are somehow more advanced. And yet you all hold that capacity. And when you meet someone that's an absolute stranger, they're not a stranger. And those individuals who have that capacity to telepathically interact many times can tell you many things about that

stranger without the stranger ever opening their mouth, could tell you many things about the emotions that they're experiencing, many things about the beliefs that they hold.

And each of you has that capacity, absolutely. You just don't recognize it. You hide from it. And many times those that hide from it the best are the most advanced. It's not necessarily the other way around. To say that someone is advanced in terms of their capacity to have telepathic interactions does not in any way suggest that they are more advanced in terms of understanding their capacity to create their reality. Absolutely not. You create your reality. You do it through the beliefs that you hold, choices and decisions that you make. And indeed you put in place in your altered states of consciousness, and we refer to, once again, this concept of time and space, the altered states of consciousness when you are in your altered state, which you refer to as a dream state, which may be in your last evening, or it may have been a week ago, or it may have been a year ago, or it may have been when you were a very small child, or it may have even been when you were in your between incarnation state of consciousness, you put in place the agreement that at such and such a day, in this illusion, "We'll have this [real] experience. And then we'll experience the range of emotions and feelings and then we'll forget all about it in our conscious state. In fact, we will not only just forget about it, we will even deny that we had anything to do with it. We'll deny it to the point where we absolutely refuse to believe that we participated in it. And then we can blame somebody else, and then it just gets so much stronger and better, and the feelings get so much more and we can really get into it then."

And that's what you do. Each and every individual existing within your vibrational level does that by choice. It's not an accident, absolutely not. And when you really (*inaudible*) of consciousness, when you are in a meditative state or indeed in your dream state, when you practice taking what we refer to as part of your consciousness into that state, then you can indeed manipulate, if you wish, many of the activities that you participate in [in] your altered state of consciousness and you can bring back into your conscious state glimpses of what it's like to create your reality. Glimpses of what it's like to exist where you have an understanding that time and space are illusions.

Each of you has the capacity to do that, you have but to believe. You have but to desire, to imagine, and to expect it. You have but to believe. You have but to choose and it can be yours.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: I have a question. With all of these belief systems that we hold onto, what is the resistance to be

able to actually identify them and name them in order to let them go or replace them? To change.

Joshiah: First is to accept the responsibility. And to accept the responsibility, it becomes very difficult in terms of having that capacity to believe that it's your creation. And it comes back to the very basics. You create this reality from a position of love and if you wish to create consciously the best technique that you can develop is that of self-love. And when you begin to experience that self-love then you begin to pay attention to the creation process. You begin to pay attention to the attitudes and you begin to get glimpses of what the beliefs are that are responsible for the creation and for the experience. And if you don't like it, you can change it. And if you find it desirable then you can strengthen the belief. It doesn't mean that you always change the belief, absolutely not. But if you don't recognize that it's your creation then it becomes difficult to change the belief.

You see, many individuals will change a belief. They will sit down and write out a list of beliefs that they wish to have, without paying any attention to the existing beliefs. They will write down a belief like, "I am deserving," while maintaining within their subconsciousness an unrecognized belief that they're not worthy at all. And so they write down the belief that, "I'm a deserving individual," and they look at that every day and they reinforce it believing that through that technique they can simply bring into their reality this belief that they are deserving. So they begin to create realities that reflect that belief, absolutely. But somewhere there is this other belief, that they're not worthy. And so they create the reality that they're deserving and they experience that reality and they experience that creation and (*inaudible*) "Look at this, I'm a very deserving individual. It's working, I'm creating things that I desire."

And then one day, the bubble bursts. Because you see, without altering the primary reality belief system that you're not worthy, eventually this portion of your creation process, this higher self that you are, creates it all, and it validates both belief systems. And the one comes back and you begin to feel that, once again, you're not worthy. You begin to feel, once again, that you're not deserving. And then you begin to feel that you're a failure because this technique didn't work. The technique didn't work because you didn't pay attention to the belief systems that you hold. And you pay attention to the belief systems that you hold by developing self-love.

And so it comes back to the basics, always. Like who you are. If you don't like who you are, change it. Put in place the principles. Choose the principles. Don't worry if you're not choosing principles that are consistent with the principles that you had a week ago, it doesn't matter. It's not important what the principles are. What's important is how you feel about the principles. If

you apply the principles, and the more you apply them the stronger your character becomes and the more you begin to like yourself and to love yourself and the more you begin to get glimpses of the beliefs that you hold, that you can change, in order to alter the reality.

And when you're involved in these complex interactions, when you love who you are, and when you like yourself, the elements of fear and of anger and the emotions of distress that can overwhelm you dissipate, and it all becomes clear. And you begin to understand what the belief is, and you can change it. You can change it. You can change it consciously, you can change it through some type of meditation. You can use any technique that you wish. But you will recognize, first of all, what the belief is that's causing your reality. If you don't change that belief, to put in place a counter belief system will indeed create a reality but the original belief will validate that it is true that you're not worthy, if that's what the belief happens to be.

And so it comes back, once again. If you wish to recognize what the beliefs are, like who you are. Begin to love yourself. Do the things that perpetuate and validate the loving yourself, the liking who you are. Give without condition to yourself in order to experience the feelings of joy, in order to experience security and trust and intimacy. That's how you understand what your beliefs are and that's how you change them. And that's how you begin to create the reality that you desire. It comes from self-love. You create everything that you experience in your conscious state from a position of love. Absolutely. If you wish to do it consciously, then bring that love into your conscious state.

Each individual knows how to love unconditionally, that's not a question. You simply choose to hide from that understanding. You see, when individuals don't like themselves, that's not a negative aspect, that's something that you choose. That's a choice. It's not something someone forced upon you. It's not something that you must live with and, "That's how I am and I can't change." Absolutely not. That's a choice that you put in place. Based upon beliefs that you choose to experience in your conscious state.

Understanding that it's your creation, if you are the Piece of the One and that you cannot fail are the basics, then from there you build in your conscious state, love, and the rest all becomes secondary. It all becomes elementary.

Does that answer your question?

Questioner: Yes, thank you. May I ask you another one?

Joshiah: Mmm.

Questioner: What is fear about?

Joshiah: What is fear? Many emotions are so-called negative emotions. They're only negative emotions in your conscious state. Now, Fear is an emotion that you can experience that can have two aspects. It can be, first of all as we have suggested earlier, an emotion that allows you to react in certain situations in order to maintain your welfare, your wellbeing. And in that situation it's not necessarily a negative experience at all, it can be very, quite positive. Individuals reacting, for example, to certain noises trigger within them a sense of fear based upon what they believe might occur. And it can be a valid belief in that occurrence, and a reaction can many times, once again, be very beneficial to the welfare, to the physical wellbeing of an individual.

And then there is fear of an unknown. Fear of an unknown is a different type of emotion, if you wish, and can be much more debilitating. Fear of the unknown can change the physical attributes of an individual, can actually cause them to change the energy that surrounds the DNA, and the scientists will tell you that it can change the chemical makeup of your body so that you experience many physical ailments or disabilities. We would suggest that it's a result of, first of all, changing the energy that surrounds the DNA and activating or deactivating various elements of the DNA that allow that experience to come into your body in order for you to have that experience. And so fear is an emotion, a very strong emotion, that allows you to have those experiences.

Now, in your conscious state you refer to those as negative experiences. You don't want to have them. But in your subconscious state there is joy at creating a reality that seems so real and so much out of control. You're doing such a wonderful job. It's doing exactly what you desire. Exactly. It's not a chance. It's not something that occurs because you didn't have any chance or control over the particular event or elements that are causing the fear.

And so, fear is an emotion that allows you to experience various aspects of reality creation. It's really that simple. It's an emotion. It's an emotion that's a reflect of a belief that you hold. It's a reflect of an attitude that you hold.

When you begin to understand that you create your reality the one element that strengthens your sense of love, your sense of self-worth, your sense of liking who you are, all of the other emotions begin to dissipate. They begin to become more illusionary. You begin to understand that you are in control. And so if you become involved in a situation that at one time sparked tremendous amounts of fear, that actually changed the physical makeup of your body, don't have the same reaction.

The particular interaction, the particular event may remain exactly the same, but your attitude and your reaction towards that event and the emotions that you

experience change. And you are in control. In control of what to others may seem to be a very, very fearful situation. But to the individual who is in control there is no fear at all. And when the fear is gone and you understand that you are in control then you are truly in control. And you can enter into what many might refer to as a very dangerous situation and because you understand that you are in control, because there is no fear you experience no difficulty. You create that which you desire based upon the beliefs that you hold. And it's your creation, absolutely.

It's what allows individuals to be involved in various activities, in various events, and they seem to function without any type of interference from other outside thoughts or from that emotion of fear. And when you ask them were they experiencing fear and they tell you no, many individuals say it's not possible to be involved in that experience, to be, "How can you not experience the fear? I mean it's a very fearful situation. It could be a situation where you may die."

Well, when you understand that you absolutely cannot fail, when you come in touch with that portion of your higher self and you bring back into your consciousness the remembrance of that interaction and contact with your higher self, then you no longer fear death. And if you don't fear death, then what is there to fear? What is there to fear?

What becomes more fearful even than death is the fear of loss, and it's not loss of yourself but loss of another. What becomes the greatest fear to control is the fear of losing someone that you love. And even though [in] your subconsciousness, you understand that you can never lose someone, that even if that person were to pass on, if you wish, or to separate, you can never lose them. However, that becomes the most difficult fear to control in your conscious state.

When you can control the fear of loss of another then you're in control entirely, and you know that you have made it, absolutely.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: Quite often a person will see a belief system, like you've talked before about vegetarians and meat eaters, that one group of people will hold a belief that if they eat meat they'll live longer and they have the statistics to prove it. Another group of people will hold the belief that if you're a vegetarian you'll live longer and they have the statistics to prove it. Both have the statistics.

When a person comes along as an individual and can see both sides of that, does that mean they're not involved in that situation, or do they still at some level deeper down, "Well, I'm siding with the vegetarians slightly or I'm siding with the meat eater's slightly Or do they own that that is just a belief?"

Joshiah: It is true that there are individuals existing in your so-called conscious state, some that would do very well on the particular type of diet that's absolutely the opposite to what someone else exists on. You can see that particular attitude indeed from what you might refer to as one race of individuals to another race of individuals. But it's important to understand indeed that there are many beliefs involved in that particular creation process.

There are the human consciousness beliefs that this particular race will have different elements than this other. There are the beliefs that you put in place in your so-called between incarnational state, where you choose to come into this particular incarnational period and to have those physical attributes, if you wish, choices that you make. Absolutely. Based, once again, upon human consciousness belief systems very difficult to step outside of.

For example, an individual who comes into a particular society, and you have within your various races individuals, some individuals who do quite well on the diet and the sustenance primarily of what you refer to as meat. Individuals who have difficulty existing, not only as individuals but entire races of individuals, on a diet that does not contain a substantial amount of that element.

And you have other individuals, races of individuals, who exist without having in their system the necessity for huge amounts of meat, and they do quite well. Each is valid. It's not a right or wrong. It's a different choice, and it's a choice, once again, that can be even at the human consciousness level where [it's] entire existence within this vibrational level is validated by the beliefs of others. In other words, other individuals, even in other races, perpetuate and validate that belief. Absolutely.

And then you have in the societies individuals who come into this particular incarnational period and bring with them the possibilities for several different beliefs to be validated. And those possibilities, once again, are contained within the elements of the DNA. And so when they are involved in their creation process and they believe at one stage of their creation that it's necessary for them to be involved in a very varied diet of vegetables and meat, if you wish, then a part of their DNA that sustains that type of diet is activated.

Now. It's possible for individuals, to a certain extent, to alter that belief that it's not necessary for them to have meat in their diet, [when] they alter the belief system, absolutely. And that becomes a very important fact to understand, that it must be an absolute alteration of a belief system. Then it's possible to change the energy that surrounds the DNA and to activate various elements of that DNA that make it possible for them to exist on a vegetarian diet and to do quite well. Absolutely.

And so it's not just a cut and dried type of situation, where one either chooses to be or not to be. Once again, those individuals who came into a particular race and put in place those what we refer to as human consciousness type belief systems that they agreed to, have a difficult time in altering that belief. It's not an individual belief. It's a human consciousness belief that they chose to participate in.

It's like suggesting that someone who's four feet tall [at] their adult stage can decide suddenly that they're going to be six feet tall. Very difficult for them to make that type of change because of agreements that they put in place. Because of the belief systems that they put in place. Because of the human consciousness belief systems that validate that individual's belief and to make it that everyone would recognize them as being four feet tall. And so it becomes very difficult for them to be six feet tall. It's what you refer to as a physical attribute. Very difficult to change.

And so it is with a particular attribute that reflects in their diet. And what it is that they can or cannot consume. And so you have some individuals who choose, once again, to participate in a particular race for the purposes of experience, perhaps, something not necessarily to do with their diets but indeed with the various elements and environments that that particular race is involved in. And to interact with various individuals in that particular race, in that particular area of your so-called world. And with it comes, as well, what you refer to as the genetic inheritance that goes with that particular race.

Ironically, those individuals exist in the now and in some other area of their creation process they are existing in elements that are entirely different from that one that they are experiencing and only remembering in their so-called conscious state in this so-called time.

And so, it's a belief system. Is it possible to alter it? For some easier than others. Absolutely. Easier than others because they chose to enter into a particular race, if you wish, or a particular group of individuals who believe that it's possible to exist on various types of diets. And therefore, within their so-called DNA the possibilities exist to alter their physical makeup, to alter what's necessary for them to survive and exist in their conscious state. The individual who chose to enter into the race where those individual groups of people cannot exist on certain diets would have a much more difficult time in changing.

Does that answer your question?

Questioner: Yes, thank you.

Joshiah: Well, now. It has been indeed a very entertaining interaction and we would like to express our gratitude to each of you for allowing us this opportunity for indeed we come to learn from each of you. It is a, as you would say, a two way street, and we would like to express to you our gratitude for this

opportunity to share with each of you. And we would remind you, once again, that we are not separated by time or space but rather by a vibrational level and should you choose to interact with us you have but to express the intent and we would welcome that opportunity and we offer to you, once again, our absolute and unconditional love and our unending support. And we would bid each of you farewell, with love and with peace. ✨