2011-11-06 Joshiah：问答录-自我价值（N）

We begin. We express our gratitude to be each of you, for once again offering us this opportunity to interact with you in your vibrational level and express as well our greetings to each of you and remind you that continues to exist that opportunity for you to be involved in that silent communication and in that telepathic interaction and in the exchange of information with other entities that would be with us on this afternoon, or indeed that portion that you refer to as your higher self, or that spark of consciousness that you are. Once again, the information that you receive in that altered state of consciousness in that silent communication, many times is much more pertinent to your individual needs and desire than this information we attempt to express through the rather limited use of the vocabulary. But as always, the choice to be involved in that communication is yours, absolutely.

Now, this reality, as we had suggested again and again and again, is simply an expression of a validation of beliefs and belief systems that you hold. Belief systems that are, for purposes of simplicity, possible to break down into three categories into the human consciousness belief system, into your societal belief systems and into your individual belief systems. And in that descending order of the difficulty in terms of your capacity or ability to alter those belief systems, for the human consciousness belief systems, once again, are belief systems that exist throughout your vibrational level, for the purposes of allowing you to have a very coherent existence that vary from one entity to another.

And it's as well seemingly that's a very difficult for you to be in control of the reality that you are experiencing in your awakened consciousness state. Human consciousness belief system is that you agree to, when you enter into this vibrational level, on a consensus basis, for your entire existence and for the entire group of entities that exist within your vibrational level.

And again, it's important to understand that this is not something that you are being subjected to, but rather something that you choose to be involved in. Understanding that you have a choice, is crucially [for wish-3:59] to understand and have the capacity to influence your reality from a conscious state. You see, once again, this reality is a validation of your beliefs of belief system. You can influence it consciously in a manner that's been very difficult before. But the process of creation does not change. It's the way that you've always created that reality through all of the involvement that you had in this vibrational level. It's simply a validation of your beliefs or belief system. Consciously understanding what those beliefs or belief systems are can be very difficult, absolutely, because you choose once again to make it difficult, because you choose to be involved in creating and sustaining human consciousness belief systems, and the existence of that electromagnetic type of energy, that we refer to as the veil, that limits your capacity to understand who and what you truly are and to understand the creation process that you involved in from your awakened consciousness state. So you choose to make it difficult.

You choose. Choice is the key element to understanding. For you see, if you don't believe you have a choice, then it becomes very difficult for you to believe that you can alter your reality. If you don't believe, that you are in control, and it's very difficult for you to believe that you can make a choice, to alter the belief and the reality that you experience in your awakened consciousness stare. Choice.

Understanding what your beliefs are, once again, can be a very difficult task for you to accomplish in your awakened consciousness state. And even more difficult, if you don't believe that you have the choice, the reality you experience is a reflection of the beliefs you hold, if you believe you're not in control, then you will create realities to validate the belief. You will create the reality. You see the irony of it is, the creation of the reality is something that you're accomplishing continuously, no matter what vibrational level you exist in, the creation process is something that you are involved in. If you choose to believe that you're not in control, then you once again create the reality to validate the belief that you're not in control. And it's not a right or wrong belief. It's simply a belief that you choose to hold and the spark of consciousness that you are creates the reality to validate the belief.

If you believe that there are other entities that influence and create your reality, then you will have all types of the experiences to validate the belief. You will create the realities to validate whatever belief it is that you hold. Understanding in the awakened consciousness state what those beliefs are, again, can be very difficult, more difficult if you believe you're not in control, more difficult if you choose to allow some other type of the experience to validate the belief that there are other entities or an entity that is influencing or indeed creating your entire reality.

Again, it's not a right or wrong. It's important as well to understand the only judgment of what is right or wrong is from the human consciousness state, the spark of consciousness that you are does not judge whether or not the reality you experience in your awakened consciousness state is right or wrong, good or bad. You see, until you can grasp that concept, it becomes very difficult for you to accept, that you are in absolute control and that you are creating joyously the reality that you are experiencing. Again, that's a very difficult concept to grasp, if the reality is a less than desirable reality. Judge from your awakened consciousness state, from the spark of consciousness, from the level of your consciousness from which you create that reality, there is no such judgment. It simply validates the belief you hold. So if you don't like your reality, if you don't like the experience you're having in your awakened consciousness state, alter the reality.

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And again, that can be very difficult, because many of these belief systems that you hold are reliefs that you put in place in your altered state of consciousness. You see, you believe in your awake state of consciousness, that's it, this is the most important existence that you're involved in. You choose, once again, to put that type of limitation upon your understanding of your creation process in place. You choose to put in place the limitation of understanding who and what you truly are. You choose to put in place the limitations of understanding, that you are involved in a multitude of creation processes, in a multitude of the existences, if you wish, at the same time, simultaneously. For time and space are illusionary, there is no such thing as a past or a present or a future. You are involved in creating a multitude of incarnational experiences simultaneously. And when you were in your awakened consciousness state, and each of you have one of those creation processes, you believe that's it.

And so when you're in your so-called awakened consciousness state and this incarnational period, you believe that, all that you're experiencing is a result of what you choose in that so-called awakening consciousness state. It's really not that way at all. In your altered state of consciousness, you choose many of the beliefs that you brought into this incarnational state that are indeed influencing the reality that you experience. If you feel that you have physical limitations or physical attributes that were somehow magically bestowed upon you, we would suggest that those physical limitations or attributes were as the result of choices that you made in the altered states of consciousness.

You didn't enter into a particular environment, into a particular family situation. Well, it was merely by choice. If you just happened to end up with that, absolutely not. You ended up there because you choose in an altered state of consciousness to be involved in that type of creation process and that reality, and you agreed with the other entities that you interact with to be involved in that type of creation process, and you put in place belief systems that you brought into that particular incarnational period and into that particular situation, so that you could have various experiences or the possibility or potential to have those experiences.

And recently, your scientists have discovered what you referred to as the DNA. They are discovering that stored within that DNA all of these various possibilities and probabilities for experiences for you to have in this incarnational period. We suggest that those particular possibilities or probabilities of their experiences are the result of the manifestation of belief systems that you chose to bring into this reality, and that other entities agreed to participate and to facilitate in the creation process of [that was once their -13:33] experience and validate belief systems that they hold.

So when you in your awakened consciousness state believe that this is it, we suggest by going withinside, you will have a much better access to the understanding of who and what you truly are. Going withinside, you will find the answer to question that you have. Going withinside will give you, many time, an opportunity to influence to understand and to alter the belief systems that are influencing your reality that are much more difficult to comprehend in your awakened consciousness state. Going withinside allows you the possibility to come in contact with it to understand, if only for a brief instance, who and what you truly are. That opportunity exists for each of you. You have got to believe.

The reality that you experience, once again, is a reflection of the belief you hold. A combination of belief, not just one belief, but it's a combination of belief. They interact with each other. As we suggested before, it's like looking at a particular element, a particular object, and experiencing in your awakened consciousness state, and understanding that that object and that element is comprised of a multitude of molecules and atoms that are arranged in such a manner as to make the object appear to have the form or the capacity for you to comprehend it as it is. It's not just one particular atom or one particular molecule, but is indeed a combination of a multitude. And so it is what you believe and the realities that you experience are a reflection of belief system, a combination of the human consciousness, societal and individual belief systems.

Once again, very difficult for you to alter the human consciousness belief systems, easier for you to influence and alter the societal belief systems and much easier for you to alter your individual belief system. It's grasping what that belief is, becomes a difficult aspect. The beliefs that you hold influence the thoughts and feelings that you experience, the beliefs that you hold influence your decision and your choices.

And we suggested that one of the opportunities that you have to discover belief systems, is to pay attention to your attitudes, pay attention to the spontaneous attitude that you have when you experience a certain active that you involved in your awakened consciousness state. The spontaneous attitude, not the one that you consciously think of, when "I'm not supposed to have that feeling, I'm not supposed to have that attitude, I'm always supposed to hold this positive attitude, I'm always supposed to put this type of feeling out there." We're suggesting that you pay attention to the spontaneous feelings and the spontaneous attitudes, to give the glimpses of what the beliefs are that you hold, pay attention to the choices that you make spontaneously. Those choices, when you look back, "Oh I should have done that. That is the wrong choice. I should have thought more about it." That spontaneous choice, that spontaneous attitude will give you glimpses into the belief systems and beliefs that you hold, that are responsible for the reality that you are experiencing. And you can either enhance that experience by strengthening the belief, or you can change it by altering the belief. But first you must understand the belief.

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You create your reality, you do it on the continual basis. If you can accept that is being an absolute, then it becomes easier for you to understand that, if you can change the belief, and it follows you will change your reality. The irony of it is， that you do it on the continual basis. That's the irony, whether you choose to consciously believe it or not, does not matter.

There are three truths and one of them is that you create your reality to validate the belief you hold. You can change that, you can change the belief, you can change the reality, but YOU change it, YOU must make the choice. It's your reality, it's your belief, it's your choice. And the choices and decisions that you make influence your thoughts and your feelings that indeed have an impact on the belief systems that you hold.

And conversely, the beliefs that you hold, will influence the decisions that you make. It influences how you think and feel about certain situations that you are involved in. Pay attention, once again to the spontaneous reactions, the spontaneous attitudes, the spontaneous decisions and choices that you make, without consciously thinking about it. And it will assist in giving you clues into what the beliefs are that you hold, so that you can, once again, either strengthen the belief if you're finding it to be a very desirable reality you are involved in, or if you don't find it a very desirable reality, if you wish to change it, change the belief. Change the belief. That can be very difficult to do, but certainly not impossible.

And as you, once again, enter into this new age and new energy and continue the alternation and the completion of alternation of the energy that make up this vibrational level that you're existing in, you shall have the opportunity because of your choice, to consciously influence that belief in a manner that has been very difficult in your so-called past or, your so-called history. The choice is yours.

The reality that you experience is a reflection of the belief you hold. If you don't like the reality, change the belief. Understand that you already continuously alter beliefs. If you want to do reality, you now have the capacity once again in a manner that has been very difficult in your so-called past to alter that belief system consciously.

Now, if you have any questions, we would be willing to attempt to answer it for you.

Questioner: Can you speak on, hmm… I guess, self-worth. Now self-worth, I believe from societal, personal and it go back to another entity, self-worth.

Joshiah: It can be a combination of different levels of consciousness on self-worth absolutely. Whether it's something that you choose in your so-called altered state of consciousness or in your conscious state, that type of belief is no more difficult to alter than some other belief that an individual might hold, absolutely. It's simply a choice. It's a choice that one chooses to hold a particular belief system.

We suggested, that if one wishes to have the capacity to consciously influence the reality, then one must, first of all, believe that they are worthy of achieving that which they desire. Self-worth indeed becomes part of that worthiness, that believing that one has the capacity to alter the reality, to believe that one is deserving of the reality that they desire to experience.

And again, it's a combination of beliefs and belief system, not a simple one belief that one can alter and suddenly the entire reality alter. In order for one to believe they are worthy of a particular experience or indeed worthy of being able to create the reality consciously, you must like who you are. If you don't like who you are, it becomes very difficult to love who you are consciously.

We suggested many times that the reality one experiences is created from a position of absolute, unconditional love. It's not that an individual or any entity is not capable of experiencing unconditional love for themselves at some level of your consciousness, that who and what you truly are, that's the position from which you create this reality, that's why you create this reality, without judging whether or not it's right or wrong. If you’re to love someone unconditionally, then you would not judge that whether they do something is right or wrong, good or bad, and make your love for that individual on that type of the judgment. Unconditional means unconditional, means there are no conditions.

And that's the love from which the spark of consciousness that you are create this reality, unconditional, does not judge whether it's right or wrong, simply gives to you that which you desire, to validate the belief that you hold. And if you choose to believe that you're not worthy, then you will create the realities to validate the belief system, absolutely. If you wish to alter that consciously, and we've suggested many times you must first like who you are. You must like all of who you are, not just some parts and "I don't like this, but I like this." Like who you are. See the parts that you don't think are desirable and like them anyway.

Put in place a list of principles and apply the principles when the opportunities present themselves. You create the opportunity, you create reality that gives you those opportunities to apply the principles, so that you can indeed build a character. That's the character that you wish to be. Not a character that you build because you are trying to influence some other entity or trying to have other people impressed, so that they will like who you are, but a character that you build because that's the character that you wish to try for yourself.

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To like who you are. And when you like who you are, you begin to look at the individual and have the capacity to love consciously who you are. If you don't like who you are, it becomes very difficult to love who you are. And if you don't love yourself consciously, it becomes very difficult to have that self-worth that's necessary for you to create the reality that you feel is desirable. You continuously sabotage the reality, "I'm not worthy of that." You validate the belief. If that's the belief you hold, you validate the belief. It's really that simple. It's not complicated at all. Ultimately, it can become more difficult, particularly if one does not take the necessary steps to like who you are and love yourself consciously. Go withinside, the answer is always inside.

Go withinside, entities meditate, given to this altered state of consciousness. And even in these altered states of consciousness, this veil that you put in place is sustained. It's there, you put that in place for the purpose of limiting the understanding of who and what you truly are. And so when you alter your consciousness, you continuously create realities that limit your capacity to understand who and what you truly are. So you go into a meditative state and you get into this very, very lovely existence and realities, you just feel tempted to say there. It's a very inviting. It's very comforting and relaxing. And benefits can be quite hmmm… extreme in terms of the effect that it can have upon your physical being in your awakened consciousness state, it can affect your health, it can affect your stress levels, it can affect your entire existence and you can feel very, very worthy, if you wishes.

When you return to your conscious state from that meditative state, it can be a very inviting environment to exist in. And many times, it's what one desires when it enters into that meditative state. But we would suggest that is a reality that you are creating again, like the reality you experience in your awakened consciousness state to limit the capacity to understand who and what you truly are.

You see, the construction from going deeper, if you put that aside, walk on, putting it aside and going deeper and putting it aside, and the experience is getting more and more intense and more real, it becomes more and more difficult to put them aside. When you begin to interact with other entities that you believe that are existing in other realities, the entities that you believe had somehow died and had left this vibrational level, and suddenly you find yourself interacting and sharing conversations with it. It becomes very difficult to put that aside, as a reality that you have created and you are involved in the creation of, along with those other entities. And to put that aside and to go deeper, and to go deeper, and to go deeper, and to get past and to go more and more into seemingly nothing. To put it aside, put it aside and go deeper and deeper, until you come in contact with that spark of consciousness that you are, and you become overwhelmed with the feeling of unconditional love.

 And you get a glimpse of who and what you truly are. And when you come back into the conscious state, you bring with you that glimpse, and you also bring it the understanding that it's a feeling with insane experience that lacks description in the awakened consciousness state. It's something that you can't explain to someone, but something that you understand, that that's someone can experience, should they choose to. And when you get a glimpse of that unconditional love, of who and what you truly are, it becomes much easier in your awakened consciousness state to accept the responsibility for the reality that you're experiencing and to like who you are and to love yourself consciously.

And the key to conscious reaction to love yourself consciously. And going withinside, looking and searching for the answers withinside can be a tremendous asset in that understanding consciously that you are indeed the creator of the reality you experience, and you are worthy of creating a desirable reality. Is that answer your question?

Questioner: Yes, thank you.

Joshiah: Well now, as there are no more questions, and we would suggesting once again, that it has been indeed a very enjoyable interaction and we welcome these opportunities to interact and to share with each of you.

It's important to understand that we simply reflect that which you desire to you. To believe that we somehow have access to information that is not available to each of you is ludicrous. There is not one entity existing not only in your vibrational level, but in any other vibrational level that has access to any type of information or understanding that is not available to each of you. You have but to believe. And the opportunity for you to have that experience and that understanding exists for you, absolutely.

So when we enter into your vibrational level, once again, we welcome that opportunity to interact and to learn from each of you. And we would once again welcome the opportunity, should you express the intent to interact with us at any time. And we would remind you that we are not separated by time or space, but by a vibrational level. And we would once again, welcome the opportunity to interact and to share with each of you. And so until the next time you offer us the invitation, we would bid each of you farewell, with love and with peace.