2012-03-04 Joshiah：对体验的反应与承担责任（N）

Well, now, it's once again… allow us to express our greeting to each of you, and as well, we express our gratitude for your offering this opportunity to interact and to share with each of you once again. And before we begin, as always, we would suggest to you, that there exists this opportunity for you to be involved in what we like to refer to as silent communication or telepathic interaction and the exchange of information with other entities that would be with us on this afternoon, or indeed with that portion that you must refer to as your higher self, that spark of consciousness that you are. And once again, as well, the information that you received during that interaction, although it may not be readily available to you to have the total recall of that interaction, nonetheless, we assure you that it does occur and as well, in your so called day-to-day activities, there can be what you might refer to as intuitive suggestions that are a result of that interaction of your expressing the desire to have that spark of consciousness that you are be more available or aware of your creation process in your so-called awakened consciousness state.

And so we would encourage you to be involved in that interaction, that telepathic exchange of information. You have but to close your eyes and express the intent, and once again as a result of the energy that you have created, you will find it quite easy to alter your consciousness and to shift into that meditative state, and to be involved in that interaction, that telepathic exchange of information. But as always, of course, that choice is yours, absolutely.

Now, once again, you exist in this vibrational level by choice. You create your reality through your choices and decisions, through you believe systems, how you think and feel. You choose to put in place an electromagnetic type of energy that we refer to as the veil, that limits your capacity to understand your creation process, not only in your awake conscious level, but in varying degrees through all the levels of consciousness that you exist in, where you continue to be involved in this vibrational level. You do so, because you choose to be involved in the process that because you don't consciously understand the creation process, you have the opportunity to experience an intense range of emotions and feelings, And that it is not possible for you to experience in the other so-called vibrational levels or other existences that you have and do have the opportunity to be involved in. Your reality is a reflection of your belief system. It seems to be here you limit your capacity to understand. It's really that simple. You go great lengths to make it more complicated, but it's really that simple. The reality you experience is a reflection of your beliefs and of those things that you desire to experience in your awakened consciousness state.

Now, for many, their involvement in reality reactions and experiences that you would question in your awakened consciousness state, if that's something that you truly desire. Realities, day-to-day activities that you're involved in, that you would once again in your awakened consciousness state hold as being less than desirable, and therefore would question that it's your choice, that it's your creation, and that at some level of your consciousness , you're actually rejoicing in that creation process. A difficult concept to grasp in the so-called awakened consciousness state, absolutely, we understand that, but nonetheless, the reality is a reflection of the belief you hold. You create your reality.

One of the things that you can't alter, one of the things that you can bank on, if you wish, is that you are the creator of the reality that you experience, whether it's the reality that you find desirable or less than desirable, it's still a reality that you choose to create, that validates your belief system, that's based upon your choices, that's a validation of what you deserve. As difficult as that may be to grasp, you're so much more than what you will perceive in your so-called awakened consciousness state, so much more. And that as well is very difficult to grasp, particularly when you're involved in a creation process once again, that you find less than desirable, and that you allow, you allow to consume so much of you awake consciousness thought process, thoughts and feelings, influence your choices and decisions, influence your belief systems, and therefore influence reality in your creation process.

And we've suggested that you're entering into an era, if you wish, in which you shall have the opportunity to consciously influence and create your reality, not only shall but do. You see that opportunity is available in a manner that has been very difficult for you to achieve in your so-called history in your past, because you chose to limit your ability to create your reality consciously. You chose to put it place an energy that made it difficult for you, not impossible, but more difficult for you to consciously influence and create your reality. You have altered that as human consciousness, you have altered that energy that allows you to consciously influence your reality. So when you're involved in a creation process, you, once again, are experiencing a reality that you find less than desirable, it's important that you understand, that we have never suggested that, as you enter into this new age and new energy, you have the capacity to influence your reality consciously, that it would always be what you might refer as in your awakened consciousness state, a very desirable reality.

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Once again, right or wrong, good or bad, is an awake human consciousness concept, does not exist at the level from which you create your reality. The spark of consciousness that you are validates your belief system, gives to you that which you desire, and does so from a position of absolute, unconditional love, and does so joyously, without judges whether it's right or wrong. The right of wrong, good or bad is an awake human consciousness judgment. That concept that you apply, you apply because it allows you to validate your so-called societal belief system. It allows you, in your awakened consciousness state, to put in place the limitations in the borders that allows you to interact and to function, to give you what you might refer to as that desirable existence, that positive experience, as opposed to the negative or less than desirable realities.

So you put in place those limitations, absolutely. You put in place the societal belief systems that influence your reality, that influence your so-called awakened consciousness experiences. But your individual belief systems are within your capacity to alter, much easier than your other belief system. And in this new age and new energy, your thoughts and feelings influence your belief systems, your attitudes, which, once again, is a reflection of the reality that you experience. And so when you're involved in these so-called negative realities or these less than desirable realities, if you dwell on the negativity, you dwell on the aspects of your existence that you hold as important, you once again influence the belief systems, and the spark of consciousness that you are, gives to you that which you desire. The spark of consciousness that you are, validates the belief systems. The belief systems in this new age and new energy once again can be influenced consciously. And when you begin to influence your reality and your belief systems consciously. It once again followed certain patterns or creation processes, how you think and feel. Your choices. What it is that you desire, your imagination and your expectation to bring certain experiences in your awakened consciousness state.

So it's important that you understand that, in this new age and new energy where you choose to consciously create a reality, the reality that you experience does not necessarily in your awakened consciousness state, have to be a desirable reality, for that spark of consciousness that you are to rejoice in the creation of that reality. It's a difficult concept to grasp. We understand that, absolutely. Accepting that you are the creator of each and every element in each and every experience that you have in your awakened consciousness state, can be a difficult concept to grasp. Ironically, when it's a very good experience. It's much easier for you to grasp that belief system or to accept the responsibility for the reality that you are experiencing, but it's when it's a less than desirable experience, then it's much more difficult for you to accept that responsibility. And yet only through the acceptance of the responsibility, can you alter the reality. If you don't accept the responsibility, if you would suggest that it's simply a fact that's beyond your capacity to control, then the spark of consciousness that you are will validate that reality. And you may or may not have what you would in your awakened consciousness state would experience as a desirable reality.

When you don’t accept responsibility, then it means that it's beyond your control. If it's beyond your control, then you have a difficult, if not impossible task to influence it and control it consciously, not only consciously, but from whatever level you desire to various techniques that you attempt and experience in meditative or altered state of consciousness. If you hold the belief that you're not in control, the spark of consciousness that you are validates the belief system without judging it’s right or wrong. And you have all parts of experiences that you can point to and say, ”There, I told you, I am not in control. There's some other energy that has been influencing my reality.” You can have that.

You see, we're not suggesting for an instance that one particular method of technique or one belief is any more beneficial than any other that is any more right or wrong than any other. You're can have what it is you desire. If you choose to believe you're not in control, that's not a right or wrong judgment, absolutely not. You may in your awakened consciousness state have some type of judgment on that type of a belief system, but the spark of consciousness that you are, once again, does not judge whether it’s right or wrong, but validates that which you choose to believe. If that what you choose to believe, then go for it. It's not right or wrong. The consequences are that you will experience realities that validate belief systems that you're not in control. And you can have that, absolutely.

If you choose to believe, that you are existing in this reality because you have been put here for some purpose, and that the realities that you experienced are beyond your capacity to control, then you can have that reality absolutely. It is your choice. It just becomes very difficult as well then to accept that you can influence the reality consciously. It becomes very difficult to accept that the thoughts and feelings that you have and the beliefs that you hold are indeed reflected in the reality you experience.

The reality you experience validates desires that you hold. We have suggested in the past that it could be beneficial for you to know what it is that you desire. Because through you desire, then you can utilize your imagination as to what it would be like to experience that in this reality, and even bring it into the reality, providing that you have the expectation that you do have the capacity to create it and to bring it into the reality, providing that you do have the expectation that you are deserving to experience such a reality, then you can have it. Not only can, but do. That's the irony of what we express to you, is that you not only can but do have that which you desire, you not only can, but do alter your belief systems to alter your reality, you not only can, but do influence your belief systems from your thoughts and feelings and your choices and your decisions.

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The irony of it is that each of you, without exception creates the reality through that manner. Each of you, without exception exists in each and every atom of your entire universe. Each of you, without exception, are the gods you search for, and each of you without exception is a spark of consciousness, is no more and no less than any other spark of consciousness that exists throughout all of creation. You are all that it is. You can't change that. You can now, however change your reality. If you change your belief system, you will change your reality.

Now, that becomes a very difficult concept to grasp. We suggest that it's the belief system, as opposed to the simple belief. You see, you may be experiencing a less than desirable reality and you look at that reality and say, "Well, I don't believe that I deserve that or I don't believe that I want that reality. I don't wish to hold that belief." And so you utilize your imagination to attempt to bring into this reality and alter the type of experience, you attempt to change that which you desire, that's one belief to be held as being responsible for that reality that you're experiencing. But that one reality interacts with a multitude of other belief systems and beliefs within the belief system, to come into its creation. It's not just the one belief, but a combination of belief systems, and beliefs within belief system, that's responsible for your reality experience.

You have human consciousness belief system, once again, that's very difficult for you to alter. You have your societal belief systems. You have your individual belief systems. And interactions between those belief systems, and combinations of beliefs within those belief systems, that is responsible for the reality that you are experiencing. Conscious creation of positive experiences and positive realities is very difficult to achieve, if, number one, you don't believe that you are in absolute control, and number two, you don't, for some reason, expect that you have the capacity to bring that reality into existence.

Expectation of the creation process is one of the most difficult aspects for some to experience in various areas and it alter from individual to individual. Some individuals may have absolutely no difficulty in achieving abundance in their reality. They expect that they have that capacity to create that reality, so abundance is not an issue. However, they may have very difficult issues regarding relationships. It is, you see, that involves other elements of beliefs and belief systems in the creation process. And they have difficulty in achieving health issues, for example. Because again, that involves different beliefs and belief systems, while that particular individual may have absolutely no difficulty in achieving abundance of relationships.

And we can go on and on with all types of different examples, but each of you can look at other individuals that you interact with and suggest that, that individual has no difficulty in achieving their abundance, but "Wow, they are so unhappy," because they don't have any relationships that give them any type of enjoyment or commitment or the feeling of belonging, the feelings that come with a sense of being loved and being involved in loving situations. And that there can be another individual who has absolutely no problems with the relationship aspect, but has difficulty in achieving the abundance, because, you see, for them, abundance is difficult, for them, abundance is a reality that's beyond their capacity to grasp and to change. You see for them, money is real. Relationships, you can work on, because that's simply an expression of your personality. But money, now that's real, that's outside of simply altering that which is withinside each of you.

And all of you have that capacity and can look at different individuals and say that individual has no problem with this part of creating the reality, but they do have difficulty with this part. It's because of different belief within belief systems. What do you believe? It's because of different expectation. It's because of different desires. It's because of choices and decisions that are made. It is because of the thoughts and feelings of the different individuals. Invariably, when you speak to someone who seems to be achieving a very desirable reality, and you ask them to express their thoughts and feelings regarding that creation or that particular experience that seems to come so easy to them in their day-to-day activities, and they will tell you that, "It's easy, it's not a hard thing to do at all, it's easy. I don't even have to think about it. It just occurs." Because you see they expect it to come into the reality. They believes that, that's something that they deserve. They understand that, it's not a difficult aspect to achieve. But there are the realities that they find difficulty in achieving. It's an entirely different aspect, "Ah, that's more difficult. There I have trouble achieving and creating.” It's because of belief within belief systems.

Holding something up as being important, when it really is an illusion, can influence the reality you experience, which you might refer to as a negative experience in your awakened consciousness state. Allowing yourself to become emotionally upset or involved on an issue that may or may not have relevance in your overall existence or life experience, can have a negative impact upon the reality that you're experiencing your awakened consciousness state. Even your scientists now understand that negativity in your thoughts and feelings, influence certain elements within your body, that allow you to experience which you would refer to as less than desirable realities. When you’re involved in reality a day-to-day activity, you once again, create the entire experience. You, in conjunction with others, are involved in that creation process, each of you agrees to participate.

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You can be involved in a reality, that for one individual can cause all parts types of anxiety, can cause one to feel very upset with the events and the experience of those events that they're involved in the creation process of. It's important to grasp that concept that you’re involved in that creation process. And there can be another person who agrees at some level of consciousness, once again, to be involved in and create a similar experience to be involved in that exact interaction, and yet have an entirely different reaction. One can be what you might refer to as a negative reaction, the other one, a positive reaction. A positive reaction influences the energy that exists within your body. The positive reaction influences the DNA and the energy that surrounds the DNA. The negative energy and your experience as a result of a negative experience or what you might refer to as a negative experience, even though it's exactly the same interaction as that other individual who took it as a positive experience, a negative experience as well influences the energy that surround your DNA, releases different chemicals into your physical body, so the one has a negative impact upon your existence, not only your mental.

You see, so many of you awakened consciousness state, have a tendency to believe that your consciousness exists somehow in your mental being. It's not only that way. Your consciousness exists in each d cell of the entire being. Your consciousness, at some level, exists within each and every cell of your entire university. So you have that negative response, I t's not just something that's happening and occurring within your so-called mental capacity, but rather it's a negative experience that's affecting each and every cell of the entire being. Conversely, when it's a positive experience or you take a positive bearing of it, or at least you take off a neutral bearing, you don't allow it to be a negative interaction or experience, but rather, at least once again, a neutral or even more beneficial or positive experience, then you have once again, that experience and that emotion, not only in your mental capacity, in what you seem to in your awakened consciousness state comprehend to be your conscious state, somehow is limited to your mental capacity, but rather, it's experienced in each and every cell of your entire being. It influences the energy that surrounds your DNA. It brings into what you might refer to a negative or positive experience as a result of the alternation of that energy that surrounds your DNA. It is reflected in the reality that you experience in your awakened consciousness state.

The reality you experience is a reflection of the belief you hold. And so when you're involved in an interaction, as something like, you're involved in interactions in your so-called the traffic experiences, and many times has this negative pose, and attempts to put it off and try to make it a positive bearing. When you're involved in that particular traffic situation, understand, that you choose to be involved in that situation, and when you look at it from a negative point of view, then the reactions that you have influence your physical body, not only that, but they create more of those negative experiences, because that spark of consciousness that you are, that validates the belief system that you hold, and so you're involved in this negative traffic situation and you respond in a negative place, "Oh, look at that, you cut me off." The spark of consciousness that you are rejoices in the creation of that experience. And you validate belief system, and you continue to create and to have those experiences, and they influence your physical being. And the result is in what you might refer to as negative experience, beyond the traffic incident. And the spark of consciousness that you are rejoices in that creation process.

Now, conversely, when an individual is involved in traffic situations, and looked at it from a positive point of view, look at it as the other entity is indeed not attempting to cause any type of difficulty, but rather just simply going after their activities, ironically, the interactions that you have with other entities in your so-called traffic situation take on a whole different meaning. And the negative experiences begin to disappear. You begin to have positive interaction, and they begin to have a positive influence upon your physical being. And the spark of consciousness that you are once again rejoices in the reaction process without judging whether it's right or wrong. A very simple example that you can apply to all of the elements and to all of the activities that you're involved in in your day-to-day reaction process.

The reality you experience is a reflection of the belief you hold. Your reaction is the result of your choice. Your reaction influences the energy that surrounds your DNA, influences the reality that you are experiencing in your awakened consciousness state. We suggested many times, that contained within your DNA are multitude, a thousand of possibility. Your scientists are beginning to recognize, that there are certain traits, if you wish, that they can find in one DNA that has the capacity to be responsible for certain health issues, and that particular trait can be found in other DNA and its duplication. Because those entities have chosen to put in place certain belief systems, at levels of your consciousness, many times that are outside of your awakened consciousness state, have chosen to put in place in the DNA the potential to experience certain realities.

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And we utilize, and we use that health issue as a simply example. And your scientists are beginning to realize as well, that your thoughts and feeling, your attitude, influence the DNA. Ironically, they don't influence the DNA, they influence the energy that surrounds your DNA in each and every cell. And as you alter the energy, you alter those particular elements of your DNA from going from something that's a possible experience for you to have in your awakened consciousness state to a probable experience to bring into your reality, to validate the belief that you are influenced by your choices and by your thoughts, and by what it is that you desire, and by what it is that you expect to bring into your reality, by your thoughts and feelings. You are influencing the energy that surrounds the DNA, and turning from possibilities into probabilities, or conversely form probabilities into possibility, and influencing the reality you experience in your day-to-day activities, all of it, all of it, not just some aspect of it, but your entire reality is a reflection of the belief you hold, your entire reality is your reaction.

You are the god you search for, and you cannot fail to come to that understanding. Your experience in this vibrational level is really that simple. It really is. You choose to make it difficult to validate that belief system that you are not in control. You put into the electromagnetic type of energy that limits your capacity to understand who and what you truly are. You are all that it is. You create your reality. And you cannot fail to come to that understanding. All the rest, is illusionary. This incarnational period that you are involved in, that in your awakened consciousness state you hold as being all that you conceive to be ever possible, is but a small and minute part of who and what you truly are.

You are here by choice. The reality you experience is a reflection of your belief systems. The choices and decisions that you make in your awakened consciousness state that influence your thoughts and feelings and have an influence upon your belief systems, that validate that that which you desire to bring you to this reality, that which you imagine and to validate your ability, the expectation to create the reality that you would find as being desirable, your choices, your decisions. If you choose not to believe that, once again, there's not a judgment of whether that's right or wrong. If you choose not to have those beliefs that you are in control, then you will indeed experience realities that validate belief. It's not right or wrong, it's your choice.

Many times it is more comforting to blame someone else, or something else is being responsible for your reality. You see, all the time in your so-called sports endeavors, where one will suggest that some other entity had a hand in their being victories, and the other entity blame someone else or something else for their failures. It's a choice. You can have that if you wish. And you will again experience realities that validate the belief system. There are also some of those who are involved in sports who accept their full responsibility, for the reality creation process, who accept that the reality that they experience is a result of what it is that they desire, that they believe is possible. And quite frequently, they become the stars, if you wish, of the sport fields that they choose to be involved in. The irony of it is that when they alter that belief for whatever reason, other influences that are involved in their so-called day-to-day activities that influence their perspective of who they are, their ability to continue to dominate their so-called chosen sport, can be taken away in a heartbeat, because they change their belief.

You change the belief, you change of reality. It's really that simple. The change can be from what you perceive in your awakened consciousness state to be from positive to negative, or from negative to positive. The spark of consciousness that you are doesn't really care, doesn't make that judgment, simply validates the belief you hold, gives to that which you desire and rejoices in the creation process from a position of absolute unconditional and non-judgmental love.

You are all that it is. You create your reality. And you absolutely cannot fail to come to that understanding. The rest is an illusionary validation of the beliefs you hold. It really that simple.

Now, we would break over a moment or two, and if you wish, we would come back and attempt to answer any questions that you may have for us. And in the meantime, we would remind you that we are not separated by time or space, but rather by a vibrational level. And should you choose to interact with us, you have but to express the intent, and we would welcome that opportunity to interact and to share with each of you. And we would bid you farewell, with love and with peace.