

# JOSHIAH

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**January 4, 2004**

**Joshiah:** ... our greetings to each of you and to express our gratitude for your once again inviting us back into your vibrational level and inviting us to participate with you in your reality.

Now, once again, we would ask if you choose to express the intent to allow for an even further thinning of the veil that other entities that would be with us on this afternoon also have the opportunity to enter into and to share with each of you in your reality. To have the opportunity to enter into this sacred space that you have created and, if you choose, to interact with each of you. The choice is yours as always. And if you would express that intent we would assure you that there are those entities that are quite anxious for that opportunity to share in this experience that you are creating in your vibrational level.

Now, we would ask for a moment's silence and we use that moment to adjust the energy within this sacred space that you have created and to fine-tune our connection with our friend Elias (*the channel*).

(*Pause*)

Well now, we thank you for that moment and we would remind you before we begin this afternoon that should you choose to participate in what we refer to as the silent communication or that telepathic exchange of information that you should find it quite easy for you to shift your consciousness should you choose to do so. Because of the synergy of the energy that you have created as a group in this afternoon you will find it quite accommodating to enter into that what you refer to as a meditative state. And a very deep meditation if you wish, simply by closing your eyes and expressing the intent. And while in that meditative state you also have that opportunity to be involved with an interaction with other entities that are with us in this afternoon, or indeed interacting with us, if you so choose.

As always, the information that you receive in that type of interaction, in that telepathic exchange, many times is much more accurate and much more pertinent to your individual requests and desires than is the information that we express to you through this rather limited use of a vocabulary. And so we would encourage you, if you choose, to become involved in

that meditative process. The choice, of course, as always, is yours.

Well now, we have told you many, many times that you create your reality. You create it all. But it is an illusion that you experience in your conscious state. An illusion that you make very real by putting in place that electromagnetic type of energy that resists the knowing of who you are at the conscious level.

Now. Many individuals have difficulty in grasping that concept. "If we create it all, then why can't we instantly change it?" You believe in a linear time frame and that is also an illusion because ironically, you do instantly change it. You just don't believe that you have that capacity while you are in your conscious state. And so you put in place a linear time frame and you put in place what we have referred to as a human consciousness belief systems that you agreed to participate in, that you agreed to perpetuate as belief systems that would be beyond your capacity to alter. But nonetheless, that is still your choice.

And as individuals, you come into a particular incarnational period and you perpetuate that belief in a linear time frame and that they have some past history and that the future is evolving and is not within their capacity to alter and to change. And those individuals may experience some rather difficult times in terms of your perception of this incarnational period, may experience disease or discomforts and would question why on Earth they would create that on a day-to-day basis? If they create it, why would they not alter it? Why wouldn't they just stop creating that and get on with a much better, much more desirable [time] in this incarnational period?

Well, you see, you choose the reality that you experience, absolutely. And much of it you choose in that so-called altered state of consciousness that we refer to as the in between incarnation periods. It becomes very difficult to give explanations because explanations are based upon the linear time frame which is an illusion. You exist in the now. But nonetheless, to work within that illusion, to work within that belief in a linear time frame, we would suggest that before you enter into this particular incarnational period you put in place the choices that would indeed have an impact upon the reality that you experience through the entire incarnational period, and many of those

particular choices are difficult to alter while you are in this incarnational period.

Your scientists and each of you understand that you have building blocks for your physical attributes. The most commonly understood building blocks are your genetics systems, the genes that are within each of you. And you understand absolutely that they are a predetermined set of genes that each of you has. Now. In your parents there are two genes for each physical attribute and when those particular cells divide in order to produce your reproductive cells those genes divide as well quite accurately. For example, you have two genes within each of you which would determine the color of your eyes. Now, those genes divide and separate so that the female and the male reproductive cells contain one gene from each individual and when they unite in the so-called new life form, they have within them new attributes for the type of eyes that new child will have.

Now. There are the dominant and the recessive genes, and you believe and your scientists will prove it through all types of scientific experiments, that various genes for the color of your eyes are dominant over others and it just so happens that they believe that the gene for brown eyes are dominant over the gene for blue eyes, for example. And so now we have two individuals who are going to be the parents of this new child that is being born and one has the gene for a brown eye and the gene for a blue eye and the other individual has two genes for brown eyes. And so the child has a fifty-fifty chance that it will have genes that will be both brown, or one that will be blue and one will be brown. But regardless, the brown is considered to be the dominance so the child will have brown eyes.

Now. There are, of course, exceptions to the rule and the odd time it doesn't always work and the child may have blue eyes. But your scientists will tell you that that simply reinforces the rule that brown eyes are dominant. "The exception proves the rule," is how the saying goes.

Now. If each of those parents has one blue and one brown we now have a fifty-fifty chance that the child will have blue eyes or brown eyes depending upon the match. If, however, we have one individual who has two blue genes for the color of the eyes and the other individual has one brown and one blue, we are back to a fifty-fifty chance that the individual will have blue or brown eyes because the brown gene is the dominant gene. And so your scientists will lay out your genetic map and they will say to you that it is a chance. You can have a fifty-fifty chance that the child will have brown or blue eyes.

Well, we would suggest to you that the individual who chooses to participate in that incarnation and in that creation of life, if you wish, knows exactly what color eyes are going to be. That choice is made in your altered states of consciousness in that between

incarnation state. And so the genetics that apply to the entire physical makeup that determine what your height will be, that determine what your other physical attributes will be, are predetermined. While you are in your conscious state and while you scientifically compare you can suggest that it is chance. You can suggest that if you continue to do the selection in the genes that you can actually alter the physical makeup of the beings. And you have even had individuals in your so-called history that have attempted to project that type of control over other individuals, although we would suggest to you that the individual makes the choice before they determine to become involved in an incarnational period. It is your choice. The physical attributes that you experience in this particular incarnational period are as a result of your choice.

Now. Once again, because the consensus that you agreed to when you entered into this particular incarnational period, when you entered into this vibrational level, was to participate in various human consciousness belief systems, and one of them being that it is very difficult to change your physical attributes. What you inherited, that so-called genetic makeup, makes it very difficult for you to alter your physical makeup within this incarnational period.

It becomes, once again, difficult to explain because we are conceiving in the concept of the now and not in the linear time frame, because you see, you continuously build and rebuild that physical body that you are creating and experiencing this particular vibrational level and this particular incarnational period in. Continuously building and rebuilding. And so you can change it, you can alter it, absolutely, but you have agreed to hold the belief in your subconsciousness, if you wish, in that human consciousness belief system, that you would not change, that you would continue to have that particular genetic map throughout your entire incarnational period.

So, the physical attributes become very easy for your scientists to map and to prove and to compare and to give you all types of examples of how they can duplicate that reproduction system and how they can prove to you that it is based upon a chance combination of various genetics. We suggest it is not chance at all but rather a choice that you make in that altered state of consciousness in that in between incarnation period.

Now. You have as well within your physical makeup what your scientists refer to as your DNA. The DNA is another map, if you wish, that has an effect upon what you experience in your incarnational period in your conscious state. Now, that DNA is much more complicated than the genetics. Your scientists have yet to fully understand the effect that the DNA has upon your existence in this particular incarnational period in your day-to-day activities, what you will and will not experience.

Existing within the DNA, once again, is [the] map that you have chosen to put in place, primarily in your altered state of consciousness in that in between incarnation state, once again. In the old age and in the old energy you set in place a DNA which would allow you to determine almost exactly what would occur throughout your entire particular incarnational period. If there were instances in there when you would experience disease, for example, there were individuals who were quite adept at so-called giving you intuitive readings and telling you that at a various age, within a year or two, you will develop a particular ailment or affliction. And it was all there. It was all there in the DNA and it still is. It still is there in the DNA. And in that DNA all of these possibilities that could come into effect, that could affect this creation and affect your existence in this incarnational period.

And once again, in the old age and in the old energy you, in your altered state of consciousness in that between incarnation state, you mapped out that DNA and it occurred almost in what many of your individuals would refer to as fate. "It is my fate. I can't change that. That is what is set in place."

Now. Within that DNA was a various range, a very broad range of possibilities. You could, for example, be an individual who is very susceptible to receiving or bringing into your reality, into your day-to-day experiences, the experience of having cancer, as an example. And you can apply that particular reasoning to whatever ailment that you wish, but we use cancer as an example, simply. And so mapped within that DNA exists the possibility for you to experience cancer.

Now. Surrounding that DNA is an energy. It is an energy that has not yet been discovered by your scientists. And it is an energy that you have a capacity to have an effect upon and to alter. Surrounding that DNA is an energy that can and does have the capacity to cause that DNA and that particular attribute within that DNA to become active. And so you have within that DNA, brought in by your choice, set in place in your in between incarnation states, the possibility that you shall at some point within this incarnational period experience cancer.

Now. Throughout your existence in this incarnational period you have an energy that surrounds that DNA and, depending upon the beliefs that you hold and the attitudes that you hold and the choices and decisions that you make, you may affect that energy that surrounds the DNA to the point where it activates that particular aspect of the DNA that creates cancer within your physical being. And so you bring it into your reality based upon your beliefs, based upon your choices, based upon your attitudes. You actually affect the energy that surrounds your DNA that triggers the DNA to create the reality that you put in place in your in between incarnation states.

As you enter into this new age and into this new energy it is becoming much easier for you to alter that energy that surrounds the DNA. You see, in the old age and in the old energy, once again, many individuals came into this particular vibrational level and into this incarnational period or any other incarnational period in any of your linear time frames that you wish to apply it to, be it your present or your future, and put in place before entering into this particular incarnational period all of the predetermined experiences that they would create. So it was fate.

So, many individuals could say, "Well, that is my fate." Well, if that is the term that you wish to apply that is up to you. It is your choice. But we would suggest that it was a fate that you chose. It was a fate that you put in place in the between incarnation state so that you could experience that reality, so that you could experience the feelings that were associated with that creation of that reality and the participation in that reality. You chose it. It was your choice based upon your beliefs, based upon what it is that you desired.

Well now, as you enter into this new age and into this new energy it is becoming easier for you to alter that energy that surrounds your DNA and to actually alter what once was considered to be fate. So you can now have more effect upon what it is that you experience. You can consciously alter your reality. We continuously tell you that it is entirely possible for you to alter your reality. Absolutely. You create it all. Many things are difficult for you to alter because of your participation in the human consciousness belief systems. That absolutely is true as well because it assists you in perpetuating the illusion that makes this real, that makes this experience, that makes this incarnational period, that makes your entire universe seem real. But it is really an illusion.

And you also put in place all of the physical attributes so that you can scientifically prove that it is real, so that you can show how the map goes, so that you can show how you have evolved. Evolution exists only in your conscious state, for you exist in the now. And in order for evolution to be a real occurrence you need a linear time frame. And so you create the linear time frame to validate the illusion that there is indeed progression. And then you have evolution that assists in validating that there is a linear time frame and that you are progressing. There are those who would argue that it may not be progression but it may be regression, but nonetheless, there is an alteration based upon a linear time frame that validates the illusion, that makes it real.

And you also put in place the building blocks for your physical being, the genetics, the DNA, and once again, what is more difficult and as your scientists have yet to understand is the energy that surrounds the DNA that activates, that triggers, if you wish, what particular aspects that you have put in place in the DNA to bring into this particular incarnational period so that you can

experience that reality. And so, as you enter into this new age and into this new energy and individuals who are experiencing difficulties with discomforts and the diseases shall have the opportunity to have what many would refer to as miraculous cures by changing an attitude, by changing beliefs, by changing choices and decisions to alter that energy that surrounds the DNA and thereby alter the reality, to alter the experience. It is within your grasps to do so.

You see, ironically in your so-called past you have individuals who believe that a physician can heal them. They believe that a physician is the one that facilitates the healing and so in order to perpetuate the belief they create the reality. And so they go to the physician and they have the interaction and the physician does whatever it is that they are doing to assist in the healing. The individual alters the energy that surrounds their DNA and they thereby alter their reality. They alter what it is that they are creating. They alter their day-to-day experience. And they give the credit to the physician for that alteration.

Now, there is nothing wrong with that and we are not saying that you should abandon that type of activity. Absolutely not. You can have whatever it is that you desire. There is no right or wrong. We simply ask you to understand that the reason the facilitation for the alteration in the physical makeup is because you chose. You chose to alter your belief, to alter your attitude, to alter that energy that surrounds your DNA that is a reflection of the reality that you are experiencing. You chose. If you wish to believe that another can facilitate and assist you in that alteration, by all means go for it. We are not saying that won't work. Absolutely not.

You see, you exist in an illusion. We continuously come back to that because you see, if it is an illusion you can have whatever it is that you desire. And if you desire to have another facilitate and assist you in healing, well then, go for it. There is nothing wrong with that and we are not for an instant suggesting that there is. But rather to understand that it must come from within. To understand that you create it all. To understand that if you believe that another has the power to heal you that you are the one giving them that power. To understand that it must come from within. You exist in an illusion. All the answers are within each of you.

For you see, within those genes and within that DNA that we speak of exists the spark of consciousness that you are. It exists in each and every cell and throughout your entire being. As does your genetic makeup. As does your DNA. So is the energy that surrounds that DNA the spark of consciousness that you are. It is who and what you are. It is no size. It exists within each and every cell of your entire physical being and you have within you the capacity to alter it. And when you alter it you will absolutely alter your experience, you will alter

the physical makeup, you will alter this reality that you are experiencing.

We have spoken this afternoon simply of altering your physical interactions with your body. You can apply that same type of calculation, if you wish, that same type of reasoning to your entire experience. You create it all. Absolutely. And that energy that we speak of that surrounds the DNA is the spark of consciousness that you are. It is an energy that your science will soon develop a method of measuring, that they will prove its existence, and they will even attempt to prove that by altering it they can alter your DNA.

Ironically, you have individuals who have reincarnated, if you wish, and brought in with them that understanding of who and what they are. The individuals that many of you have referred to as the indigo children, who have within them the capacity to alter their DNA. And not only have within them the capacity to alter it, but they are altering it to an extent that your scientists will soon measure and see that the individual that they had a DNA profile for in your so-called past will have a completely different altered DNA profile in their future. There will be various aspects of that DNA as your scientists begin to grasp the understanding that the DNA has within it that capacity to trigger certain diseases that are inherent in your genetics and these so-called indigo children will have altered that aspect of their DNA, thereby altered their fate, altered their existence, altered their various physical makeup throughout their entire incarnational period.

Individuals who have been born with so-called inherent genetic defects will alter their DNA and by altering their DNA will have an impact and an effect upon that genetic defect and it will be dormant and they will not experience it. The choice will be theirs, and it will be made because they believe that they have that capacity to alter their reality. It will be made because they love themselves. It will be made because they understand who and what they are. It will be made because they have the capacity to look within and to find the answers and to change their beliefs and to alter their reality. Because that is what they desire. Because that is their desire. Because that is the choice they make. Because that is the belief that they hold.

We cannot emphasize enough that you create your reality through your beliefs. Your reality is a reflection of what you believe. And if you don't like your reality, change the belief. And if you change the belief, you will change the attitude and you will change the energy that exists around your DNA and you will reflect throughout your entire personality and your entire physical attributes and you will create whatever it is that you desire. The choice is yours. Absolutely.

Now. We would break for a moment or two and if you have any questions for us we would be willing to return and answer them for you. We would, once again,

remind you that we do not leave while we are in our intermission but rather we are only separated by a vibrational level and should you choose to have us interact with you, you have but to express the intent and we welcome that opportunity.

And so, we would leave you for a moment or two and if you wish, we would return, with love and with peace. ✨