2011-05-01 Joshiah：问答录——梦境重复的原因（N）

Well, now…once again, you allow us to express our greeting to each of you. And we will remind you that that continues to be that opportunity for you to be involved in that silent communication in that telepathic interaction and that exchange of information with other entities that would be with us on this afternoon. And indeed, you have but to express the intention, you will find it quite easy to alter your consciousness and to enter into what you might refer to as a meditative state, and in that altered state of consciousness, once again have that opportunity to be involved in that telepathic interaction or communication. And once again as always, that choices are yours, absolutely.

Now, you are once again near the completion of this transition into this new age and new energy, that you as a human consciousness, then as separate entities, had agreed to facilitate and to have completed by your year of 2012, the transition, which, of course, you could have performed instantly, but in order to lend the credibility to your belief in time and space, your concept of evolution is fulfilled through allowing for a 25 year transition period for this energy to be altered. And the alternation of that energy, once again, will be very subtle. It's not something one will experience if one chose not to be involved in or to have that experience. Although for many, throughout your so-called world system, the transition of that energy is already affecting the personal realities that they are involved in creating and experiencing, in which many might refer to as being a negative aspect, but once again, it's important that you understand that negative or positive is an awakened consciousness concept. The spark of consciousness from which you create your reality does not judge whether is right or wrong, negative or positive, but rather give to you that which you desire to validate your belief systems.

So, while it may appear that there are negative experiences being created throughout your world system, it's important to understand that it's a validation of belief systems, and that the negativity is a judgment that's placed upon by the human conscious mind, by your human conscious mind, not by the levels of consciousness from which you create your reality. And many entities in your so-called world systems are experiencing dramatic changes in that creation proceeds, and they desire to have some type of control over the reality that they experience. And as a result of that desire, once again, that spark of consciousness that you are, gives you that which you desire, to validate the belief that you hold.

You as entities existing within this vibrational level are facilitating and participating in those creation processes, regardless of whether they seem far removed from the experience that you have in your day-to-day activities. Nonetheless, it becomes difficult to grasp the concept that you are an individual, you are, as well, one. Each of you were involved in the creation process of your entire universe. As difficult as that may be for you to grasp in your awakened consciousness state, at the level of consciousness from which you create your reality, you understand the concept of existing within the now and the concept of being one and yet being an individual, being all that there is, and yet really being nothing at all. Seems like a contradiction because it's impossible to give you an accurate explanation. Once again, it's something that you can experience if you go withinside, can be experience that you exist within each and every atom of the entire universe, can be experience that at some level of your consciousness, you're involved in participating in and facilitating the creation of this entire universe and all of the activities that are being created and experienced in your universe.

As difficult as that is to grasp, all of the events that are occurring throughout your so-called world system are as a result of individual and human consciousness belief systems being validated. And you as an individual are involved in that human consciousness creation process, absolutely, as long as you exist within your vibrational level, if you choose to remain within the vibrational level, you are involved in the creation of the vibrational level. You exist within each and every atom of your entire universe. As difficult as that is for you to grasp, once again, at the level of consciousness from which you create this reality, you understand perfectly well the creation process, and what's involved in it and the energy that you are that's responsible for the creation and the experiences that you have in your so-called awakened consciousness state.

We've suggested many times in this state, this awakened consciousness state is the most difficult state for you to sustain. You cannot perpetuate it indefinitely. Each of you understand that, you will at some point sleep. And in that sleep you will enter into a dream state. You will alter your consciousness. Each of you understands that. And you also understand as well, that at some point in your so-called belief in time and space, you will terminate your existence in this incarnational period, you will die, in other words. You understand as well that, when you enter into that level of consciousness, that level of consciousness will be much easier for you to sustain than the so-called awakened conscious state that you experience in this particular incarnational period, or in any of the other incarnational periods that you're involved in. You're a multi-dimensional personality. You exist in various levels of consciousness in various incarnational periods in the now. And you exist in each and every atom of the entire universe, not only in this particular instance that you believe is occurring right now, but indeed in the entire experience of the now, of your so-called past, future, and present. You create it all you're involved in it all.

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When you enter into those altered states of consciousness, when you enter into your dream state, many times, in those state, you are involved in in the experience and the interactions with other entities and other incarnational periods. It's very difficult to retain those memories and bring them back into the conscious state because you choose. You choose to put in place that veil, that veil that exists not only in your awakened consciousness state, but in all the levels of consciousness that you're involved in, while you remain in this vibrational level, including that dream state, although in that dream state, once again it's much easier to get glimpses of existing in realities where there is no concept of time or space, of existing in other incarnational periods and experiencing certain elements and events that are occurring in those other incarnational periods and retaining, although limited, certain memories of those interactions. Many times, by the time you come back into your awakened consciousness state, once again, this veil that you choose to put in place limits your capacity to have an understanding of what those interactions were, of what that creation process was that you were involved in, in those altered states of consciousness, limits your capacity to bring a full awareness of those particular interactions into your awakened consciousness state.

Because, you see, it's in those altered states of consciousness that you are much nearer an understanding of who and what you truly are, and what's available to you in your awakened consciousness state, because of your choice. It's important to understand as well, when we suggest that there are limitations, that you can't do this or you can't do that, that it's your limitations, that it's your choice to put it in place. It's not like something that's been inflicted upon you. It's your choice to put in place the limitations. It's your choice to make it difficult for you to consciously retain the memory of what the experiences that you had in your so-called dream state and in your meditative state, and in your between incarnational state and in all the other altered levels of consciousness that you're involved in. The limitations are your limitations, the veil, this electromagnetic type of energy to limit your capacity to have that understanding, is your choice to put in place. And these experiences that you have in your awakened consciousness state that seem to be negative or very difficult experiences to grasp, but nonetheless, validations of belief that you hold and the creation process that you utilize to create that reality, and that experience is limited to your understanding in your awakened consciousness state, because of the veil that you choose to put in place, that you choose.

You see, if you don't grasp that concept, that it's within your capacity to control, if you wish to believe that you're not in control, there's nothing wrong with that. You can have it, absolutely. But understand that when you have it, with it comes the validation of that belief system that you're not in control. And it becomes very difficult then to have this capacity that you're allowing to be involved in this new age and new energy, consciously being able to influence your reality and control this reality, based upon the beliefs you hold, if you believe you're not in control. That's not right or wrong, once again, we're not suggesting that you have to do this or that you have to do that, but rather that, the reality that you experience is a validation of the belief that you hold, and if you choose to believe you're not in control, then you will create all types of realities to validate that belief system. You will create the realities.

You see, you've made a choice, regardless of whether or not it's a choice that allows you to consciously validate and create the reality. Nonetheless, it's still a choice. If you choose not to believe it's not right or wrong, you can have that, not only can, but will absolutely. If you choose to believe that it's not possible for you to consciously influence your reality, that you are simply being influenced by guides or angels or some other entities, or perhaps by your neighbors, then you will indeed have realities to validate that belief system. Not right or wrong, simply a validation of the belief system.

You see, that's the other aspect that becomes important to understand, that the right or wrong concept is a human awake consciousness concept. If you're experiencing what you believe to be a negative reality, the spark of consciousness that you are, does not judge that, whether it's right or good or good or bad for you, something that you should or should not have to experience, but rather validates the belief system that you hold. A belief system and many times it becomes very difficult to grasp the concept of that in your awaken consciousness state, because it's a belief system that you have chosen in your altered state of consciousness.

That's the difficulty. In your altered states of consciousness, particularly in your so-called past, you put in place these belief systems and continue to do so in your so-called between incarnational state. At that level of your consciousness, you choose particular possibilities to put in place, to have experiences in your awaken consciousness state. And then based upon the choices and the decisions, based upon the beliefs that you hold, based upon certain type of energy that you allow to become involved in your creation process, you influence the possibility or the probability of that belief system maturing into a reality experience in your awakened consciousness state, a belief system that you put in place, once again, in your so-called altered state of consciousness, and that through various choices and decisions, you turn from a possibility into a probability and experience it in your so-called awakened consciousness state.

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It becomes a difficult concept to grasp, we understand that. It becomes very difficult, particularly if that's a negative experience that you believe in your awaken consciousness state to be a negative experience. We assure you, at some level of your consciousness, the spark of consciousness that you are that creates from a position of absolute and unconditional love, rejoices at the reaction of that particular experience, without judgment of whether or not it's right or wrong.

So you see various events that are occurring throughout your world system and your awake human consciousness looked upon those events as being rather disastrous and negative. But at some level of your consciousness, we assure you that, the entity, that is indeed each of you, is rejoicing in the creation process. As difficult as that is for you to grasp, but you see if you can grasp that concept, then it becomes difficult for you to enter into this new age and new energy and understand that you have the capacity to consciously influence your creation process. There are many entities who will choose to not be involved in that creation process, who will choose to be involved in your so-called old age and old energy, although that's a rather limiting type of state, because it's suggested that this creation process was not available to you, was that you were at the mercy of some other creation process and it's really not that way at all. The creation is a validation of your belief system, based upon your choice, not someone else, always has been. There's not a change, there's not new.

However many entities in your awaken consciousness state wish to believe that they're not in control. They want to have this capacity to influence your reality from a conscious state or a conscious position, and from that particular position take the responsibility indeed for their entire vibrational level and their entire experience, their entire reality, however too much take the responsibility then also, limit your capacity to change it. If you don't accept the responsibility, you will have difficulty changing it, because you believe that you're not in control. There's nothing wrong with that. Once again, we're not judging. We're not suggesting that you should or shouldn't do any particular reality creation system or belief system, but rather that, if you believe you're not in control, then you will create the realities to validate the belief system, and to attempt to consciously react while holding a belief system that you're not in control, will, at the very least, resulting in you having difficulties in consciously creating the reality. And so, accepting the responsibility and accepting that at some level of your consciousness, that spark of consciousness that you are, that god-like entity, if you wish, that you are, rejoices in the creation process, regardless of whether or not in your awakened consciousness state you look upon it as a negative or positive experience.

Many of these entities that are existing in your so-called old age and old energy, and once again we hesitate to use that concept, but nonetheless, many entities who do not wish to recognize that there's this possibility that they could create the reality consciously, or many entities who choose to believe that they are not in control, will terminate at some point this incarnational period. You see that's your belief in time and space, you will terminate, you will not perpetuate this particular incarnational period, and all that termination may seem, as long as you're in your awakened consciousness state, a very difficult concept for you to grasp and an experience that you would wish to postpone.

We assure you once again that this is a no failure type of event that you're involved in. And when you experience it and enter into that altered state of consciousness, you will begin to recognize that this particular incarnational period is no more important and no less important than any of the other incarnational periods that you're involved in, including what you might refer to as a future incarnational period. And so many entities who are involved in this incarnational period and choose to terminate and hold on to, while they are involved in this particular incarnational period, the belief system that they're not in control, when they reenter or when they become involved in another incarnational period in your so-called future, chances are that they will bring with them into that incarnational period the understanding that they can consciously influence their reality, the understanding that they can enter into this so-called new age and new energy with the capacity to influence the reality consciously, by altering belief systems, something that many of you so-called indigo children once again are experiencing.

Many of your so-called new age people that are involved in this new age movement like to refer to those indigo children as the new children. They're not new at all, they're the entities that have been involved in this process as you have, since for lack of a better term, the beginning. It's all in the now. Those are the same entities. And you will be entities, if you choose, involved in other incarnational periods in your so-called future and your past, the now. And so those entities are not new entities, but rather entities that are holding in a particular incarnational period, belief systems that it's within their capacity to consciously influence their reality. And as a result of that understanding and holding it as a belief system, even if it's a belief system that they may not express and from a conscious state, nonetheless a belief system put in place in that between incarnation period and brought into validation in the awakened consciousness state, that allows them, perhaps without even consciously understanding how that it's within their capacity to influence and to consciously create their reality. So that, an entity who put in place and chose as each of you do, in the between incarnational period, to have physical experiences based upon perhaps limitations or based upon perhaps extraordinary ability, physical limitations or physical abilities, doesn't matter which way you go, that they wish to experience in an incarnational period.

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And so they put in place that belief system that they will have that experience and as a result of that desire to make the choices of belief systems, to have the particular experience based upon a physical ability or limitation, once again, it doesn't really matter which way you go, then other entities existing within your vibrational level agree to participate in facilitating that particular incarnational period. It's like, "Oh, yes, well we'd like to be involved in that. We would like to have that particular experience perhaps as a sibling, perhaps as someone who may be involved in a parental sense.”

And so you interact at that level of your consciousness, from which you create this reality with other entities and you choose and you put it place the belief systems, and you come into this particular incarnational period, bringing with you certain genetic aspects that you've chosen, that you have chosen and that others have agreed to participate in the creation process and as well you put in place, once again certain belief systems that are stored within your DNA for the possibility to have certain experiences, physical experiences within this incarnational period, the development perhaps of certain abilities or certain diseases that can occur as a result of the energy being altered that surrounds the DNA and taking that belief system that is stored in the DNA that was a possibility and turning it into a probability and having that experience and either experiencing in certain elements of creation in certain physical aspects or perhaps experiencing certain diseases and those are brought into your reality as a result of validation of belief systems that you chose to put in place in your altered states of consciousness in that between incarnational state.

And each of you can look around and see examples of that type of creation process, where as well entities are coming into your so-called new age and new energy, putting in place at that level of their consciousness the belief system, that it's possible for them to consciously influence and create the reality. And as a result, while they may not in their awakened consciousness state have a full understanding of what that belief is, nonetheless make the choices and the decisions, hold the certain attitudes, the thoughts and the feelings that influence the realities and turn that possibility into a probability and they begin to consciously create and influence their realities, without really understanding what the ultimate belief system was, that they've chosen in their altered state of consciousness, but nonetheless, coming into this incarnational period, into this new age and new energy, knowing, at a certain level of their existence, that's possible for them to influence their reality from a conscious state.

And even now, your scientists are beginning to see examples of children who are born with certain DNA and as a result of certain belief systems and attitudes that are not in any way influenced by anyone outside of that individual's capacity, those individuals are literally altering their DNA, literally altering and influencing the DNA to take what was once a probability to experience, for example, certain diseases and turning that from a probability back into a possibility, and then eliminating it from the DNA aspect, turning it back from being a positive aspect of the DNA to something that the scientist refers to as the kind of the junk part of the DNA, the part that they don't understand, where there restored the possibility, that once again are influenced by the energy that surrounds that DNA. And you are the energy. You, at that spark of consciousness that you are, are the energy.

And so in this new age and new energy, even those entities who in your so-called past have chosen to remain in the so-called old age and old energy, although once again, we hesitate to use that terminology, in this so-called future incarnational period, in all likelihood, will bring with them the belief system and the understanding that they can indeed influence the reality from a conscious level. And as we've suggested, there's a very strong possibility, based upon the belief systems that you hold, that the following generations from these so-called, indigo children that are bringing in that capacity to consciously influence their energy and to consciously influence their creation, will in all likelihood, should they continue with the present belief systems that you are the human consciousness currently involved in creating, come back into your so-called future incarnational periods, bringing with them the understanding not only that they can create the reality and influence it from a conscious position, but indeed that the reality that they experience is their creation from a position of absolute and unconditional love. And from that position, we shall have what we like to refer to as the peacemaker, the ones who understand that they are responsible for the entire creation and are responsible for once again from that position of absolute and unconditional love.

So this new age and new energy is slight alternation, if you wish, of the makeup of your entire vibrational level that you have chosen to put in place, and in all likelihood, the entities that are entering into this new age and new energy that are being reincarnated are who are you. It's not some other entities that are somehow entering into vibrational level, although that's a possibility, but we're suggesting that mainly it's you that are going to reincarnate and bring into that particular incarnational period the understanding that you can create and influence your reality from the conscious state. It's you that will reincarnate into the so-called future generations and bring into that incarnation, should you continue upon your present level of belief systems and understanding, the belief that you create your reality from a position of absolute, unconditional love and it would be you that we refer to as your future peacemaker. It's your creation, not some other entities. It's not some entities that are sitting on the sidelines waiting for all of this to occur. It's your creation, it's the validation of the belief system. It's your reality. You are the god you search for.

Now, if you had any questions, we would be willing to attempt to answer them for you.

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Questioner: I'd like to know, why I feel that I dream the same thing over and over again.

Joshiah：Mm…..Many entities were involved in a creation process in that what we refer to as the dream state, and in that dream state, many times, you were involved in that experiencing reactions and interactions with other entities in other incarnational periods, both future and past, not just in this incarnational period. The difficulty is that when you come back into your conscious state, you believe that this is it. And we suggest to you, that we're not just referring to you, we're referring to all of the individuals primarily in your human consciousness current incarnational period, look upon this incarnational period as being the important incarnational period, and that you are a multidimensional personality involved in various other creation processes in other incarnational periods, and what we like to refer to as the now.

So when you're in that altered state of consciousness, in that dream state, many times, you experience of a reality seemingly over and over. It is not really that way at all. It exists in the now. It is when you come back into this particular incarnational period, you look upon it as being something that's been progressing and you've been experiencing it over and over and over, but it's actually in the now, it actually occurs simultaneously. That becomes very difficult to give an explanation, a particular description, because each description is based upon your belief in time and space, even to suggesting that now means now, it doesn't mean an encompassing of all past and present and future. So it's difficult to give an example or an explanation of what that now is and gets in that altered state of consciousness, when they experiences particular activities in your so-called dream state, that the interactions with other entities in the reality that you may or may not be experiencing incarnational periods and that you may or may not just be experiencing in that so-called dream state.

Now, when you come back into this vibrational level and into your conscious state in this incarnational period, many times, what you experience in that altered state of consciousness is not accurately remembered or consciously remembered if you enter into this so-called awakened consciousness state. So there are alternation of the experience in the dream state that are remembered, if you wish, in the context of something that you can relate to in this incarnational period, or they have absolutely nothing to do with this incarnational period at all. In that state of consciousness, it's possible to be experiencing other activities and other incarnational period, and then once again coming back into this incarnational period and using some type of experience in familiar concept to give credibility to what it was that you were experiencing. But it may not be that at all. It's very difficult to come back from the dream state and bring with you an accurate recall of what it was that you were experiencing.

It is possible, however, to be involved in what we refer to as lucid dreaming, and that is to intentionally, as you enter into your so-called dream state to intentionally, from conscious, desire to take your so-called awakened consciousness state into that dream state to, as a result of that, have the capacity to consciously have an influence to alter what it is that you're experiencing in the dream state. Many entities are quite too proficient at that type of interactivity. However, once again, as you enter back into your consciousness because of your desire to put in place that limitation of understanding of who and what you truly are, the remembrance or the recall of what you're actively involved in, is once again distorted. And it is many times based upon the experiences that you've had in this particular incarnational period to make it real, to make it more acceptable, if you wish, in your awakened consciousness state.

You see, if you are to bring back into your consciousness all of the activities that you're involved in, in your so-called altered states of consciousness, in all of the other areas that you are creating in, you would in your awakened consciousness state not have the capacity to understand the concept and to function properly in your awakened consciousness state, and you would be what you might refer to as an insane state of consciousness, not possible for you to, in your awakened consciousness state, from the concept of the ego, to hold within that consciousness, the entire spectrum of what it is that you're involved in of the creation process.

To give you some type of the understanding of what that is and how difficult it would be, you can understand that within your physical being, various levels of your consciousness are carrying out a multitude of activity. You have what you refer to as basic voluntary reactions and muscles controls that your seemingly conscious mind does not have control over. Your individual cells are continuously interacting with each other, a continuous interaction and exchange of information of materials through each cell of your entire body, millions of activity being carried on simultaneously, that you in your conscious state are not aware of, or at least, if not aware of, you are at least you are not in direct control of from the conscious state. The subconscious looks after that. So it is that your subconsciousness also looks after the multitude of the creation processes that are not only carried on with each and every cell within your body, but within each and every cell in the entire universe, and not only in this incarnational period, but in all of the other incarnational periods.

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And so you have a dream in your involvement of that creation process, when you come back into your conscious state, you bring with you, many times, not an accurate recall of that particular dream at all, but rather something that's familiar, so that your consciousness can accept it and validate it and accept it as being simply a dream, without understanding the full impact of what is having upon your creation process. There are exceptions to that, we would suggest, particularly in entities who are, for lack of a better terminology, more intuitive, more in touch with the possibility that they can indeed have an effect upon their creation process from conscious state, and in that dreams state have intuitive suggestions, if you wish, of certain activities that they are involved in, or have the potential to be involved in your awakened consciousness state. Many entities look at them as, once again, very intuitive people. It's a capacity. It's a picture, if you wish, that's available to each of you. You have but to believe. Your future is a validation of your belief system.

And you can, if you wish, get glimpses into what your belief systems are and as a result of glimpses into that belief systems that you hold, indeed, have the capacity to have glimpses into the possible future that you can experience, the validation of those belief systems. The dream that you're experiencing, however, is simply a dream that's involved in creation processes and other incarnational periods, other activities that you're bringing back and you're bringing back in what you refer to as the familiar type of environment, familiar surroundings, and lends validity to it.

We would suggest that it's probably not something that you should be overly concerned about, not something that's having a positive or negative influence upon your reality from that conscious state, but simply consciousness attempting to retain memories of what it was that you were experiencing in your so-called dream state. The capacity for an individual, any entity, not only you, but any entity, to retain rather clear and accurate memories, even though this may be distorted, is indeed an indication that it's not that far for you to take the next step, to be involved in that lucid dreaming, where you can go the other way and take your consciousness into the dream state and have that capacity to consciously influence the realities that you are experiencing in your dream state. Even though, once again, many times, when you come back into your conscious state, the memory is distorted, nonetheless, consciousness through practice, can become very competent at being involved and retaining to a certain extent, the memory of the involvement in that dream state.

Does that answer your question?

Questioner: Yeah. Ah, I know you've mentioned about addictions before, but why is it that some people are more susceptible to addictions, how is that?

It's a validation of belief system. It's really that simple. What do you believe?

Once again, there are certain physical aspects that are involved in the DNA and indeed in the genetic makeup that it can have an influence upon one's capacity to control or be involved in addictions, that you put in place through choices and decisions, through choices many times that were made in your so-called between incarnational state to bring into this incarnational period the capacity to be involved in a creation process and a reality where addictions are very strong probability. Some entities more addicted to certain elements than others, physical aspects that can be measured, if you wish, through your DNA and through your genetic makeup, but still, choices and validation of belief systems that one holds and within one's capacity to alter.

What do you believe? The reality you experience is a validation of the belief you hold, without exception. If one wishes to change a reality, one must change the belief system. It's really that simple. If you change your belief, you will change the reality. Addiction to the validation of a belief system, many times, once again, contained within the genetic and within the DNA makeup of the individual, but nonetheless based upon choices that were made, belief systems that are held and can be, particularly as you enter into this new age and new energy, influenced consciously and altered, should one choose to believe.

The difficulty is to accept the responsibility, that the reality is a reflection of your belief systems entirely, and that you have the capacity to alter it. [They are in the mind and-45:30], the love, if you wish. You see, you are the entities who are addicted to a certain element, which suggest that it's beyond our capacity to control. And then you validate the belief that you hold. If you don't believe that you can control, then you should validate the reality. If you believe that you are addicted to something that is not within your capacity to alter it or that the alternation is going to be very difficult, then you still have that which you desire. And the belief system will be validated. The addiction will be very difficult to alter or to indeed eliminate. The reality you experience is a reflection of the belief you hold. It's really that simple. If you wish to alter an addiction, you must alter first of all the belief that you are addicted to. Addiction is a choice, and not an affliction. Does that answer your question?

Questioner: Yes, thank you.

Joshiah: Well, now, it is indeed once again being a very enjoyable interaction and we would like to express our gratitude to each of you for allowing us this opportunity. And we would once again remind you that we are not separated by time or space, rather by a vibrational level. Should you choose to interact with us, you have but to express the intent, and we would welcome that opportunity to interact and to share with each of you. And until we once again are offered this opportunity and we once again interact, we shall bid each of you farewell, with love and with peace.