

JOSHIAH

www.joshiah.com

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Joshiah: Well now. 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 our gratitude for offering us this opportunity to interact and to share with each of you.

Now. Before we begin we would, once again, 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 to have [that] telepathic interaction or exchange with those other entities that [would be with us] on this afternoon, and as well, the opportunity for you to be involved in the interaction and the sharing, if you wish, of information that is much more pertinent and many times much more accurate than any of the information that we express through this rather limited use of the vocabulary.

Now. You will find, once again, that as a result of the energy that you have created that it would be quite easy for you to alter your consciousness and you would find that should you close your eyes and express the intent you have that opportunity to enter into what you might refer to as a meditative state. And in that altered state of consciousness that opportunity, as well, to have that interaction, that telepathic exchange of information. And, as always, the choice is yours, absolutely.

Now. This reality that you create and experience in your so-called awake and consciousness state is indeed a reflection of the beliefs that you hold. And that can become a very difficult concept for one to grasp in that awake consciousness state. For you see, in the awake consciousness state there is that perception that all is real. There is that perception that it is many times beyond your control to create and to experience that which you desire. And yet, ironically, you do create and you do experience that which you desire. The irony of it is that you do it whether you choose to believe that you do it or not. That's how you create this reality, that's why you came into this vibrational level, that's how you experience your so-called day-to-day interactions. It's a reflection of the beliefs that you hold.

Now. Many individuals would like to expand upon that, they would like to say, "Well, how do we determine what the beliefs are?" or "How do we alter those

beliefs?" You begin to expand upon that particular perception and that idea, that the reality that you experience is a reflection of the belief that you hold and you begin to, many times, limit the capacity to alter that reality, where individuals begin to become involved more in attempting to follow some certain type or certain method or technique to alter their reality, to alter belief systems, rather than to understand the basic concept that you create your reality and the reality that you experience is a reflection of the belief that you hold.

When we attempt to give you various methods or techniques, once again, it can become very limiting in allowing you to develop your own method and technique to alter this reality. You, once again, hold various belief systems that are, as we have referred to many, many times, your human consciousness belief system, the societal belief system, and your individual belief systems. And of course, the easiest for you to alter are your individual belief systems. Societal belief systems are more difficult, if you wish, to alter than your individual belief systems and your so-called human consciousness belief systems are very difficult for you to alter. Very difficult for you to step outside of. Because, you see, you choose to participate, you choose to put them in place.

When you enter into this vibrational level every entity involved in this creation process has at some level within their consciousness agreed to participate and to sustain and to maintain the human consciousness belief systems. And so, many times, the altering of your reality by altering your individual belief systems can be more effective if you work within those so-called human consciousness belief systems.

It's not that it's impossible to alter the human conscious belief system, absolutely not, but it's very difficult and many individuals attempt to alter the human consciousness belief system in order to attain some validation that they're in control of this creation process, when many times it would be much more beneficial to operate within the so-called human consciousness belief systems and, indeed, to some extent, within the societal belief systems and concentrate in altering primarily the so-called individual belief systems.

You see, you within this so-called Western society, indeed, throughout most of your so-called advanced

societies in this particular incarnational period there is the belief that many of the so-called illnesses that you experience are contained within certain aspects of your so-called DNA. The scientists in your so-called Western society and in your so-called advanced societies are beginning to believe that the so-called mental attitude can have an effect upon the activation or deactivation of various aspects of your DNA. And as a result of that activation or deactivation you can alter the physical attributes that you experience in your day-to-day activities—the human consciousness belief system, to a very minute extent but primarily the society belief system and one which you can operate withinside. Now it's not necessary, you'd step outside if you wish, but it becomes more difficult for you agreed to participate in various aspects of those belief systems.

And so, if you wish to experience some success then you operate, certainly, within the so-called human consciousness belief systems and then, perhaps, to a lesser degree, within the societal belief systems and it allows you to experience an alteration of your individual belief systems.

Now. When the so-called society begins to believe that it's possible for your mental attitude to have an effect on the DNA, if you begin to hold that as well as an individual belief system then you can experience some success in creating your reality, based upon that understanding of that belief system. Primarily, once you hold that belief that the attitude can affect the so-called DNA then you can have the capacity to alter it. Absolutely. The method or the technique that you employ is not really all that important. It's important from the perspective that you believe it. But the method or the technique is not nearly as important as your belief in the method or the technique, absolutely.

So, if you believe that through some type of visualization you can alter your DNA then it's possible for you to do so. It can become even more possible because your society, once again, is beginning to hold that as a, what we refer to as a societal belief system. The more individuals that are involved in maintaining and sustaining and perpetuating a belief system, then the easier it is to bring that belief system into your reality and to experience it.

Now. For many that can be a difficult concept to grasp. And yet if you fall back, once again, and rely upon your belief in time and space then you can look back into your so-called history where there were societies who existed and who held, had societal belief systems and as individual belief systems that it was not possible to have any type of communication beyond that which you could see, physically see and perceive or that which you could physically perceive to some other of your [immediate] senses. In other words, it was not possible for you to transmit some type of communication by the various methods that you employ in this so-called

portion of your time and space in this particular incarnational period.

If you were to go back in your so-called history and you were to look at that societal belief that was held, even as little as one hundred years ago, and you were to say at that time that it would be possible for you to have your messages transmitted by sending them out to some particular element that you would have floating around your universe, and that object would reflect the transmission back to the other side of your Earth and you could receive it, it would be beyond your comprehension. You wouldn't perceive that as being possible in that so-called history in your belief in time and space. And, once again, as recently as one century ago you would find that very difficult to believe that it was possible for you to accomplish that.

In this particular incarnational period no only do you understand that it's possible, and for some of your individuals who have existed for the last eighty or ninety years, they understand that it's possible but they still believe that it's very difficult to sustain and they believe that it's a very great advancement and they believe, indeed, that it's almost beyond their capacity to grasp and to understand it. Because, you see, when you entered into this vibrational level those individuals who have existed throughout this particular incarnational period for that eighty or ninety years entered into a society that did not hold the so-called societal belief system that such types of transmission were possible. And so, even in this particular element of their existence they grasp the concept of the societal belief system but still have difficulty in understanding the application.

Now. You have many individuals who are much younger in terms of this incarnational period who accept that such a type of transmission is not only possible but that it's almost a way of life, that it's something that is never questioned, it's just there, it's not difficult. They believe that it's within their capacity to create. They have that societal belief system. Some of those individuals that are in this incarnational period and that are utilizing that various types of technology would not even question that there was ever a time when it was not available. They believe. They come into this particular incarnational period holding that societal belief system and it's within their capacity not only to understand it but to create it and to perpetuate it and to have it, and they never question it. It's simply there.

And so it is with various other aspects of your creation process, that can have more profound effects, if you wish, upon your individual existences and experiences. And one of those being the societal belief system that you are capable of altering your DNA. That you are capable of using your mental capacity to influence your physical existence. Now, there are some societies who have held that concept and that belief system—once

again, to refer to your belief in time and space—for centuries.

The difference is, in your so-called advanced society you now believe that you have some type of scientific validation and for many individuals that scientific validation makes it more credible, makes it more real, makes it more believable. And if you hold the belief then you can create the reality. Absolutely. And so, in this particular so-called incarnational period the scientific belief system that is involved in your societal belief system is that it's within your capacity to influence your DNA, and as a result of influencing your DNA through mental capacity you can influence your reality. You can influence the physical aspects of your experience. You can influence the so-called diseases that you experience through a mental capacity.

Now, once again, that's not new. It's only new from the perception that you can do it and prove it scientifically by observing various transitions and changes in your DNA. Your so-called societal belief system is that it's not scientifically possible to examine your DNA and as a result of the examination of your DNA to validate that there have been actual changes in the DNA. You've been doing it for centuries. It's not new. But you believe that it's a scientific advancement and you can scientifically validate it and for many individuals, and particularly in this particular society and in your so-called advanced society that can have a profound impact upon your capacity to create your reality, because you believe it's so. Because you believe that if it can be scientifically validated then it's real.

And so, once again, the method or the technique is not nearly as important as your belief in the method or the technique, that it's within your capacity to alter your DNA. The method or the technique that you employ to influence that type of alteration is entirely up to you. If you wish to use some type of meditation, you can do that. If you wish to use some type of validation, you can do that, it doesn't really matter. It's not important. What's important is that you believe that you can create that particular aspect of your reality.

You see, as we've explained before, your DNA contains within it all of the particular possibilities that you put in place to have experience [of] within this incarnational period, and you put that—choices and decisions and those belief systems and potential realities—in place and stored them in your so-called DNA, many times in your so-called between incarnational state.

So, you believe in time and space and so we give you that type of an explanation [and] it becomes easier for you to grasp that understanding. You believe that there is this progression, and that you live through an incarnational period and then you die, and then you are in that between incarnational period and in that incarnational period you make the choices to come into the next one, and so on and so forth. It's not really that

way but it gives it an explanation that you can get a grasp of and an understanding of in your awake consciousness state.

And so, we follow that line of thinking or logic, if you wish, in order to give you an explanation. And many times, the choices and decisions and the belief systems that you hold, that you bring into a particular incarnational period are made from that level of your consciousness that you experience in your so-called between incarnational state. In that state you choose the potential possibilities to experience in a particular incarnation period and then you put them in place.

And now, in this particular incarnational period, in this particular era, if you wish, your scientists are beginning to prove that there is the DNA and that you can alter the DNA through your mental influence, through what you believe.

Now. You bring that into the incarnational period, as we've said many times, and it's not necessarily the DNA and the influences upon the DNA that you have from outside stimulus. Many individuals believe, for example, that what you consume can have an effect upon the DNA. Well, it can, because you believe it can. You see, that's what's important to understand, it's because you believe it can. And so, if you believe that what you consume influences the DNA, then you have that. It creates that. But understand, that it's the energy that surrounds the DNA that has the influence. And the energy that surrounds the DNA is influenced by your thoughts and feelings, by your beliefs, by your choices, what it is that you desire.

And when you alter the energy around the DNA you either activate or deactivate various aspects of the DNA and you bring into your so-called awake consciousness reality the experiences as a result of that alteration of the DNA.

And so, you alter the DNA. You have an experience and as a result of the alteration of that DNA the experience that you bring into your so-called awake consciousness state may be an experience of some type of an illness. And so you spent, perhaps, years—because you like to believe in time and space—in creating this alteration of the DNA. You spent a great amount of time and energy in validating to your so-called consciousness self that you perhaps are not worthy, or that there is this particular ailment that you want to create and to experience. And you've held various attitudes that are a reflection of various beliefs. And as a result of these attitudes and as a result of these beliefs and as a result of the choices and the decisions that you've made, you alter the energy that surrounds the DNA. And as a result of that alteration of the energy you activate the various parts of the DNA and you begin to experience and [you have this,] a disease. And when you being to have that experience you don't like it.

And so, you spend great amounts of time and amounts of energy to activate that part of the DNA. And then you listen to some message that says to you it's within your capacity to create whatever it is that you desire. And so you sit down one day and you say, "Well, I don't desire this." And you expect some type of an instant transformation, simply because you voice the words that you don't desire this, when you have actually, in your so-called between incarnational state, made the choice to put in place the possibility of having this experience. And then you've come into this incarnational period and you've spent huge amounts of energy to transform the DNA to allow this particular possibility to become a probability to be experienced in your awake consciousness state. And then when you're experiencing it, you look upon it as being something that's beyond your control and you say, "I don't want it. And so, that I create this, now I'm saying I don't want it. I want it to go away."

After all of this time and energy that you've put in place you expect in an instant to alter it. Well, you can, it's within your capacity to do so, absolutely. But remember, that you choose to enter into this vibrational level and to bring with your entrance into this vibrational level these so-called human consciousness belief systems that it's difficult to alter your reality. This human consciousness belief system says there's time and space and then you buy into it as well and agree to participate in the societal belief systems where if you have an illness, particularly some type of illness that's difficult to alter and difficult to cure, and how you suddenly say, "Well, I hear this message that I'm in control and I don't want that. And it should just go away."

It doesn't go away because you hold the beliefs to be in place. You've agreed to participate. It's not that it's impossible for you to alter that DNA. Absolutely not. You altered it in the first place, to create the illness. And you can alter it to have the illness dissipate or disappear. It is within your capacity to do so, and you can do so instantly. To do so instantly, however, is very difficult. It's very difficult because you believe in time and space. It's very difficult because you believe in the societal belief system that it's difficult. You've chosen to participate in this vibrational level and it is difficult to just simply throw it all aside and say, "Well, I don't want to do that any more." It's not that you can't do that. It's difficult to do that.

And so, it becomes not necessarily easier but many times much more successful to work within those belief systems. And if you choose to alter that DNA, then determine a method or a belief system that works for you and be prepared to spend some time and energy to alter the DNA, understanding that you already spent the time and energy to create it. Now spend some time and energy to alter it and as you spent the time and energy to create it, you did so based upon the conscious belief system, the human consciousness

belief system in time and space, you did so based upon the societal belief system that it would be something you could create based upon alteration of your DNA. Work within the same belief system to alter it; that time and space are real and that you can, indeed, through utilizing the belief in time and space, begin to bring into your so-called subconsciousness level an alteration in the belief system that will affect the DNA and, indeed, alter the DNA. And as a result of utilizing various methods or techniques you indeed alter the energy that surrounds the DNA and you ultimately affect and alter the DNA as well, either to perpetuate or to eliminate some type of reality that you are experiencing in your so-called awake consciousness state.

Once again, the method or the technique is not nearly as important as your belief in the method or the technique. You in this particular so-called society believe, indeed, [in] the method or technique of meditation. That's a societal belief system that it can work. And so if you choose to work within that particular societal belief system you can achieve success. Absolutely. But it doesn't really matter whether it's meditation that you choose, if you don't believe in meditation then you can use some type of affirmation, that will work as well, as long as you believe. If you believe that altering your diet can have that type of an effect you can do that as well. If you believe that going for long walks will allow you to experience the alteration of the energy then you can do that as well. It doesn't matter what the method or the technique is. Once again, what's important is your belief in the method or the technique, that's what's important. And through the alteration of the energy that surrounds the DNA you can activate or deactivate various parts of the DNA to either perpetuate or to alterate an experience that you [are] having in your so-called day-to-day reality. It's really that simple.

It comes back to the basics: the reality that you experience is a reflection of the beliefs that you hold. And if you wish to alter your reality, alter the beliefs. It's really that simple. Understand that you agree to participate in the human consciousness belief systems and they are the most difficult to alter. They're the most difficult to alter because you choose to make them the most difficult to alter. You choose to participate in this vibrational level. If you were to completely remove the so-called human consciousness belief systems then you probably would not remain in this vibrational level. And you're in this vibrational level by your choice. Not because someone else put you here, not because someone else thought you should be subjected to some type of experience so that you can have some type of growth or that there was some type of lessons that you must learn, absolutely not. You're here because you choose to be here, and through that choice you choose to be participating in the human consciousness belief systems. And if you choose not

to, once again, chances are you will not remain in this vibrational level.

And so, operate within those human consciousness belief systems. You chose them, you put them in place, and you did so for the opportunity to have an experience that you cannot create and experience in any other vibrational level. And then you have the societal belief systems. Hmm. Not as difficult to alter as the human consciousness belief systems, but once again, more difficult to alter than your so-called individual belief systems. And then you have those individual belief systems. Suppose that you can influence, not only can influence but do influence on a regular basis. You do influence them, absolutely. The reality that you experience is a reflection of the belief that you hold, and the reality that you experience is a reflection of the desires that you hold. It's really that simple. You can make it more complicated if you wish, but it's really that simple.

You see, if you in your awake state continuously make the choices and decisions that you are not a worthy individual, or, to take that to the other end of the spectrum, that you are a very worthy individual, and you perpetuate either of those concepts, and you do it on a regular basis, day after day after day ... you see, you get up in the morning and you can tell yourself that, "It's going to be a very great day, and I'm going to have great experiences, and I'm going to create all that I desire, and I'm going to maintain this healthy attitude, and I'm going to have all types of wonderful experiences." Or you can get up in the morning and say, "It's a terrible existence. What an awful day. Look at that. It's raining out, it's a drizzly, dreary type of day and that's what my whole existence is like." And you can have it. You could perpetuate that and you do it day after day after day, you become very good at it, and the spark of consciousness that you are, that subconsciousness that creates this reality does so from a position of absolute unconditional love and it creates whatever it is that you desire. And it does so without judgment as to whether it's right or wrong.

So, if you wish to have this abundance in your life, or these joyous experiences, you can have it. If you wish to experience all types of what you might refer to as negative experiences, you can have that as well. Understand those are only experiences that are positive or negative in your awake consciousness state, in your so-called subconsciousness, that portion that creates this reality, does so from a position of absolute unconditional love and it does so joyously. So, if you desire to experience negative, undesirable realities in your awake consciousness state you can have that. If you desire to experience joy and love and interactions with others that are what you might refer to as positive experiences, you can have that as well. You create one as readily as you do the other. One is as easy to create as is the other. You have but to believe.

The desires that you hold are experienced in your day-to-day activities. Absolutely.

Desire, imagination and expectation. You see, there are many individuals who will hold a desire, "Well, I'd like to have this abundance in my reality." And they use their imagination of what it would be like to have that experience, but when it comes to expectation, "Well, I don't really expect to have all of that, I expect to have nothing. I expect that it is a negative, difficult reality." And the other just becomes like a pipe dream, something that's beyond your capacity. You see, the expectation must be in place in order to create the reality, and if you expect to not be able to create it, then that's what you'll have. If you expect that it's not within your capacity to experience certain types of realities, then that's what you'll have. The reality that you experience is a reflection of the belief that you hold, and if you believe that you're not worthy, you won't be worthy. And it's not right or wrong, it's a choice that you make on a continual basis. If you choose to believe that it's beyond your capacity to alter your DNA it will be beyond your capacity to do so. If you choose to believe that it's within your capacity to alter that DNA by altering the energy that surrounds the DNA, and you do so by using some various method or technique, that you expect to have that type of experience, you expect it to occur, you expect to have an actual interaction in your DNA, then you can have it. It's really that simple. You can make it more complicated, you can make it more difficult, you can say, "Well, I can't change time and space so how can I change this?" I mean, you can make it as difficult and as complicated as you wish. That's your choice. It's your choice. There's no one else saying that you must do this or you must do that. It's your choice.

The reality that you experience is a reflection of the belief that you hold. It's really that simple. And once again, the more we attempt to give you explanations, the more individuals begin to listen to the explanation rather than the basic statement: the reality you experience is a reflection of the belief that you hold. If you don't like the reality you're experiencing take the time to discover what your belief is and then alter it.

It's really that simple. You begin by liking who you are. You begin by loving yourself consciously. Self-love, being worthy, it's really that simple. You can make it more difficult, not only can but many do, but it's not necessary. The reality you experience is a reflection of the belief that you hold. Put in place the principles that you would desire to exist and to operate within. Apply the principles and strengthen the character and begin to like yourself. As you begin to like yourself you begin to love yourself more. As you begin to love yourself more you begin to love others as well and others love you more and you begin to believe that you are worthy of creating the reality that you desire.

And when you believe that you are worthy of creating the reality that you desire, then you have the expectation. And when you have the expectation then you can express the desire and use the imagination to create the reality that will influence your choices and decisions; that will influence your thoughts and feelings; that will influence your beliefs and attitudes; and influence the reality that you experience. It's really that easy.

You can make it more difficult but is not difficult. It is simple. Keep it simple; understand that it's simple. Understand that you create the reality that you experience as a reflection of the belief that you hold and it doesn't matter what that belief is, you will experience it. If you believe that you're not in control, you can have that as readily and as easily as to believe that you're in control. It really doesn't matter what you believe. The reality that you experience is a reflection of that belief. If you don't like it, change it. It's really that simple.

Now. We would like for a moment or two and if you have any questions we would be willing to return and attempt to answer them for you, and we would remind you that we are not separated by time or space but rather by a vibrational level, and should you choose to interact with us you have but to express the intent and we would welcome the opportunity to interact with you and to offer you our unconditional love and our unending support. And we would bid each of you farewell, with love and with peace. ❀