

JOSHIAH

www.joshiah.com

Caveat: This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited. Editorial comments are in parentheses; probable wording is in square brackets.

February 5, 2006

Q and A

Joshiah: Well, now. Well, once again it is indeed a pleasure to be back in your vibrational level and we would remind you as well once again that that possibility for you to be involved in that silent communication is still available. You have but to express the intent, you have but to alter your consciousness, and once again, as a result of the energy that you have created in this sacred space you would find it quite easy for you to alter your consciousness. You have but to close your eyes and express the intent and then have that opportunity. And as always, the choice is yours.

Now. Once again, this reality that you exist in is an illusionary reality. That's not to suggest, once again, that it's not valuable or that it doesn't have some significance. It's exactly the opposite. It is quite valuable from the perspective that it allows you to create in a manner that's not duplicated throughout all of creation, throughout all of the other vibrational levels. And it allows you that unique perspective to create a reality where you believe that you're not in control, where you believe consciously that you're not in control. Ironically, you are absolutely in control and ironically, the reality that you experience in your conscious state is a reflection of what it is that you desire.

And that becomes difficult, once again, for many individuals to grasp that concept. For when you're involved in what seems like in your conscious state a less than desirable reality you will ask, "How on earth could I possibly desire that type of reality?"

You may not desire that particular type of reality, but you do desire to have some type of a reality that validates a belief that you hold. And that belief that you hold may be to validate that you're not in control, to validate that this is a very difficult existence, to validate that others have the capacity to influence your reality, that others have the capacity to create for you, to validate those belief systems that you desire to hold and to experience.

And so, while it may seem like you're not in control, that is an illusion. It's an illusion that you put in place. It's an illusion that you agree to participate in. It's an

illusion that you as a human consciousness and as a society and as individuals agreed to participate in and to create from a position where you put in place an electromagnetic type of energy that limits the understanding of who and what you truly are, while you are in your awake state or even in various levels of your consciousness right up to the point where you have the capacity to make the choice you need to stay in or leave this vibrational level. Nonetheless, it's your choice, and that's what's important to grasp, the concept that it's your choice. You are here by your choice.

Now. That becomes, once again, a difficult concept for many to grasp in your conscious state, that it's your choice to be in this vibrational level, that it's your choice to create the reality that you are experiencing, that it's a reflection of what you desire. Whether you consciously understand what those desires are makes very little difference, it's still a reflection of a belief that you hold. It's a reflection of a desire that somewhere within your reality you have put in place, even if that desire, once again, is to create a reality that seems to be beyond your control. If the desire is to create from default, to create from a position of believing that you're not in control, regardless, you create the reality. And the reflection of that belief system is, indeed, the experiences that you have in your day-to-day activities.

Now. Many individuals hold similar beliefs, and yet because of the perspective of belief, of a desire, while the circumstances might seem entirely different, the belief system can be quite similar. You may have, for example, an individual who's involved in what you refer to as a violent type of situation. You have an individual who may take some type of weapon and inflict injuries upon others, and if they do that within your society where it's not accepted then you look upon that as a very negative aspect of your creation. You look upon that as a very negative or bad situation, if you wish. And once again, good or bad only exists in the conscious state. For you see, you can take an individual with a similar belief and you can put that similar, that individual in a uniform and you can send him into another society where they can commit the same type of injuries and violence on other individuals that may be as innocent as the individuals that were within your society, and yet, you can, many times, welcome them back into your society and you call them war heroes. And you look upon them and say that they

are somehow superior, that they deserve your respect, that they are somehow individuals who are superior [than] others and that they have sacrificed in order to perpetuate your beliefs, in order to perpetuate what you desire to experience at the expense of others who may have entirely different belief systems.

And so, you have two entities involved in similar activities, one in what you would look upon as indeed some type of a crime against your society. And yet, when you put an individual, once again, in some type of a uniform and you give him certain rights and allow him the capacity to inflict that type of atrocities, if you wish, on individuals in another society that may not agree with your type of society, then you look upon that individual as a hero. You look upon that individual as somehow an individual who has sacrificed, that you may enjoy the lifestyle that you exist in.

Similar beliefs. Absolutely. Each individual believing that they have the right to inflict some type of harm on another individual. And yet, one you can look upon as being some type of a negative aspect of your reality and the other you can look upon as being some type of a positive aspect of your reality. Quite similar beliefs. Absolutely. But in different directions. And so, one is considered good, the other bad. One considered to be a crime, the other, indeed, can be treated as a hero. And yet, similar beliefs.

What's difficult to understand in your conscious state is that all of the individuals involved in that interaction, be they the aggressor or the victim, be they the war hero or the innocent civilians that suffered, all agreed to participate. All held beliefs indeed that were responsible for the reality that they experience. And that becomes a difficult concept as well to grasp in your conscious state. That the individuals who are seemingly the victims are individuals who are creating a reality from a portion of their so-called consciousness that you might refer to as their higher self, and they're doing from a position of absolute unconditional love, and they're doing it without judgment as to whether it's right or wrong. They do it willingly, if you wish. They do it joyously. To create a reality that reflects the beliefs that they hold. To create a reality to validate the beliefs that they hold. To create a reality, indeed, that is a reflection of that which they desire to experience.

And that can be, once again, a very difficult concept to grasp in a conscious state. That one could be involved in some type of a situation that might be a victimize situation and do so from a position of absolute unconditional love. Do so from a point in their so-called consciousness that creates whatever it is that they desire to experience, based upon the beliefs that they hold, and does so joyously. Does so without judgment. For once again, right or wrong is a human consciousness judgment. And once again, individuals involved in similar activities can be judged to be wrong in one particular instance, and yet when you take that

same belief system and apply it in a different direction can be judged to be valid, or judged to be justifiable.

Right or wrong is a human consciousness concept. Nothing is good or bad, but thinking makes it so, as one of your so-called historians was so correct in their choice of words. Nothing is right or wrong, but you believe that it's right or wrong. And what may be right or wrong in one society is not necessarily right or wrong in another society. And yet, the reality is that you create it from the beliefs that you hold, and you do it from an area of your so-called consciousness or subconsciousness, that does so joyously without judging of whether or not the results are going to be good or bad or beneficial or evil, but rather because it's a reflection of the belief that you hold. It's as a result of your so-called subconsciousness creating that which you desire to experience, and it does so willingly, it does so joyously, it does so without judgment, and it does so from a position of absolute and unconditional love.

Now. Certain individuals in your so-called conscious state become aware of that capacity to create their reality, become adept, if you wish, at understanding the principles and applying the principles of absolute unconditional self-love, of bringing it into their consciousness state, and having the capacity to understand as well that this is an illusion. And as an illusion they absolutely believe that it's within their capacity to change it or to alter it. And so, they create realities that seemingly are very strange to others and almost beyond other's capacity to accept as being valid.

And many times individuals existing within that incarnational period look upon that other individual who has somehow developed and understood the capacity to create their reality consciously, and they think that they are somehow superior because they have that capacity. And so these so-called [masses] who don't understand consciously that they as well create their reality, look upon this other individual who seemingly has achieved some level of advancement because they simply understand that they can create it consciously, and so they put that individual up as being superior. They put that individual up as being some type of god. And it's not really that way at all.

It makes no difference whether you exist within this incarnational period as an individual who seemingly understands at the conscious level the capacity to create your reality or whether you are an individual who seems to believe that it's completely without your control, outside of your control to create any of your reality. It makes really no difference at all, to suggest that one is seemingly more advanced than the other. It's absolutely not so.

You see, an individual existing within this incarnational period may put in place choices and beliefs and decisions in their so-called area of your

subconsciousness that you refer to as the between incarnation state, that have allowed them to create experiences in this reality that are seemingly beyond their control in this particular incarnational period, where they may be what you might refer to as even handicapped individuals, or individuals, who indeed are, don't seem to be able to create anything that you might look upon as being a beneficial type or indeed a desirable type of reality.

And yet, that same individual, that same entity, is existing and may be existing in another vibrational level where they have indeed put in place the choices and decisions and the beliefs in their so-called subconsciousness that allow them to come into that so-called reality conscious state and to create whatever it is that they desire in that reality conscious state.

And so, in one incarnational period you may hold them up as being somehow superior, as being some type of god, because they can achieve this type of creation, and yet, in another incarnational period where they have chosen—and it's important to understand that you choose, not others—where they have chosen to enter into that incarnational period with beliefs in their so-called sub-consciousness that limit their capacity to create consciously because they desire to experience the type of feelings and emotions that are possible to create in that type of reality creation process. And you look upon them as being somehow inferior. That they are the less-than, that they need to somehow grow. It's not absolutely that way at all. In fact, it's the opposite.

You absolutely cannot fail to come to the understanding of who and what you truly are. The spirituality that you search for is within each and every individual, not just some who seem to be more advanced than others. Absolutely not. Once again, that individual that seems to be more advanced in this incarnational period may be interacting with you in another incarnational period and may seem to be, indeed, at the bottom, if you wish to use some type of analogy of growth, at the lower levels, at the beginning stages of that growth. The same individual, the same entity. Superior, if you wish to use that terminology, more advanced in one incarnational period and yet, seemingly less advanced in another. Based upon the choices that they've made, based upon the beliefs that they choose to bring into that incarnational period. Exactly the same individual.

And you as an individual participate in, validate and indeed go through the same type of process, because you choose to, because you entered into this vibrational level for the purposes of experiencing a creation of a reality that seems to be beyond your control and you wish and desire to experience the full range of those emotions and of those feelings. And so you choose and put in place the belief systems that in some particular incarnational period make you seem like you're not in control at all, while in other

incarnational periods you put in place the choices and the belief systems that allow you to experience the creation from the conscious position.

That choice is yours. It doesn't mean that one is superior to the other. It doesn't mean that in one incarnational period you're looked upon as a god and in the other you're looked upon as a mere human. Absolutely not. You're the same entity; you're the same individual.

You are a spark of consciousness that creates the reality that you experience in your conscious state and you absolutely cannot fail to come to that understanding. And you bring that into every incarnational period, not just some.

The reality that you experience in your conscious state is a reflection of the beliefs that you hold, either in your consciousness, in your altered state of consciousness, and in many times what you refer to as your between incarnational states of consciousness where you make the choices to hold certain beliefs, and as you hold the belief it's reflected in the reality that you experience.

You can make it as complicated as you desire. You can put in place all types of beliefs that seem to make it like it's difficult to achieve whatever it is that you wish to accomplish in your conscious state. That choice is yours. It's illusionary. You can also go the other direction, make it as simple as you wish. The choice is yours, absolutely.

You create the reality that you experience in your conscious state and it's a reflection of the beliefs that you hold, and if you desire to change them use your imagination and your desire and your expectation. Get a glimpse of what it is that you believe, put in place the principles that allow you to strengthen the character, and the image that you project first, for yourself, and then for others, and strengthen the self-love. Do the necessary steps that are what you believe is necessary to achieve love. What you believe. For you see you create this reality from a position of absolute unconditional love. To bring it into your conscious state.

You believe that it's difficult and you believe that there are certain steps that must be followed. You, as a human consciousness concept, believe that, indeed, you must put in place the various procedures and steps in order to experience love. And when you experience it consciously, and you begin to, indeed, believe that you are worthy. "Believe" is the key word. That you have the capacity to create that which you desire. To believe it consciously, so that you can create the reality that you desire consciously, rather than to experience the reality that you create from beliefs that you hold subconsciously.

It really doesn't matter. It's not a right or wrong. It's, once again, a reflection of what you believe. It's a reflection of the choices that you have made. It's a reflection of the desires that you hold. If you desire,

once again, to believe that there are entities that have the capacity to create your reality, if that's a desire that you have, it's not right or wrong, you will create the reality to validate the belief. Absolutely. It's not right or wrong, again, it's a choice that you make. It's a choice that you make and you make choices, once again, based upon the thoughts and feelings that you hold that are a reflection of the beliefs that you hold, that bring into the reality that which you desire, imagine and expect.

And it doesn't matter at what point you start. The reality that you experience in your conscious state is a reflection of the belief that you hold. It's so really that simple. You make it as complicated as you want. You can make as many difficult choices and difficult beliefs as you want and they will be reflected in your reality and you can seem like you're not in control. That's your choice. It's not right or wrong. It doesn't mean that you're progressing or not progressing. Absolutely not. It's simply your choice. You can have whatever it is that you desire. Absolute.

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

Questioner: Would a person ever run into another simultaneous incarnation of themselves? Or would their higher self not allow that?

Joshiah: You see, even in the conscious state it's very difficult to get a grasp of the understanding that you exist in the now. All of the incarnations that you experience are in the now and there are very serious limitations to attempting to give an explanation of the now, for every terminology that one attempts to use leads one back to a reflection of that belief in time and space. And so, you believe, indeed, that there is this time and space, that this incarnational period exists now, and that the others are at other times, if you wish, in other spaces, and it's not really that way at all.

In your altered states of consciousness, in your so-called dream states, you interact with those other entities continuously, on a continual basis, in other incarnational periods. And as we've suggested before if you attempt to bring that knowledge back into your conscious state you would be indeed, what you might refer to as a person who is experiencing insanity, a person who is out of touch with this reality. You're out of touch with this reality because you would have, indeed, other realities interacting simultaneously in your so-called conscious state.

And so, the question that you ask is, "Would you have the capacity to interact with other entities that are, indeed, other portions, if you wish, of who and what you truly are?"

Well, of course you have that capacity, but to have that memory, once again, of an interaction would be like bringing back into your consciousness all of the memories of the interactions that you had with all of the

multidimensional personalities that you are, and you would have difficulty in understanding and then to validating the belief that this is real, that this is not an illusion.

And so, whether it's bringing back from the dream state the consciousness and understanding of all of the interactions that you have with your so-called other personalities and bringing that into your conscious state or interacting even indeed with one other of your personal other portions, if you wish, of your personality, again, it would destroy the illusion.

And it's not that you don't have the capacity. You choose not to experience that capacity in your conscious state. It validates this reality. It makes it real. And to have that interaction, indeed, would destroy the illusion. And you don't wish to destroy the illusion. If you wished to destroy the illusion you would not be here in the first place. You would leave. You have that capacity to leave. But you desire to be here. You're not here because someone forces you to be here, you're here because you desire to be here.

And as you desire to be here, you, as well, agree to participate in that human consciousness belief system that this is it, that there's this one entity and there's one incarnational period. Absolutely. And to step outside of that, indeed, is a very difficult concept for one to do and to maintain the interactions and so-called sanity of the individual focus that you have upon this one aspect of your personality. It would be like bringing back, once again, an absolute understanding from your so-called dream state of all of the interactions, and the illusion, indeed, loses its reality aspect. And you understand it as an illusion. And when you understand it as an illusion, indeed, it remains very difficult to so-called fit into the illusion, to be a participant in the illusion.

Many of the so-called individuals that we speak of that have understood the capacity to create the reality, even at that level of understanding in their conscious state, don't bring back into their reality a complete understanding of the interactions that they have in their so-called dream state, when they are equal to, and no different than any other entity, and indeed, interact not only with their particular incarnational period in all of the contracts and agreements that you put in place to make that particular incarnational period seem valid in your conscious state, but all of the other agreements and contracts that you put in place in all of the other incarnational periods.

Even those so-called entities, once again, that you in your conscious state, and we're not just referring to you, but the human consciousness in their conscious state believe that somehow have achieved some type of higher level of understanding, still those bring into their consciousness the full understanding of who and what they truly are. They still operate within the limitations of this electromagnetic energy that you've put in place, where you bring as a human

consciousness to, once again, not hold in your conscious state the understanding of who and what you truly are, to not hold in your conscious state the understanding of all of the agreements and contracts that you've put in place, to make this seem real, to not hold in a conscious state the understanding that the energy that you are exists in each and every atom of this entire universe. You are that great, if you wish, and yet you are that minute.

And so, to interact with other entities, whether they exist within this incarnational period or other incarnational periods is, once again, a very difficult aspect. For to do so would, once again, be like bringing into your consciousness the understanding of the interactions that you do in the dream state. It would make this state seem unreal and illusionary, which it truly is, and yet, you would look as if you were not participating. You would look like you would be, once again, insane.

And does that answer your question?

Questioner: (*Inaudible*).

Questioner: I have a question that I wanted to ask that perhaps would have covered (*inaudible*), but it's about the DNA and I understand the bit about (*inaudible*) diseases and potential diseases and human diseases, what switches off and on the DNA, but I would specifically like to know are injuries somehow in DNA as well? I don't really understand DNA very well, consciously. What about physical injuries to a person? Are they somehow in a, the same kind of a switch to flip off and on (*inaudible*).

Joshiah: A very interesting question. First of all, it's important to understand that even the DNA is illusionary. You see, it's a reflection of a belief that you hold, that there exists even such a thing as DNA. But as you hold the belief, indeed, this belief in DNA allows your scientific community to validate that there is this physical aspect that you can pass from one individual to another that will validate that certain disease can be, indeed as well, transferred either through what you might refer to as genetically or in a more subtle manner as your scientists are now beginning to discover as a result of what they believe, that it can be contained within the DNA. And if it's contained within the DNA, indeed, it can be activated or deactivated by certain energies that surround the DNA. But it all comes back to that basic understanding that the DNA in itself only exists because as a human consciousness you believe it exists. It's an illusion. It's a reflection of a belief that's held. It's a reflection of a belief that's put in place in your so-called between incarnational states.

Now. In your so-called past history—and we hesitate to use many terminologies, but nonetheless, they give you the capacity to get a grasp of an understanding—in your so-called past history your incarnational period, for the most part, was predetermined in your so-called

between incarnational states, where you put in place the major events that could occur throughout an incarnational period. And those major events may involve, indeed, interactions that were, what you might refer to as, some type of a disease or an interaction that could be referred to as an accident.

And so, you put in place the choices and the beliefs that were to be reflected in that particular incarnational period and you bring them in with you. Now, we say in your so-called past history. It continues in each incarnational period, for your past is an illusion, it doesn't really exist. You have however, once again, to use your belief in time and space, altered the various makeup of the energy in this particular incarnational period and in your so-called future that will allow you to consciously get a grasp of an understanding of the belief systems and therefore to alter them, consciously.

However, once again, similar to the DNA belief system that you put in place in your between incarnational state, many individuals choose certain events to occur in a particular incarnational period, such as an accident, and hold that belief in the in-between incarnational period, a belief that's held in your so-called deep sub-consciousness that's as valid as your so-called DNA. Just much more difficult to prove scientifically. And yet, [they] put in place that belief that allows them to experience that particular activity for the purposes of experiencing the emotions and feelings.

And it's rather ironic that, many times, the emotions and feelings that the so-called outside perceive as being such a terrible type of accident actually allows that individual to experience other emotions and feelings that have absolutely nothing to do with that accident, but are a reflection of, that allows one even to become more aware of who and what they truly are in their conscious state. Allows one to become more aware of the feelings of love, and the feelings of self-love, and the feelings of love of interacting with others. Allow one to feel the compassion that others can have towards them and they towards others as a result of what may seem like a negative particular event that occurs. And yet, from that seemingly negative comes a form of the so-called positive types of interactions and emotions and feelings.

For once again, it's only good or bad in the conscious state. In your subconsciousness it's a reflection of what you choose. And many times, once again, what you experience as a result of that particular negative event can be (*inaudible*) seemingly what you would call positive interactions and emotions and connections with other individuals.

And so, accidents can, indeed, be particular events that you may put in place in a between incarnational state or that you may, indeed, put in place in what you might refer to as during an incarnational state as a result of dreams and interactions with others.

It's still a choice. It's a choice that's as valid as the choice to have a DNA, a choice to have genetic types of diseases that are much more scientifically valid and traceable than even are the DNA. And of course, from the DNA the choices that you make to be involved in what may seem to be random events are even much more difficult to prove scientifically. Each is as valid as the other that's a reflection of a belief that's held. A choice that's made at some level of a consciousness.

And once again, while it may seem that that can be a debilitating type of event, many times the results are not debilitating at all in terms of one's choice to grow, if you wish to use that terminology. And we always hesitate to use the term "growth," for it infers that there is some type of progression that's necessary, and it's not really that way at all. But in terms of allowing one to experience in that particular incarnational state a different type of creation process, of understanding consciously who and what they truly are, and of understanding at the conscious level this interaction of love and of self-love and of creation.

It's a reflection of a choice. It's a reflection of a belief system. And whether it can be proved through what you refer to as genetics or DNA or simply a choice that one has made that cannot be validated scientifically, makes little difference at all. You see, the scientific validation is simply there so that in your conscious state individuals can intensify the belief. It can be real. And if it's real, indeed, then it can seem to be beyond your ability and your capacity to control it consciously.

You see, when you look at genetics, to suggest that an individual can change their genetic makeup is very difficult to grasp, absolutely, because the scientific community has proven that you can't change your genetic makeup very easily. That's a difficult concept. But now the DNA, now that's a much more difficult, if you wish, prospect to get a grasp on. It's much more illusionary, it's much more like an atom where you can visualize the concept, but not physically visualize the actual entire concept so that it can be put under a microscope and examined.

And so you see the DNA, and they understand absolutely that within that DNA there are certain so-called markers that will point to various aspects that might occur in an individual's existence, but there are many, many more that they have absolutely no understanding of their existence at all. And they're beginning to understand that within that so-called unknown markers of your DNA there exists a potential for certain diseases and certain events to occur in your lifetime and that you have the capacity to alter that DNA by either activating or deactivating certain areas by changing the energy that surrounds the DNA. It's simply a belief system. It's a belief system that validates it. It makes it real. And if you can prove it scientifically, then it's real.

It's still an illusion. It has no more validity than the individual who believes that it's possible for them to transform their consciousness from one area of your so-called Earth's existence to another, and to do so instantaneously, and to interact with other entities in that so-called other area of consciousness. Difficult to prove scientifically. In fact, the scientists would go to all [lengths] to prove that it's not possible. And yet some individuals do it regularly, and all individuals do it in your so-called dream state.

That's the irony. What you experience in your conscious state is a reflection of the beliefs that you hold. And many of those beliefs are put in place in the between incarnational state, and whether it's to experience an accident, or whether it's to experience the potential of a certain disease, or whether it's to experience some type of abnormality that occurs during your existence, makes no difference. It's a reflection of a belief, a choice that's been made at some level of your consciousness.

And many times, once again, the results of that particular interaction are indeed altered, and the perspective is altered, as one alters their belief of what it is that has occurred and, indeed, begins to bring into their consciousness that concept of self-love and of understanding.

So that while the events may not change, indeed, one's perspective of that particular event or particular experience changes dramatically. And one begins to understand that there were other aspects, other areas of creation, and other areas of experiences of emotions and feelings, that were desired to be brought into your reality so that you can have them.

And so, to answer your question, it's makes no difference whether it's a belief that you hold in your so-called subconsciousness that cannot be proved scientifically, or whether it's a belief that you put into your so-called DNA, or whether it's a belief that you have put into your so-called genetic makeup, it's still a belief that has been made as a result of a desire and a choice.

Does that answer your question?

Questioner: Yes, it does. Thank you.

Questioner: I have a question, I guess. I know feelings and desires and beliefs, these things are all very closely related, sometimes at, like, this conscious level and sometimes the subconscious level, and what I'm wondering is ... now, I know it's all belief, but does one have to go in a certain way? Like, do you have to find the feeling and then get down to the belief and then that'll change it? Or can you just change the way you feel about things and that'll change the reality, too?

Joshiah: (*Laughs*) What do you believe? (*Laughs*) We've suggested many, many times that it does not matter what the method or technique is, but rather what

one's belief in the method or the technique. You see, that's what's important.

And we continuously talk about beliefs and feelings and have them interacting. Well, we would suggest that, indeed, what you think and feel would have an effect upon what you believe. That the thoughts and feelings will influence your choices and decisions, and that your imagination, indeed, will be a reflection of your desires. And whether or not you will experience it, is dependent upon your expectation. For you see, you can tap into any one of those, if you believe will work for you and it doesn't matter where you start. What do you believe?

You see, if you believe that what you think may influence your choices and decisions, and from that you have the capacity to get a grasp on what the belief is so that you can change it, well, that will work quite well. Whereas, if you believe that the attitude is a reflection of the belief, and for many this is a very easy technique to master, if you wish, then if you believe that the attitude is a reflection of the belief, indeed pay attention to the attitudes, and that will give you a glimpse of the belief. But from the belief and the attitude, indeed, come the thoughts and feelings, and from the thoughts and feelings come the choices and decisions. Or if you wish, from the thoughts and feelings, indeed, come the attitudes and beliefs, and from the attitudes and beliefs, come the choices and decisions. And you can see it's like a round circle and it doesn't really matter where you tap into it.

It's rather what you do believe will work? You see, that's what's important. What you experience in your conscious state is a reflection of the beliefs that you hold. The method or the technique is not nearly as important as the beliefs that you hold. Many times, we have used that analogy, and you've heard it several times, that you can run up and down the shore looking at the various vessels that will take you across the water, and it doesn't really matter what vessel you choose. What's more important is that you believe that the vessel is seaworthy.

And so it is, what do you believe? Do you believe that your thoughts and feelings have the influence upon your choices and decisions? Well then, pay attention to the thoughts and feelings. It doesn't really matter. They are interconnected. You will find that thoughts and feelings indeed affect the choices and decisions which indeed can influence your attitudes and beliefs. Absolutely. Or your attitudes and beliefs can affect your choices and decisions that can be reflected in your thoughts and feelings. You can go about it that way, if you wish. Or you can have the desire, imagination and expectation. Or you can say, "Well, because I imagine this here, it must be because I desire it, and if I desire it then I must have the expectation."

You see, it's like a, once again, being involved in a circle and it doesn't really matter where you step into

the circle as long as you understand the entire concept that it's the belief that's important.

The belief is reflected in the reality that you experience. And so, we hesitate to suggest that there is a certain method or technique that's superior. We've suggested many times that the method or the technique is not nearly as important as the belief and there are as many methods and techniques that will work as there are individuals to apply them. It's really that simple.

When you hear certain information that says you must do this, and you must do this, and if you follow this rule this is what will occur, well, if you believe that, it'll work fine. If you don't believe it, then you're wasting your time. What you believe is what's important, not the method or the technique.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: All done?

(Recording ends.) ✿