

JOSHIAH

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Joshiah: ... once again, a pleasure to be invited back into your vibrational level and we would like to express our greetings to each of you and to express as well our gratitude for your once again presenting us with this opportunity to interact and to share with each of you.

Now, before we begin, once again, we would suggest that there exists for each of you that opportunity to be involved in what we refer to as a silent communication, a telepathic interaction with other entities that would be with us on this afternoon, the opportunity for you to receive information which many times is much more pertinent to your individual needs and desires than is the information that we express through our friend Elias. And indeed, information that can be, once again, much clearer without the limitations of a vocabulary.

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 enter into that meditative state and to be involved in that interaction. And we would suggest that should you desire to do so you have but to close your eyes and express the intent. And as always, the choice is yours.

Now. The creation of your reality is always one of the favorite topics that we can be involved in bringing to you and indeed one of the topics that you desire information on in a continual basis. The creation of your reality. And we've suggested many times that it is indeed your creation, that it is your reality, and that it is also illusionary. Not insignificant, but illusionary. That you exist in a vibrational level in a so-called conscious state with a reality that you experience is a reflection of the beliefs that you hold and it's an illusionary reality. It's one which you not only can but do alter on a continual basis. It's your creation, it's your reality. And you can have whatever it is that you desire. And once again, it's a reflection of the beliefs that you hold.

Now, there are many individuals who desire to change that reality and they would like [us to give] methods and techniques that would work for them to change that particular reality. They would like us to give suggestions that they could follow in order to facilitate [that] alteration of the reality that they experience in their day-to-day activities. And we continuously hesitate to give absolute methods and techniques, for once again, the method or the technique is not nearly as

important as the belief in the method or the technique and each individual can create the reality in any manner that they desire and through the use of any particular method or technique that they desire to employ. For once again, the reality that you experience is a reflection of the beliefs that you hold. It's really that simple.

Now. To have that suggestion of the method or the technique, for us to tell you that if you were to follow this particular type of method and this particular type of technique that you will experience success and the alteration of your reality indeed can be very limiting. It may seem to be beneficial, it may seem like, "Oh yes, there's the technique and if I follow that I'll achieve and accomplish whatever it is that I desire." And it's not a [reason]. Once again, the method or the technique that's important, but rather the belief in the method or the technique. And for us to give you specific methods and techniques, to give you specific instructions, can, once again, be limiting.

You enter into this vibrational level and bring into your conscious state various beliefs that are indeed beliefs that you have chosen in your so-called between incarnational states. In your state of consciousness which is what you would refer to as in that between incarnation or in that passed over or in that death state, whatever terminology you desire to use to give a description for a layer of consciousness that you are participating in when you are one step beyond what we refer to as the dream state.

Now. In that particular state of your consciousness you put in place many beliefs that you bring into this incarnational period that have an effect upon the reality that you experience, belief systems that indeed determine the gender that you will be in this incarnational period, determine certain physical attributes that you will bring with you into this particular incarnational period. And now it's in this incarnational period when you're in your conscious state that you believe that this is it, that this is all that there is, that this is the most important part of your consciousness and it's not really that way at all.

And so, when you desire to [open] your physical beings in this conscious state, in this incarnational period, you don't achieve success to any great extent. You can to a certain extent but [there's] very difficult for you to change, for example, the stature that you are. It's very

difficult for you to change the race that you chose to participate in in this particular incarnational period. It's very difficult for you to change the gender that you chose for this incarnational period. But you do change it, you do change that belief system. You just experience it in other incarnational periods that are occurring simultaneously. That becomes difficult for you to grasp in your conscious state.

And so, in this particular incarnational period you put in place belief systems in that between incarnational state that bring in, that have an effect upon the physical existence that you will experience in this incarnational state and it's difficult for you to alter those beliefs. They're there as a result of your choice, but it's difficult for you to alter in this particular incarnational period because you agreed to participate in what we refer to as the human consciousness belief systems that make it difficult for you to alter certain beliefs. Those are the ones that refer to, once again, the laws of physics and indeed the ones that pertain to the physical attributes that you bring into this incarnational period.

Now, you do have within your so-called DNA many more subtle beliefs that you bring in that have an impact upon your physical existence that you do have the capacity to alter. Absolutely. For example, there are individuals existing within this incarnational period that may believe in their so-called subconsciousness that they, [that] have adverse physical experiences where they can be involved in what you refer to as cigarette smoking. And yet, there are other individuals who don't hold that belief that they will have the adverse effects.

And so, you have these individuals involved in the same particular activity. One experiencing all types of physical difficulties, the other anticipating and experiencing none. Well, what's the difference? The difference is a belief. And it's a belief indeed that's reflected in the physical reality that you can actually experience and you can prove in your so-called scientific world. But nonetheless, it's there as a reflection of the belief that you hold.

And many times, a belief, once again, that you put in place before you came into this incarnational period. And a belief which to some extent you may even have the capacity to change, should you believe that you have that capacity.

For you see, your DNA, once again, holds within it many, many possibilities for experiences that you can have in this physical existence in this incarnational period.

And the beliefs that you hold, once again, influence the energy that surrounds the DNA and can actually change that energy and as a change of that energy it will result in a change in the DNA, an activation or deactivation of a certain portion of the DNA which is reflected in the reality that you experience. And it can be a reflection in the reality to the point where you

experience physical discomfort as a result of smoking cigarettes or you don't experience that physical discomfort and ailment from the result of smoking cigarettes.

It's within your capacity, in certain circumstances, to alter that part of your DNA. And we suggest "certain circumstances" because, once again, depending upon the belief that you put in place in that so-called between incarnational state you may have put in place the belief which actually affects the genetic portion of your physical existence, and that's much more difficult for you to alter and to change than the DNA.

The DNA can be, if you wish, a much more elusive element for you to trace than your so-called genetic physical being. And the genetics are the physical attributes that you experience, such as your, once again, gender and your physical height, if you wish, and the race that you are and the color of your eyes and the color of your hair are as a result of the genetic makeup of your body. As well, contained within that genetic makeup there can be deficiencies or attributes, depending upon which way you would look at the result of the reality that you experience in your conscious state.

The genetic makeup is difficult for you to alter. Not impossible, for it is not impossible to alter anything in your reality. Many things are much more difficult because, once again, you agreed to participate in the human consciousness belief systems and to put it into place. And it's very difficult for you to alter those particular belief systems.

And as we've suggested before you may be better spending your time attempting to understand who and what you truly are than attempting to alter your genetic makeup. For you agreed, it was your choice, it's your reality, it's your creation. It's a reflection of the beliefs that you hold, [the] beliefs that were put in place, once again, in the so-called between incarnational states.

And you are having experiences in other incarnational states where you are the other gender, where you are experiencing different physical attributes. Absolutely. In this particular incarnational period, however, you have chosen to be involved with the physical attributes that you exhibit in your conscious state.

Now. There are other belief systems that you hold that also influence the reality that you experience. And it's the other belief systems that individuals who desire that we give them the methods and the techniques in order to alter their reality, in order to allow them to experience a more peaceful existence, if you wish. Allow them to understand more in a conscious state of who and what they truly are. Allow them to effect the more subtle physical attributes that you express through your DNA, and once again, [you'll] express through the DNA as a result of altering the energy around the DNA that either activates or deactivates the

various possibilities you have put in place for the creation of this particular incarnational period.

It's those particular types of beliefs that individuals would have them give methods or techniques to alter. And once again, to give that method or technique, to suggest that you follow a certain method can be limiting and not necessarily enlightening or release you from a particular reality that you're experiencing or that you desire to experience.

Now, some individuals who believe that you have a series of energy points that exist throughout your physical being. Well, once again, you can have that if that's what you desire. It's not right or wrong. You see, as well, it's important that you understand not only did you create your reality but the reality that you create is only judged as being right or wrong in your conscious state. The subconsciousness that exists within you that creates this reality, that's responsible for this reality that you desire, the subconsciousness that gives you the reality is a reflection of the beliefs that you hold, does so without judgment. The judgment only comes in your conscious state. So, right or wrong, good or bad, or evil is only a human consciousness concept. It does not exist in your subconsciousness.

And so, to believe that you have certain attributes, such as a series of energy points that exist throughout your body, is not right or wrong, absolutely not. You can have it or you don't have it, whatever you believe and whatever you desire to have. If you have it then you believe that you can balance it and it can improve your overall existence in your conscious state. Well, if that's what you desire you can have that. And we would suggest indeed that there are methods and techniques that you can use, that you can employ, to balance that so-called energy field that exists throughout your physical being if you believe it exists.

If you don't believe it exists, then why would you bother? And we have suggested before in many of our previous channelings, even when we begin to interact with you, when we begin to give you the information that you desire to hear, that it might be more beneficial for you to believe that the so-called energy points, the chakras, are but one energy. For you see, the energy of who and what you are exists within each and every atom of your entire being. It's not separate from who and what you truly are, you cannot lose it. Not only does the energy of who and what you are exist within every atom of your physical being, it exists within each and every atom of your entire universe.

And so, if you desire to have the energy points, you can have that. Absolutely. It's not right or wrong. And if you desire to balance them and believe that that balance can assist you in creating a much more desirable existence in your conscious state, then go for it. Absolutely. But if you don't believe it, then it's a waste of your time. If you don't believe it, then indeed it cannot be beneficial. If you don't believe it, but you

attempt to achieve it, then it can even have the opposite effect of being beneficial. For once again, the reality that you experience in your conscious state is a reflection of the beliefs that you hold.

So, if you desire to balance your chakras, believe that you have them. And then if you wish to do so, by all means, it's not a right or wrong. Go for it.

There are other individuals who believe that there exists an entity that creates your reality, that can influence your reality from outside of your vibrational level. Well, if you desire to have that you will create the reality to validate the belief, absolutely. Is it right or wrong? Absolutely not. Once again, right or wrong is only a human consciousness concept, does not exist in your subconsciousness. So, if you believe that there are other entities, be they guides or angels or even one master type of entity, if you wish, that can influence and create your reality for you, then go for it. You can have that, it's not a right or wrong concept, absolutely not.

When you create your reality by believing that you don't create it, then you create from what we would call a position of default. If you create from a position of default then indeed it always seems like you're not in control. It always seems like there are other influences that are creating your reality for you. For you see, you create the reality to validate the beliefs that you hold. If you believe that there are other entities that have the capacity to influence and create your reality for you then you can have that, absolutely. It's not right or wrong. This, once again, is not a right or wrong concept.

You cannot fail in this existence, in this vibrational level in your conscious state. You can seem to fail at certain physical attempts that you would attempt to bring into your reality. You can have all types of activities that you're involved in and you may desire to have that experience of what it's like to not accomplish a goal that you might have set and you might refer to that as failure but that's not the type of failure that we're referring to.

We're referring to you cannot fail to come to the understanding of who and what you truly are. Your existence in this conscious state is not a test, is not lessons that must be learned. It's a choice that you made to be involved in, to experience the broad range of intense emotions and feelings that are possible only when you believe you're not in control of the creation of your reality. And so, you put in place, once again, that electromagnetic type of energy that gives the understanding of who and what you truly are while you're in your conscious state. So that you can create this seemingly illusory reality that seems like you're not in control, that seems like it's so real that it's beyond your concept to have the capacity to alter it.

And if it's real, then indeed the emotions, the feelings are much more intense. Absolutely. And if you desire to

believe that other entities are creating it for you, then indeed it can become very real. It can seem completely out of your control and you intensify the emotions and feelings even more.

And so, it should not be deemed as one is failing if one is not experiencing your reality that you are in absolute control of in your conscious state. For that's what you desire to create in the first place, that's why you came into this vibrational level. So, you shouldn't feel like you're failing simply because you don't seem to be completely in control of this reality that you're experiencing. Indeed, that's what you desire to experience, that's what you came into this reality to create. And you are being very successful in that creation, absolutely.

And so, it's not necessarily that important that you control it all, but rather that you understand that at some level you are in control. Absolutely.

And so, if you wish to believe, once again, that there are those entities, the so-called angels and guides that are creating your reality for you, you can have that. Not only can you have that, indeed if you desire to have the experience of interacting with those so-called entities that are your guides and your angels you can have that as well.

It's an illusion. You exist in an illusionary reality. Absolutely. And you can have whatever you desire. It's not to suggest that it's insignificant. It's not to suggest that because it's an illusion that it has no value. It's not to suggest that because it's an illusion that it's not important. Absolutely not. It's very important. It's very significant. And it has tremendous value. But nonetheless, it's an illusion. You can have whatever it is that you desire.

Now. If you believe that there are guides and angels creating this reality for you then by all means employ them to assist you in the creating of the reality. It's not right or wrong, absolutely not. There is, however, with that belief that there are other entities that are creating and influencing your reality there is the resulting creation that gives you realities that validate that you are not in control. You will create experiences to validate that others are in control of the reality that you experience.

At some level of your consciousness you understand absolutely that you are the creator. At some level of your consciousness you understand absolutely the process. But in your conscious state, in your so-called awake state, you desire to have that experience of a reality where you are not in control because that validates that there are indeed angels and guides that are influencing the reality that you're experiencing.

And it doesn't mean that it's always a bad reality, absolutely not. You see, many individuals create a very desirable reality. And when they create that reality they indeed have this feeling that there are other entities

that are surrounding them that are indeed assisting in the creation of that reality, that are doing it for them. And it validates their angels and their guides or their so-called god-type entity that is creating this reality does exist. And it creates these excellent realities for them, absolutely. We're not suggesting that these realities have got to be by some nature a negative reality, absolutely not. But simply is a reality that's been created that you do not believe you are in control of. It's a surprise. And it validates the belief that you are not the creator of your reality.

The difficulty with holding that type of a belief is that when you desire to alter your reality then you must ask for help to do so. When you desire to bring something into your existence in your conscious state you can't simply sit down and use a method or a technique that allows you to alter a belief that you hold in order to have that reality and that belief reflected in the reality that you experience. But rather, you sit down and you ask others to create the reality for you.

Even when it's all going well and you're getting what it is that you desire and you feel that this is truly the way to create the reality because, "Lookit, all I have to do is ask and my guides and my angels will create the reality that I desire." The belief is that you're not in control. And to validate that belief you will experience realities that seem beyond your control in your conscious state.

You will experience realities that leaves you thinking like you are somehow missing out on something somewhere. You will have those times when you awaken in the middle of the nighttime and you will wonder who and what you truly are. That's the drawback of believing that you're not in control, that others create your reality for you. And you create realities to validate that belief system. Absolutely.

And we can continue to give you all types of examples of different beliefs that individuals hold that we could give you methods and techniques that you can employ to create the reality that you desire. There are individuals who believe that if they consume certain foods that it can indeed have an influence upon the reality that they are experiencing, it can influence their physical existence.

And to some extent you bring into this reality, once again, certain belief systems that you put in place in your so-called between incarnational states and indeed the food that you consume can and does have an impact upon the reality that you experience. It doesn't alter the fact that it's still an illusion.

What's rather interesting is that you'll see certain individuals who can have the ability to consume certain types of foods that do not have a negative impact upon their physical body and yet another individual consuming the same type of food can have all types of negative impact upon their body. Why is that? Because they hold different belief systems. Many times, belief

systems, once again, that they put in place in the between incarnational state. Belief systems that are indeed a result of the DNA that exists within each and every atom of their entire being, a result of the activation or deactivation of certain aspects of that DNA as a result of, once again, that the beliefs that they hold that activates or deactivates the energy that surrounds the DNA.

And so, certain individuals can consume certain foods and not experience any type of negative reaction or negative impact upon their physical being. Another individual consuming the exactly the same foods can have an entirely different reaction or effect upon their physical existence. And that's as a result, once again, of the beliefs that they hold.

And so, for us to suggest that if you were to consume certain foods that that can indeed have an impact upon you that can be very beneficial may be a very accurate method or technique that can be given to that particular individual but may not apply to the other individual who may take that particular information and hold it as being absolute. Begin to employ it into a reality in which they hold an entirely different belief system that has indeed a different effect upon their DNA and as a result that food can have a different effect upon their particular physical being.

So, there is no set rule. And so, we purposely avoid giving you absolute methods or techniques but continue to suggest that the methods or techniques are as varied as the individuals who employ them. What's important is not the method or the technique but the belief in the method or the technique. That's what's important, is the beliefs that you hold.

That's what influences your reality. And indeed if you wish to alter your reality you alter the belief and it will be reflected in the reality that you experience in your conscious state. Absolutely.

Now, many individuals continue to look for more belief systems. Many individuals continue to look for more methods or techniques because the past method or technique did not give them what they desire. So there must be a better method, must be a better technique. And they try them. They didn't believe in them but they [try] them, and they don't have the results that they desire.

And many of those individuals believe that they have these guides and these angels who are an entity that exists outside of your vibrational level that creates for you. And because they believe that others are influencing their reality and because they keep trying all of the different methods and techniques but don't really believe that they will bring about the changes that they desire to experience in their physical reality then indeed the method or technique does not work, does not give their desired conscious results. But it does indeed reflect the belief that they hold.

The belief, the methods or techniques, are things to be experimented with to determine which will work, and to have that guide or angel influence your reality to validate that, "Yes, that's the method." And it never really occurs.

We have used the analogy many, many times that it's like an individual who desires to cross a body of water. They can't see what's on the other side of the water, they don't even know how far their journey is because there's a bank of fog just offshore. And when they come to the shore there's all types of vessels that are lined up and down the shore and they continually run from one vessel to the other, to the other, to the other. And some will even spend a very long time on a particular vessel, exploring it, making sure that it's well equipped. Making sure that it has all of the necessities, maybe even a large crew to assist them in this voyage. And they never get off the shore. They continuously check out the vessels.

And then there are other entities who come to the shore, pick a vessel, and say, "Yes, I like this. This is seaworthy and could get me where I wish to go." And they go on their journey. Because they believe that the vessel will take them where they desire to go. They experience success.

For you see, once again, it's not the vessel that's important. It's your belief in the ability of that vessel to take you where you desire to go that's important.

And the irony of it is that it's not a long journey. The bank of fog, indeed, is an illusion. The irony of it is that you could walk across the water should you desire to do so. The irony of it is that's a journey that you desire to make, it's withinside. Withinside lie the answers to the questions that each of you have. Withinside lie the answers to the questions you have about a method or the technique. Withinside lie the answers to who and what you truly are. By going withinside indeed you can come at peace with who and what you truly are. And when you become at peace with what and who you truly are then you begin to understand that this reality that you experience is an illusion. Even in the aspects of it that you have difficulty in altering, you understand are a result of beliefs that you have chosen to adhere to. You accept it and you come at peace with who and what you truly are.

You begin to understand that you are that god that you search for. You begin to understand that indeed it is your creation. That you exist in each and every atom of the entire universe. And you begin to understand that you absolutely cannot fail. You absolutely cannot fail to come to the understanding of who and what you truly are.

And as a result you begin to have an entirely different outlook upon this reality that you experience. And while the reality that you experience may not have any recognizable changes to an outsider, to you it takes on

a whole different view. To you it takes on a whole different meaning. And your reaction to certain events that you create become entirely different.

When individuals are involved in a day-to-day activity you could ask several individuals from different meanings of what it is that they experience to give [a] different explanations and they would all be different. It's not that the event has changed but rather that the beliefs of individuals are different, and as a result the emotions and feelings that they experience from that interaction and that day-to-day activity are different.

And you become more at ease with who and what you truly are. You begin to change the emphasis of what you believe is important. And you begin to understand that the creation that you experience in this conscious state comes only from a position of absolute unconditional love. And you begin to like who you are. And you begin to experience that unconditional love in your conscious state. And you begin to have the capacity to experience it in others as well.

And that's what you search for. That is what you truly search for. And it's withinside. And it's not as a result of any method or technique that we can give you other than to suggest that you are the god that you search for, that you create this reality, and that you absolutely cannot fail to come to the understanding of who and what you truly are. The rest is an illusion. The rest is a reflection of the beliefs that you hold.

The method or the technique that you desire to employ to create this reality will work. You have but to believe. And you can have whatever it is that you desire. Absolutely.

Now. We would break for a moment or two and if you have any questions we would be willing to return and attempt to answer them for you. In the meantime, 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, as always, welcome that opportunity to offer to you, once again, our absolute unconditional love and our unending support. And for a moment we would bid each of you farewell, with love [and with peace.] ✨