

JOSHIAH

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February 1, 2004

Joshiah: We would like to express our gratitude to each of you for inviting us back into your vibrational level and for offering us this opportunity to interact with each of you in your reality.

Now. We would ask, once again, if you choose to express the intent to allow for an even further thinning of the veil to allow for the other entities that would be with us on this afternoon to also enter into your vibrational level and to have that opportunity to interact with you as well. As always, the choice is yours. But as you express that intent, as you as a group create an energy that is conducive to allowing others to enter into and interact with each of you in your vibrational level, there are those entities that would wait for and welcome that opportunity.

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

(*Pause*)

Well now. We thank you for that moment and, once again, express our gratitude for your inviting us to enter into your vibrational level on this afternoon. And we remind you, once again, that there exists for each of you the opportunity to be involved in a telepathic exchange of information with those entities that are with us on this afternoon, or indeed with ourselves if that is what you wish to have. As always, the choice is yours. But you will find that as a result of this energy that you have created and as a result of this sacred space that you have created, you will find it quite easy to alter your consciousness, to have that shift in consciousness to enter into what you might refer to as a meditative state. You have but to close your eyes and to express the intent and the shift will occur quite easily and quite readily. And while you are in that altered state of consciousness you shall have that opportunity to have that interaction, that exchange of information, if you wish, a telepathic exchange of information with other entities that are with us on this afternoon. And as always, that telepathic exchange many times is much more pertinent and much more accurate towards your individual needs than is the information that we express through this rather limited use of a vocabulary. And so that choice is yours. And should you choose, you, once

again, have the opportunity to be involved in that silent communication, in that telepathic exchange of information.

Now. When we were with you during our last interaction we spoke to you of genetics and of the combination of the genes in order to facilitate the mapping, if you wish, of your physical characteristics. Now, there were a combination of genes that predetermined many of the physical attributes that each of you have throughout this particular incarnational period.

Then we spoke to some extent on the DNA and the effect that the DNA has upon your reality that you experience in this particular incarnational period. And how that DNA was put in place, was formulated, if you wish, was created by the choices that you made, by the beliefs that you desired to bring into this incarnational period so that you had the opportunity to experience various events to facilitate various activities throughout this entire incarnational period. And how your beliefs influence the energy that surrounds your DNA to activate that portion of the DNA that is responsible for creating the experience that you desire to bring into your reality.

It seems like a very complicated process but you do it quite readily. It is a process that you are all actively involved in. Many times individuals activate that particular aspect of the DNA that either creates or, if you wish, alters the experience that you are having while you are in your dream state. Now, we are not suggesting that you alter the experience you are having in your dream state, but rather while you are in your dream state you activate that portion of the DNA that is responsible for altering the experience that you have while you are in your conscious state. But as you enter into this new age and this new energy there exists the possibility for you to make those alterations in the conscious state.

You see, you have always made the choices and the decisions. You have always held the beliefs that influence that energy to activate the portion of the DNA that is responsible for the experience that you are creating in your day-to-day activities. You have done it in your between incarnation states and you have done it in your dream states. And you continue to affect your DNA in those particular states and you do it quite readily and you do it quite accurately, but now the

choice exists for you to do it in your conscious state, to consciously be aware of what it is that you are believing that is responsible for altering the energy that affects the DNA that brings that creation into your day-to-day activities. So how do you do that?

We have always hesitated to give you absolute techniques, for you see, techniques are based upon what you believe. The best technique is the one that you believe will work. The best method for you to use is the one that you believe will work for you, the one that you have the most faith in, if you wish. That is the one that will work. And when we suggest to you various techniques or methods we are giving you those suggestions to you based upon the beliefs that you hold at this present time. And as you alter those beliefs you also have the opportunity to alter the technique or the method to create the reality, to alter that energy that surrounds your DNA in order to affect an alteration in your creation of your reality. And so when we give you the suggestion that implies you could use a particular method or technique in order to facilitate that alteration of the belief system in order to affect the energy surrounding the DNA in order to eventually change your reality, then we ask you to understand that that suggestion is based upon the beliefs that you hold at this time. And you have the opportunity to change them, absolutely.

Now. There is the involvement of the understanding of the reality creation process that is outside of the physical elements. An understanding in the belief that you hold, in the belief that cannot be scientifically proven, and that is—you actually do create every aspect of your physical and mental and reality that you experience. Absolutely. Every minute detail.

The first step in developing your method or your technique of altering your reality is that you own the belief that you create it all, that it is your creation. You see, if you don't own that belief then you must have some alteration of that belief which would either suggest that there are other entities or another superior entity that has a dramatic influence upon your reality that you have absolutely no control over, or that there are other entities existing within this vibrational level that have an influence upon your reality and you have no control over that, or that it is the act of fate and you have no control over that either.

You see, if you don't believe that you control it all then you must have some belief that there are outside influences that are having an impact upon the reality that you are experiencing. And if you hold that belief, if you believe that there are other influences upon your reality other than the influences that you are responsible for creating then you will have difficulty altering your reality. Whether you attempt to alter it consciously or subconsciously doesn't matter because you will continuously create circumstances to prove to your consciousness that you are not in control of your

reality. And so the first step in developing a method or technique that will work for you is to understand that you create your reality. You are the creator. One of the three simple elements that we have given to you so many times—believe that you create your reality.

Now. How do you get a grasp on that belief? Well, we have suggested to you many times that you pay attention to the spontaneous reactions that you have to various activities that occur in your existence. Various interactions that you have in your day-to-day activities and various events. Pay attention to the spontaneous reaction that you have. For you see, the attitude that you hold at that point, that almost unconscious spontaneous thought that occurs is an attitude that is a reflection of the belief that you hold that is responsible for creating the reality that you are experiencing. And so pay attention to that spontaneous reaction, that spontaneous emotion to that spontaneous attitude for it is the key to understanding what the belief is that you hold.

Now. Many individuals have been taught that some emotions are not desirable, that you shouldn't experience anger or fear or some of the so-called negative emotions. And so when they spontaneously arise, when that spontaneous emotion occurs during some event that you are experiencing there is a tendency to suppress it. It is like, "Oh, that is not very enlightening for me to feel anger towards someone else. That is not very enlightening if I am fearing things that I am supposed to be in control of. And so I put those feelings aside. I don't [want] to have that responsibility for that anger or for that fear."

Well, we would suggest that you create the realities for the purposes of experiencing those very emotions. And if you don't like them, the best way to change them is to change the belief. And the best way to change the belief is to pay attention to that attitude, to that spontaneous reaction, to that spontaneous emotion. And if it is anger that you are experiencing, then express it. Do not suppress it. When you suppress it then you suppress as well your opportunity to understand what the belief is that was responsible for the experience in the first place. When you suppress it then you will repeat the experience because you continue to hold the belief. And so express the emotion so that you can understand what is causing it, so that you can get a glimpse of what the belief system is that is responsible for the creation of that experience that allows you to experience that emotion.

Now. There are many who believe that it is not good to express anger or it is not good to be fearful or it is not good to experience jealousy and to express those emotions, the so-called negative emotions. Well, you don't have to express them in a manner that offends anyone else. That is not necessary. There are many ways to express emotions so that you can get rid of them by altering the belief system that is responsible

for them in the first place. You can express them internally. You can recognize them and express them without offending others. Absolutely. You can enter into a meditative state, if you wish, if that is what works for you and you can express them that way. You can be off by yourself and express that emotion to whatever is available and not necessarily offend anyone. But the key is to express the emotion.

When you express the emotion and when you honor that emotion, when you pay attention to that emotion and to that attitude, then you get the opportunity to get a glimpse of what the belief is that was responsible for it in the first place. And understanding the belief is the first step in altering it. If you don't understand what it is, you shall repeat it. Absolutely. If you repress the emotions then you shall indeed repeat that experience in order to reexperience the emotion.

Now. It is not that there is something here to learn. It is not that it must be a lesson that you must go through. Absolutely not. It is a belief that you have chosen for the purposes of creating an experience so that you can experience the emotions and the feelings that are involved in that type of experience, that result from that type of experience. It is your choice. It is not a test that someone is putting you through. There is nothing that you must learn from it. You chose to enter into this vibrational level to have the opportunity to experience a range of intensity in feelings that you cannot experience in other vibrational levels. It is that simple. And so understand that when you are experiencing this reality there is a result of a belief that you hold. It is not as a test that you must go through. There is nothing that you must learn that you don't already know within your so-called higher self.

Now then. Once you understand what the belief is then you can change it, then you can alter it. If, however, you believe that there are other entities that have an influence upon your reality then you will have difficulty in altering that belief. If one of the methods you have to alter a belief is to sit down and ask for assistance in that alteration, then the mere fact that you believe you must ask for assistance should indicate to you that you do not believe that you are the one that is creating the reality that you are experiencing. When you have an experience, when you have any type of a day-to-day interaction with other individuals or indeed a day-to-day interaction with yourself as you go about your daily activities, you have a response to that interaction. You have a response to that experience.

Now. Your human language that you use to communicate, the vocabulary that we say so many times is limiting, would suggest that you should accept responsibility for your experiences. Response-ability. Each and every individual has the ability to have a response. We don't think anyone would question that statement. Not only do you have the ability to have a response but you absolutely do have a response to

every situation that occurs in your day-to-day activities. You all have that response-ability. It is what the response is that is important.

If you decide to do absolutely nothing about the activity because it is not having an influence that is either positive or negative, or you don't wish to change it then you have that response to leave it as it is, if you wish, to accept that that is the creation that you are involved in and you are quite happy with it. You are quite comfortable with that creation. And so your response is to leave it alone.

Now. You may have an activity or an experience that you are involved in that is less than desirable that you find to be quite intrusive in your reality in your day-to-day activities and you have a response to that as well. Your response to that particular activity that you find to be less than desirable is one of the keys in understanding to the creation process. If your response is that you are not going to own the fact that you created it then the responsibility that you have accepted is to allow others to have an influence upon your creation. That response is your response and it is your responsibility as surely as if you accept that it is your creation. That is also a response.

And so you have a response to every situation, absolutely. Whether you like to believe it or not, you do. Everyone has the ability to respond. Everyone has a response-ability. And whether you accept that you are the creator or not will influence whether or not you have the capacity to alter that reality. But you do have a response. Absolutely. You can't alter that. You can't escape that. For someone to say that they don't accept the responsibility for their reality is simply to say that they don't believe that they are in control and they create the reality to support that belief. And so whether they like it or not, it is their responsibility to create their reality. You do not escape that.

Now. If your response is such that you believe that other entities are affecting your reality, that you begin to understand what the belief is, and you begin to attempt to make an alteration in that belief and you request assistance, you are, in a sense, not owning the fact that you create your reality. You are asking others to do it for you. Well, you will absolutely create a reality where others can have an influence upon your day-to-day activities—that is your choice—but understand that you will create circumstances that will support that belief that others are influencing your reality. They may be desirable and they may be undesirable circumstances but you will not feel in control. And so you—when you have this undesirable reality that you are experiencing in your day-to-day activities—you have difficulty in changing it because you must ask others to assist you.

Now, whether they assist you or not will support the belief that you are not in control, and so sometimes you may get some assistance and sometimes you may not.

It is really up to your belief in these other individuals or these other entities that are influencing your reality.

Some may ask their higher self. Well, you are your higher self. You can't separate yourself from who you are. Your spirituality is not something that is separate from who and what you are. It is who and what you are. Your higher self is who you are. It is not something that is separate. It is not something you must find. It is not something you must search for. And it is certainly not something you must ask for. When you ask for guides to give you assistance then understand that you create the guides in the first place. When you ask for other entities that exist outside of your vibrational level for assistance and if you receive that assistance, understand that that is your creation as well.

You see, you have in place an electromagnetic type of energy that permeates your entire vibrational level and limits interference and interaction with other entities that exist outside of your vibrational level. It just isn't possible. This is your creation. And so when you ask for assistance in altering a belief so that you can change your reality, understand that you are creating a circumstance where you may be denied. For to ask something is to allow for an answer which says, "No, you can't have that." And if you believe that you must ask of these other entities for that type of assistance then in order to support and in order to validate the belief that there are other entities that are influencing your reality, then sometimes the answer that you give back to yourself will be, "No, you can't have that." Some of these other entities, be it your higher self or your guides or whatever entity you wish to believe in, has decided that it is not possible for you to have that.

You see, because that, while it may not alter the less than desirable reality that you are experiencing, it nonetheless reinforces that belief that you hold that you are not in control. And so you must accept that you are in control absolutely and you don't ask. If you are in control, if you are the one that is steering this ship, you don't ask for someone else for which direction you should go. You don't ask for someone else to give you something that you are creating. You simply demand it. You are in control. It is your creation. You can have whatever it is that you desire. Why would you ask for anything?

We have spoken to you in the past of the new entities that are being incarnated into this new age and into this new energy, new entities that will not ask for an alteration in their reality, but rather will demand it. And they are not demanding it from others. They are not demanding it from another, absolutely not. You can't demand from others that which you create yourself. They demand it from themselves. They are the masters of their creation, as are you. You see, you create your reality, absolutely. You are the master. It is your creation. You can have whatever it is that you desire. But if you wish to do it consciously, if you wish to enter

into this new age and this new energy then you must demand control of your destiny. You cannot allow other belief systems to have an influence upon your creation that you are in control of. If you believe for an instant that some other influence can alter your reality then you will have difficulty in consciously creating that whatever it is you desire.

So you must, once you get a grasp of the understanding of what belief is responsible for creating the reality you are experiencing, alter that belief. And you don't request, once again, you don't ask for assistance from your higher self. You simply demand a change in the belief. And you develop a technique to alter that belief.

Now, there are many techniques. And once again, the belief in the technique is far more important than the technique. The belief in the method is far more important than the method. And so, choose your technique and choose your method based upon that which you believe will work for you. You may believe, for example, that if you enter into a meditation you can use your imagination to alter a belief. And you can go through a series of steps whereby you destroy the old belief, if you wish, and replace it with a new one. Understand that it is your choice, that it is you that has the capacity to alter the belief. That is the key. Far more important than the method or the technique that you use.

When you alter a belief, understand as well that it is not all that difficult. You see, many individuals would enter into a meditation and they would go through all types of imaginative suggestions to make this a very difficult process to alter a belief. "Oh, I must do all type of imagery to destroy this belief." Well, what you are doing when you give your belief that much power is you are suggesting that it is very difficult to alter that belief, when actually it isn't. If you believe that you must burn this belief or you must tear it up into little bits and pieces and have it all disintegrated before you can replace it then you are reinforcing within your mind, within your psyche if you wish, within your DNA, that it is very difficult for you to change beliefs and to replace them with new ones. And it isn't.

We would suggest that you use the imagery more to reinforce the new belief than to make it difficult to destroy the old one. And when you replace that belief then you must own it. You see, it doesn't really assist that portion of the energy that surrounds your DNA if you mentally alter a belief and then when you come out of the meditation you say to yourself, "Now, gee, I hope that worked." It isn't going to work very well if you don't have faith in it.

When you replace the belief, when you hold a new belief, it is a belief. You hold that belief as sure as you hold the belief that you must breathe in oxygen in order to survive. Make it absolute. Make it real. For then it will influence your reality. Through that process of altering

the energy that surrounds the DNA you will influence your reality.

And so you pay attention to the beliefs, you pay attention to the spontaneous reactions, and you make conscious choices to alter those beliefs. And then you use imagery, your imagination, to remove the old belief and replace it with a new one, and to imagine what it is like when you have this new belief and what kind of a reality it is that you are going to experience. And make it real. Make it real, for it will indeed influence your creation.

Now. You as individuals and as a human consciousness believe, once again, in time and space. And so many of these alterations are going to take time. Because you see, if it takes time then it validates your existence. If you could do it instantly, if you could do it instantly consciously then you would have a tendency to believe in your conscious state that this entire vibrational level is an illusion—which it is, absolutely—but if you understood it, had a glimpse of that consciously, then there is indeed the very strong possibility that you may decide to leave it. And so you as individuals have agreed to participate in that belief system in a linear time frame and in space. And while they are illusions, nonetheless, when you are in your conscious state you have chosen to participate in that reality creation process. And so we would suggest that you as well continue to operate within that particular belief system while you are in your conscious state and you shall experience more success, if you would, in altering your beliefs by using various techniques.

You see, you can, and many times do, alter your belief instantaneously. Many individuals that are involved in tragic situations alter beliefs instantaneously. But there is usually an event surrounding that instant alteration of belief systems and it is usually some type of traumatic or tragic event, a very dramatic alteration in your life, one which you have created, nonetheless, but one which gives you that validation that the reality that you are experiencing in your conscious state is real and it is not just an illusion. Should you create that alteration in your belief system instantaneously without their being any type of that dramatic or tragic event in your day-to-day activities then you would begin to destroy the illusion.

And so you have chosen to believe in a linear time frame and if you operate within that belief system and allow time, if you would, for that alteration of your reality to occur and if you hold that belief that the facilitation of time will assist in the alteration of the reality there is strong possibility that you will achieve more desirable results. And so repetition of your alteration of a particular belief will assist you in reinforcing, in owning that belief, whatever it is that you wish to change.

We have suggested that you use meditation. There are many who don't know how or who believe they don't

know how to meditate. There are many who believe that it takes many years to achieve a type of meditation that will facilitate that type of alteration in their belief system. Well then, we would suggest that you find something else that will work for you. Simply sitting quietly and closing your eyes, listening to relaxing music, and reinforcing what it is that you wish to alter in terms of your beliefs will work just as well, if that is what you believe in. The key, once again, is not how difficult it is, but rather what it is that you believe will assist you and what will work for you. That is what is important. For you create your reality, once again, based upon your belief systems. Absolutely. The method or the technique is a result of a belief that you hold. It doesn't matter if it works for everyone else or not. It can make absolutely no difference whether someone else believes it is going to work for them or doesn't believe it is going to work for them, as long as you believe it will work for you, then it will.

One of the difficulties that individuals experience in altering that energy that surrounds their DNA and affects the alteration in their DNA is to perpetually hold the belief that they create their reality, that they have within them the capacity to alter that energy that surrounds the DNA. Hold that belief and you shall have success in altering the other beliefs as well. Many individuals experience miraculous cures for various types of diseases by altering that energy [that] surrounds the DNA. And as a result of altering that energy that surrounds the DNA they neutralize that portion of the DNA that is causing, if you wish, that is responsible for the activation of the particular experience that they are involved in that is related to that disease. And by altering the energy they, once again, neutralize that aspect of the DNA and end the experience.

Now. Many individuals do that by requesting assistance from others. And while you can create that reality, we ask, once again, that you understand that it is a hit-and-miss program, for there are other instances where you will not create the desired results because to continuously create that desired results would not validate that experience that you are not always in control ...

(Tape is turned.)

Joshiah: ... possible for creating your reality.

And so, we would suggest, once again, that you understand that you create your reality, that you understand that by developing methods to alter your belief systems you can actually affect the energy that surrounds the DNA and as you affect the energy that surrounds the DNA you affect the activation or neutralization of portions of the DNA that are responsible for the experiences that you are bringing into your day-to-day activities. When you develop the method or the technique that works for you and you do it consciously then you can consciously begin to create

the reality that you experience. And you can continue this transformation into this so-called new age and new energy.

Now. If you wish, we would break for a moment or two and if you have any questions for us we would be willing to attempt to answer them for you. We would remind you, once again, that we do not leave during this intermission, if you wish, but we remain within this sacred space that you have created and if you wish to interact you have but to express the intent and we would be with you and we would welcome that opportunity to interact with each of you.

Now, we would leave you for a moment or two and if you wish, we would return, with love and with peace. ☸