

JOSHIAH

www.joshiah.com

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Joshiah: Well now. Well, once again, it is a pleasure to be invited back into your vibrational level and to have this opportunity to interact and to share with each of you in your reality. And we would like to express our greetings and our gratitude to each of you.

Now. Before we begin, we would, once again, suggest that there exists for you the opportunity to be involved in what we refer to as the silent communication, a telepathic exchange of information or interaction with another entity, or other entities that would be with us on this afternoon. And as always, the choice to be involved in that communication is yours. You would find that as a result of the energy that you have created in this sacred space on this afternoon that it would be very easy for you to alter your consciousness and enter into what you might refer to as a meditative state; to express that intent and to close your eyes and you have that opportunity to have that communication, that telepathic interaction with other entities or indeed with that portion that you refer to as your higher self, that spark of consciousness that you are. The choice is yours. Absolutely.

Now. We have suggested so many times that there are but three truisms, if you wish, that you bring into this vibrational level when you choose to exist in this reality, that you cannot alter. Only three. The rest are all illusionary realities that are reflections of the beliefs that you hold either consciously or subconsciously.

The three truisms—you are that spark of consciousness, that God, if you wish, that you search for, that spark of consciousness that has the capacity to create. That is what you are. So many entities existing within your vibrational level, as a result of erecting that electromagnetic type of energy that we refer to as the veil, believe that they are somehow separated from their connection with their spirituality. That there is some entity that exists outside of your vibrational level that is somehow superior to who and what you are and has the capacity not only to influence your reality but to create it for you and subject you to all types of interactions in this vibrational level and in this reality that you are not in control of, that you are somehow separated from your connection with that Piece of the One that you are. And we would suggest that you are not separated, but rather that you choose to hide from it. And that is one of the truisms that you

cannot change or alter—you are that spark of consciousness, that creator, if you wish, that you search for.

The second, of course, is that you create your reality. Not just some small part of your reality, but you create it all. Absolutely. Either in a co-creation process with the other entities that exist in this vibrational level, or indeed many parts of your reality that you create solely on your own. They are a reflection of what you believe. You can make it as complicated and as difficult as you wish. And you do. You go to great lengths to make it complicated so that you don't understand it. You combine various beliefs in what we refer to as belief systems in order to make it look like this is a real reality that you somehow have no control over and that you cannot alter. You even bring into your particular incarnational periods certain realities and belief systems that you desire to experience so that it seems like you are not in control. But nonetheless, you do create this reality absolutely.

And the third truism that you cannot alter or change is that you are an entity who absolutely cannot fail at some time to come to the understanding of who and what you truly are. You may believe that you might be lost in some type of reality from which it is difficult for you to escape, but we assure you that you are here by choice. You are not here because you have some lesson to learn, other than those that you choose to put in place. You are not here because you have to pass some test, other than a test that you choose to create. And you certainly are not here because someone else believes that there are certain lessons or progressions or elevations that you must achieve. Absolutely not. You are here because it is your choice. Not someone else's choice. And you absolutely cannot fail at some time—if you wish to believe in that illusion of time and space—that you will come to the understanding of who and what you truly are. You cannot fail. This is not a pass or fail test. This is not something that you must reach a certain level of achievement in before you can achieve success. Absolutely not.

You are here by choice. Your choice. And you can leave this vibrational level by choice. Your choice, not someone else's and not some other entity's. And you absolutely cannot fail to come to that understanding on some level of your consciousness.

All of the rest of the beliefs that you hold are the beliefs that you have the ability not only to alter but to completely eliminate and replace if you wish. They are illusions. In your creation of this reality you attempt to make it very, very complicated. You see, the more complicated it is, then the more difficult it must be to change. And if it is difficult to change, then it is more real. And if it is more real, then it is beyond your control. And if it is beyond your control, then you have the capacity to blame someone else, or indeed to experience a depth and range of feelings that is not entirely possible for you to experience if you believe and understand that you create it all. And you are here for a very simple reason and that is to have the opportunity to experience that broad range and depth of emotions and feelings.

We would challenge each of you to look at anything that you do or perceive in this particular reality that you are experiencing and to not be able to trace it back to attempting to achieve a certain feeling or an emotion. That is why you do things. For example, you may be involved in a certain type of employment. For many, that employment allows them to experience types of satisfaction. For many, it is not [an] attempt to achieve satisfaction in the employment but to achieve some type of abundance so that you can achieve satisfaction in other areas of your existence. But nonetheless, you are employed or you are involved in some type of activity for the purposes of achieving certain emotions and feelings. And once again, we would challenge you to take any activity that you are involved in or choose to be involved in or to participate in and to trace it back to the origins of why you are doing that, and you will discover that it is so you can experience the emotions or feelings. That is why you are here. It is so simplistic that it seems impossible. And you, as individuals and as a human consciousness and as a society, go to all levels of attempting to make it complicated so that, once again, if it is complicated then it is difficult to understand and it is much easier to validate this realness, to make the illusion beyond your control. For you do exist in an illusion in your conscious state.

Now. That is not to say that it is not an important illusion. It is not to say that it doesn't have any significance. Absolutely not. But it is still an illusion, nonetheless. And you, once again, go to all types of lengths and trials and tribulations in order to lend some type of validation and to prove how difficult it is to create this illusion. And yet you do create it. The irony of it is that whether you believe it or not, whether you can prove it or not, you do create your reality and it is a reflection of your beliefs. Absolutely.

Now. You have your scientists who are attempting to come up with some type of reasoning as to validate this reality in order to prove that there are certain steps in creating it and if you can follow the steps then of course you can alter the reality. If you can duplicate the creation process and get an understanding of how

something is created then you should be able to alter that process and create whatever it is that you desire. And they like to prove it. You as individuals in your conscious state like to have the proof. You like to validate it. You like to have a conscious understanding. It is like when you look at your physical body and you understand that there are certain concepts that you must adhere to in order to exist in this state, in order to maintain your existence in this incarnational period in this reality.

For example, you understand that you must consume in order to maintain your physical existence. Now. You have put in place all of the necessary elements in your physical body in order to facilitate that consumption and to sustain your existence in this reality. You don't have to understand how that process works. You don't have to understand the process of consuming and through consuming, the body takes out that which it needs and eliminates that which it doesn't need or require or have the capacity to consume or to facilitate. You understand that process and your scientists have gone to all lengths to prove what occurs.

You also understand that when you exist in this vibrational level in this reality that you must consume air. You must take air into your lungs and your lungs have the capacity to absorb the oxygen through osmosis into your red blood cells and through that it is distributed throughout your body and it assists in the burning of energy so that you can function. You can prove all that if you wish. But ironically, you don't have to. You just have to breathe, and it happens quite easily. And so it is when you consume the food, you don't necessarily have to understand the process. You have already put in place the necessary elements to facilitate that interaction and it will occur whether you understand it or not. The understanding is not necessary.

Now. Some of your scientists, and many entities existing in this vibrational level in this particular incarnational period, have the belief that there are certain foods and elements that you can consume that will assist and facilitate in your creating a much healthier physical existence. And if you believe that, then you had best be consuming the proper elements and the proper foods because it becomes necessary for that existence. What is rather ironic is that there are individuals existing within your vibrational level in this particular incarnational period who don't hold the beliefs that it is necessary to consume the same elements, but rather that you can consume other different foods and achieve the same results. And they believe it absolutely. And guess what? They have the same experiences. They achieve the same goals even though there is a difference in what elements they believe is necessary to be consumed in order to maintain and sustain the body in a healthy state.

So, it begs the question—what is important? What is really important? It is it important what you consume? Or is it important what you believe about what you consume? You see, we would suggest that it is important what you believe. For your belief precedes your reality. What you believe will be reflected in the reality that you experience in your conscious state. It is that simple. You can make it more complicated. And once again, your scientists go to all lengths to make it more complicated. But that is it. In a nutshell it is really that simple.

You create this reality based upon the beliefs that you hold, either consciously or subconsciously. If you believe that certain elements are vital and necessary for you to consume in order to maintain and sustain a healthy existence then you had best be consuming those elements. And if you believe that there are other elements that will have negative effects upon you if you were to consume them into your body then you had best not be consuming them. But understand, and it is critical to understand for it is a very important part of this reality creation process from the conscious state, understand that because you believe it does not necessarily mean that it applies to everyone existing within your vibrational level because they may not hold the same beliefs. And those are personal beliefs, well within your capacity to change either consciously or subconsciously. Absolutely.

Now. As you can consume and as that consumption can sustain your physical being without your understanding the process that is necessary to facilitate that transition from what you consume into a useable substance within your physical being, so it is that you can create this reality without necessarily understanding all of the elements that go into the creation process. The irony of it is, not only can you create this reality without understanding the elements that go into the process of creating it but you do create this reality. You see, when a child comes into your particular incarnational period and they are born, they don't question for a minute what it is that they are consuming and how it is going to work. They just want to consume. They want to exist. They don't question for a minute why it is that they must breathe. They simply begin to breathe. And they don't question for a minute how it is that they create this reality. They simply begin to create.

That is the irony—you create it whether you believe it or not. And if you believe that it is not within your capacity to control it, then you will create the illusionary realities that support that belief and it will be beyond your control consciously. Absolutely within your control subconsciously because you create it all anyway, whether you believe it or not. And if you desire to have particular elements come into your day-to-day activities to prove to you that you are not in control, you can have that. You can create that as simply as you can create the elements that prove you are in control.

You see, that portion of you that creates this reality, that spark of consciousness that you are, creates whatever you want without judgment. It does not say, "That is right and that is wrong. You can have this but you can't have that." It creates whatever you desire, whatever you imagine, whatever you wish to bring into your consciousness state, and it does so quite freely and quite willingly without judgment. And it rejoices in that creation. It is in your conscious state that you believe and judge and determine whether or not it is right or wrong or good or bad. Your subconsciousness still creates regardless of what your consciousness thinks of it. And if you desire to believe that you are not in control, you can have that. Absolutely.

You can create whatever it is you desire. You exist in an illusion. This vibrational level that you experience in your conscious state is an illusion. Once again, not an insignificant illusion but still an illusion. And you can change it if you wish. Absolutely. The only limitations to your creation is your imagination. Absolutely.

Now. In your conscious state it becomes very difficult to get that understanding. And scientists go to all lengths to try to give some validation to reality. Your scientists would have difficulty in accepting that you can create this reality simply by altering a belief and have whatever it is that you desire. And yet it is rather ironic that your scientists almost exclusively would believe that this entire universe is made up of some type of atom. And that the atoms are very limited in the numbers that exist. At this particular point in time you believe and your scientists believe that there are approximately a hundred and fifteen different atoms. That is it. That is it. That is all they can discover. Ironically, there could be a hundred and fifteen thousand if that is what you wish because you exist in an illusion. The number is absolutely insignificant. It is only significant because scientists accept that and believe it.

And that atom is so small that it is impossible to be validated visually. Absolutely impossible. And what is even more ironic is that while it is impossible to validate it visually, your scientists not only believe that it is that small but they believe that the components that make up your atoms are infinitely smaller. You have a nucleus, which is composed of the protons and the neutrons. And the protons being the positive charges and the neutrons having no charge and it is the number of protons and neutrons that determine the solidity or the density of the atom. And the rest of the atom has an immense space if you compare it to the size of the nucleus. And in this so-called immense space in comparison to the nucleus, are the electrons, the negative charges that seem to be just simply floating around there in space. And your scientists have come up with this theory. And is it true? If you believe, absolutely it is true. You see, there is no right or wrong. It is not true or false, other than what you believe. That is the key. What do you believe?

Now. The scientists also believe that in this atom there is an immense amount of energy that holds all of these particular elements together. And if they take that atom and get what they refer to as free atoms and bombard them with other atoms, they believe that they can cause that atom to explode. And it is from that explosion that they validate that theory of atoms, and you come up with atomic energy—a release of energy that they believe is contained [within] that atom. It is an illusion! You can have whatever you desire! (*Chuckles*) If you wish to believe that that is how you create it then that is valid. Absolutely. Is it real? It is as real as anything else that you experience in this reality in your conscious state. Even though your scientists can't see it they can duplicate the experiment, and therefore if you can duplicate it then scientifically you believe that it is real. Absolutely.

The irony of it is that your scientists can hold such an overwhelming belief in the theory of atoms and atomic energy, and yet have absolutely no concrete evidence that you are the creators of this reality. You see, you can't see that either. There are many who have become quite proficient at altering various areas of their reality, have come to understand absolutely that they create their reality and they accept that responsibility. Ironically, scientists cannot prove that theory to you. You must go withinside to discover that answer for yourself. And once you discover it you don't need the proof anymore. You don't need someone else to give you that answer. Absolutely not. It can be yours. It can be yours to have.

Now. It is rather ironic that your scientists hold various theories and as you look throughout your so-called past, your history—because you see, you believe, once again, in a linear time and space—but if you look through your so-called past you will find that scientists held all kinds of theories that were absolutes until they were proven that they were not absolutes. And it is also rather ironic that many times it was not the scientists that proved that it was not an absolute but rather an individual who was simply someone who had a vision, a dream, a belief and they did not accept that what the scientists said as being absolute. And there are many examples.

One of the most dramatic ones and perhaps one that you would be the most familiar with is that your scientists at one time suggested to you that this Earth was flat. And perhaps it was. Perhaps it was. You see, it is an illusion. You can have whatever it is you desire. But then along came someone who believed that it couldn't be flat. There is just too many variables and they believe that it must be round and they proved your scientists wrong. You see, the scientists can many times become locked into a way of thinking that limits their capacity to use their imagination to step beyond. They perpetually like to have that belief and the belief that it can be duplicated must reflect back upon that which they already know. And if you already know that

the world is flat then how can it be round? But someone proved that it was round. And it was not a scientist. And perhaps when the human consciousness agreed that it was round, it became round and it was much easier to prove. You see, it is an illusion. You can have whatever you desire.

Your scientists at one time believed that it would be impossible to take elements from your Earth and to create a type of machine that had the capacity to fly. Not only were the scientists proved wrong, but you have begun to create realities where you not only fly within this particular atmosphere of the Earth system that you exist in but indeed beyond that atmosphere into the other areas that are referred to as space. And some of the particular mechanisms that you are applying at this time even defy the basic understanding and concepts of what your scientists had once thought were the necessary elements to achieve flight. You now send particular devices into space that defy past logic regarding flight. And you do it quite readily. And ironically, not only is it accepted, but it is a phenomena that is becoming quite common. And were you to, once again, suggest to someone as little as one hundred and fifty years ago, in your so-called history, that it would be possible to not only fly within your Earth's atmosphere but to visit other planets, they would have looked at you like you were absolutely ludicrous.

The only limitation to the creation that you can achieve in this vibrational level is your imagination. You believe that this particular Earth that you exist on is solid. You believe that the elements that you come in contact with each and every day of your existence are solid. And yet, even your scientists would suggest to you that the majority of those elements are simply a vacuum, a space. And it is rather interesting the scientists refer to the area that is in the nucleus and in the atom that surrounds the nucleus as being a vacuum. They don't say that it has got space in there but rather that it is a vacuum. We would suggest that there is, to facilitate your belief in an atom, not a vacuum but an energy. An energy that exists throughout each and every atom of this entire universe and that you as individuals are the creator of that energy. You as individuals are not only the creator of that energy—and this is where it becomes very difficult for you to grasp—but you are that energy. You are that energy. You are that Oneness, if you wish. Absolutely.

Now. Your scientists believe at this time that it is possible, by splitting certain atoms, to release huge amounts of energy and you have learned how to contain that energy and to use it in assisting you in your creation process in your day-to-day activities. We have suggested in the past that it is also within your capacity to withdraw that energy, to utilize that energy, with absolutely no by-products. It is possible for you to use that energy to create whatever it is that you desire to experience in your conscious state. You have but to believe. You see, it is an illusion.

You exist in an illusion and that is the key. And if it is an illusion and it is simply a reflection of your imagination, what you desire, what you expect based upon what you believe, then why can't you have whatever it is that you desire? Why can't you use that imagination to create whatever it is that you desire? You have but to believe in the possibilities as those individuals who believed that it was possible to fly, imagined, expected it, desired it, and created it and brought it into their reality so that you could have it. There is absolutely no limitations to the creation that you can achieve in this vibrational level other than your imagination. If you can imagine it, you can have it. If you can imagine it, you can put in place the beginnings of the belief system, individually, socially and on the human conscious consensus level to create whatever it is that you desire.

You have, as a human consciousness, began to alter the very energy that makes up this vibrational level that you experience in your conscious state and you are very nearing the end of that transformation. And at that time you shall have the capacity to consciously create your reality in a manner that has not been possible in your so-called past history. We didn't say it was impossible in your past history, but simply in a manner that was not possible in your past history. There were those in your past history who became quite adept at creating the illusionary reality and bringing into this reality that which they desired, that which they believed in. But it was a difficult process.

You have chosen, as a human consciousness, once again, to alter that energy, to alter your vibrational level and to make that particular type of creation process available to you—each of you—consciously, should you so desire. Should you so desire. You see, it is not a must thing. There are not musts that you “must” do this or you “must” do that. It is a conscious choice that you can make. And it doesn't matter whether you make the choice or not. It is not a right or wrong thing. If you choose to remain in this vibrational level and to allow others to influence the creation of your reality—seemingly—in your conscious state, then you can have that.

If you believe to exist in this particular vibrational level in this incarnational period and believe that there is an entity existing outside your vibrational level that creates your reality for you, subjects you to all type of realities that you must suffer through in order to become a better person, well you can have that too. It doesn't really matter. It is your choice. No one is going to say it is right or wrong. Your spark of consciousness that you are, that higher self that you are, your subconsciousness will create whatever it is that you desire, without judgment. We have already told you that many times. But there is that possibility, should you choose, to enter into what we refer to as the new age and new energy and to have the capacity to consciously create your reality.

Now. You can go through all types of investigations on how you create this reality if that is what you desire to do. You can make it as complicated as you want. Or, like the child that breathes in air, you can do it spontaneously and not worry about how it occurs, but accept it, accept it as yours. You don't have to validate it. You don't have to think about it. You don't have to prove it. You simply have to believe it. When each of you were children and you began to take those first breaths of air you didn't question, “How is this going to work?” You didn't question, “Do I have a right to do this?” You didn't question, “Is there some other entity who is going to suddenly cut off my source of oxygen?” Absolutely not. You simply breathed. You took it as your own. You owned it and you knew it was yours to accomplish.

And so it is if you wish to create your reality consciously—you simply have to own it. You have to understand that it is yours. It is not a gift that someone else is giving you. It is yours. It is your creation. It is your creation. You can have whatever it is that you desire. You don't have to ask for it. You don't have to beg for it. You don't have to do anything other than believe. Your reality is a reflection of your beliefs.

Now. Once again, you can, if you wish, look for all types of methods or techniques to achieve this creation process. Absolutely. But what would happen if when you were a child and you took that first breath of air and you stopped and thought, “Now, I wonder, is this what I am supposed to do? I wonder if there is a better way. Maybe I should look for some type of respirator to help me breathe better. Or maybe there should be a cleaner source of oxygen. Maybe I should quit breathing for awhile till I get out of this terrible place because there is all types of odors here that might harm my body so I am not going to breathe for a little while.” Well, you wouldn't have been very successful, that's for certain.

So it is when you are searching for this ability to create your reality consciously you can look for all types of methods and techniques, and there are many individuals who are on that quest. And it is like as we have suggested in an analogy, that you have this body of water that you wish to cross and you can't see to the other side. It is like there is a fog bank there just offshore. But lined up along that shore are various numbers of crafts, right from a simple dug-out type canoe to the most elaborate ocean-going vessel that you can imagine and everything in between. And there are individuals who spend their time running up and down the shore and checking out the craft to see if it is seaworthy.

You don't know how far you have to go because there is a bank of fog, so you have got to be careful that you get the right one. “We don't want to get lost out there on something and maybe starve to death because we don't have the proper elements that we need to sustain

ourselves, so we are going to make sure that we get it right. We are going to get the right vessel. We are going to choose the right method or technique or we are not even going to test the waters.” And so that is where they spend their time, running up and down searching.

Well, ironically, it wouldn't matter what vessel you take. Simply, you have to believe that it will accomplish that which you desire, that it will get you there. If you believe, then it doesn't matter. The vessel is not nearly as important as the belief. And as we have suggested before, the irony of it is that you could walk across the water if you desire. You don't need a vessel at all. The method or technique is not nearly as important as your belief in the method or technique.

If you believe that meditation is the way to enter into your subconsciousness in order to get an understanding of what it is that you truly believe and therefore have the capacity to alter it in that meditative state, then go for it, then it will work. Absolutely, it will work because you believe. If you believe that you can simply sit down and daydream and accomplish the same thing, then go for that as well. It doesn't matter. If you believe that you can make a list and validate that list consciously, and through affirmation and various other techniques bring it into your reality, then go for it. If you believe that it will work, it will work. It is what you believe. It is not the method or the technique, but rather what you believe.

The reality that you experience in your conscious state in this vibrational level is a reflection of your beliefs. It is that simple. It is like breathing air. You can make it as complicated as you want, but it is not necessary. You have already put in place the necessary elements to facilitate bringing the air into your physical being and extracting the necessary elements in order for you to sustain your existence.

Similarly, you have already put in place the necessary elements for you to exist consciously in this vibrational level. You don't have to worry about it. You don't have to prove it. If you want the proof, look inside. Look inside, for that is where you will find the proof. You will not find it in a textbook. You will not find it on some television show. You will not find it by some individual telling you what it is like. You must go withinside and find that connection and to find that truism. And if you believe that you can alter your reality consciously, then you can. And if you don't believe it, then you won't. You will create the reality absolutely. That is a given. You cannot escape from that.

Similar to the belief that you must consume oxygen in order to exist in this vibrational level in order to sustain your existence consciously, so it is that you create this reality as a reflection of the beliefs that you hold. Absolutely. It is one of the truisms that you cannot alter. It doesn't matter what the reality is. The reality is a reflection of the beliefs. It doesn't matter what it is, you

create it anyway. That is the irony. You create it. You are the Piece of the One that you search for. And you absolutely cannot fail to come to that understanding. Those three important truisms, if you wish, are the only beliefs in this particular vibrational level—not only in this vibrational level but all of the vibrational levels throughout all of creation—that you cannot alter. The rest is illusionary and you can change it. Or you don't have to change it. The choice is yours.

If you are absolutely satisfied with the existence you are experiencing in your conscious state then why on Earth would you change anything? The choice is yours. We are not suggesting for an instant that there is a better or a worse way. Absolutely not. That is your decision. That is your choice. It is a choice that you will make in your conscious state, not in your subconsciousness. In your subconsciousness it will be a reflection of what you believe that is created in this reality, and it will do so spontaneously and it will do so with joy. And you will create this reality from a position of love and you will feel success in your inner consciousness and that spark of consciousness that you are, regardless of whether or not you believe in your conscious state that it is a joyous or an unhappy situation that you are involved in. Good or bad is a conscious decision. It does not exist in your subconsciousness. It is a judgment that you make consciously, not subconsciously.

And so there it is: you create this reality; you are a spark of consciousness that has the capacity to create, that Piece of the One that you search for; and you absolutely cannot fail. All the rest is an illusionary reality that you create based upon your belief systems and you can change those belief systems to any others that you desire to experience. And as you change them and as your societies change them and as your human consciousness changes them, then you have the capacity to change this entire reality, this entire day-to-day creation that you experience in your conscious state, this illusion. You can change it all if you wish.

There is no judgment as to what is right or wrong other than the judgment that you put upon it. It is your reality. Make it what you want. Look withinside for the answers. Do not beg someone else to create for you. You see, if you beg someone else to create for you then you can create that reality. Absolutely, and you shall have within your day-to-day activities various realities that support that belief that if you beg for someone else to create your reality then they will do and create that which you desire. But you see, the irony with that particular type of belief system is that you must sustain a belief that you are not in control. In order to sustain a belief that you are not in control then these realities that you wish to experience don't get created all the time, and along comes these, what you might consider in your conscious state to be, negative realities. “I didn't want that one. That one validates my belief that I am not in control, so I best sit down and

pray so I can get this different reality from some other entity." You can have that if you desire. Absolutely. It is not right or wrong. But it does bring with it the belief that you experience consciously that you are not in control, and that you must experience negative type of realities to validate the belief that you are not in control. And again, it is not right or wrong. It is a choice you can make and we would never judge as to whether or not you should or should not do or hold any particular belief systems to create the reality that you desire to experience in your conscious state. That choice is yours. It is yours. It cannot be taken away from you. And you do it whether you believe it or not. Absolutely.

Now. We would break for a moment or two and if you desire we will return and attempt to answer any questions you might have for us. And 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 or to share with us you have but to express the intent and we would welcome the opportunity. We would leave you now, with love and with peace. ❀