

# JOSHIAH

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## **Q and A**

**Joshiah:** Well, now. Once again allow us to express our greetings to each of you and our gratitude for your offering us this opportunity to once again interact and to share with each of you. And before we begin we would remind you that that opportunity for you to be involved in that silent communication continues to exist for each of you. You have but to express the intent, close your eyes, and as a result of the energy that you have created it would be quite easy for you to alter your consciousness and in that altered state of consciousness have that capacity and that ability to interact telepathically with other entities that would be with us on this afternoon or indeed that portion that you might refer to as your higher self or that spark of consciousness that you are. And as always, that choice is yours. Absolutely.

Now. You exist in a vibrational level, as we have suggested, by choice. And you in your awake and consciousness state believe in this concept of time and space, a human consciousness belief system and one very difficult for you to alter. And so, when we give you suggestions of what's occurring in your so-called incarnational period, it's based upon that belief in time and space so that you can grasp at least the concept of the idea of what it is we're attempting to express to you.

And so, when we suggest that you in this incarnational period at this time or going through what we refer to as a transformation of the energy that makes up your vibrational level, it's being done in something that you might refer to as an evolutionary process beginning in the year of nineteen and eighty-seven and due to have its completion in the year of two thousand and twelve. And over that twenty-five year period, to validate your belief in time and space, you have allowed as a human consciousness to have subtle changes in the makeup of the energy that comprises this vibrational level that you choose to create and exist within.

Subtle, perhaps almost minute alterations in the energy. Almost imperceptible changes. But nonetheless, changes which have potential to give you a very powerful ability to accomplish something which has been only realized and recognized and accomplished by a few in your so-called past. And that

is to consciously have an influence at a level of consciousness and at a level of participation in your consciousness that has not been possible in your so-called past in creating this reality to consciously influence your belief systems, to change this reality, to consciously create what it is that you desire to experience.

And it's not that you don't have a conscious influence upon your reality. And it's not that you don't at some level of your consciousness influence your reality, though we're speaking about a conscious awake state influence on the reality should you choose to participate in that type of creation process. It's what your new agers have referred to as a new age and a new energy. And it's what your so-called prophets have termed as the termination of the processes at the year of two-thousand and twelve.

Termination because you see, in your so-called past, in your history, many of the realities that you experience were realities that were put in place at levels of consciousness that were believed or different from what you refer to as your dream state. Your between incarnational state is where many of the beliefs were put in place. You made the choices. You made the choices. It's important that you grasp that concept and understand that it's always your choice. It's not that something has been forced upon you. But at that level of your consciousness, your between incarnational state, you put in place belief systems that you brought into, for lack of a better terminology, the next incarnational period, so that you could have the experiences.

And as those belief systems were put in place at a level of consciousness that is almost beyond your capacity to experience in your awake and consciousness state or in an incarnational period, indeed, it appeared that the realities that you are experiencing were set, that they were predetermined. And in a sense they were predetermined only that you put them in place, once again, at a level of consciousness that seemed inaccessible to you. And yet, there were individuals existing throughout your so-called history that were able to tap into that information. And as a result of that could, for lack of a better term, prophesize what was about to occur, not only in immediate incarnations, but in what you might refer to as future incarnations and might be even in terms of generations from the times

that they were making those particular prophecies in that particular incarnational period.

That becomes difficult to grasp that concept until you put it into the context that you exist in the now. And then it's not difficult at all to grasp that it was entirely possible. You're simply tapping into a different frequency, if you wish, of existence.

And we've used the analogy many times that this vibrational level exists, for lack of better terminology, at frequencies. And so you exist in a vibrational level. You have throughout your universe, throughout your atmosphere, multitudes of radio waves frequencies that are existing within the same time and same space. And through the use of certain apparatus you can tune into a particular frequency. And as a result of tuning into that particular frequency you can get a glimpse of what's occurring on that frequency while eliminating all the rest.

And so it is in your incarnational state. You tune into a certain frequency while eliminating all the rest that exist within the same time and same space. Some individuals have had the ability, developed that ability to indeed tap into, if you wish, some of the other frequencies and as a result of that tapping into the other frequencies predict, for lack of, once again, of a better terminology, what would occur in your so-called future.

But those predictions terminate at the year of two-thousand and twelve, terminate simply because you as a human consciousness have chosen to alter the makeup, the energy of your vibrational level and to complete that alteration at the year two-thousand and twelve. And it's not the end of your existence on this vibrational level, but rather a new beginning at which, should you choose you can consciously influence and create your reality at a level that has not been possible in your so-called past or in your history.

And as a result of that capacity to consciously influence your reality, it becomes very difficult to predict your future, and so it ends, the predictions end and they end for many by [saying,] "Well, we can't see past the year two-thousand and twelve so it must all end there." Well, based upon your current belief systems, based upon the existence that you're experiencing, this incarnational period, the year of two-thousand and twelve will not end any more than all of the chaos that was predicted to occur in your year of two-thousand did not occur. It was simply a turning point at which it was very difficult to predict a future.

And so it is, in the year of two-thousand and twelve you will enter into what we refer to as a new age and new energy, a subtle change in the energy that you utilize to create this reality that you're existing in. Subtle and yet for those who choose to participate the possibilities for creating your reality consciously are unlimited, endless, if you wish. It will seem for those who choose to be

involved in that process [would be] advances in certain areas of your technological equipment, for example, will seem phenomenal, unbelievable, because you choose to believe.

You see you exist, once again, in a multitude of incarnational periods and you exist simultaneously in an era in which we have referred to as the Lemurian period and then indeed the Atlantic Period. And during those existences, particularly in your first Atlantic experience, you had available to you and utilized technology which is beyond your comprehension even in this particular incarnational period. And it becomes difficult for you to grasp, but it's not really all that difficult when you take into perspective that all of these existences occur in the now. You have the ability to influence, not only have the ability but do influence all of the incarnational periods based upon the beliefs that you hold at the level of your consciousness from which you create these realities, that spark of consciousness that you are that we suggest is so much more than it's possible for you to comprehend in your awake and consciousness state.

And so, in this transformation of energy into this new age and new energy if you wish, that is nearing its completion, in which many individuals are experiencing even within this particular time period or time frame, if you wish, in this new age and new energy the capacity for you to consciously create shall be something that you as entities will not have the capacity to recall in your so-called past. Not that it's new. Absolutely not. It simply seems and will appear to be in your awake and consciousness state something that's completely new.

Now, you don't have to be involved in this new age and new energy. We're not suggesting for an instant that one must do this or must do that or must make a choice or don't make a choice. It's entirely up to you. We don't suggest that you should or should not do anything. That's entirely your choice. What we do suggest is that you create your reality from a position of absolute and unconditional love. The spark of consciousness that you are creates your reality. If you wish to do it consciously it becomes very beneficial if you can love yourself consciously. And in order to love yourself consciously it becomes very beneficial if you like who you are.

And we've made suggestions that would assist you in that process. And once again, it's simply a suggestion. It's like our analogy about choosing the vessel for your journey, it doesn't really matter. It's simply a suggestion. There are multitudes of ways. Whatever you believe will work. You see, the method or the technique is not nearly as important as your belief in the method or the technique. But one that can assist you, it could be beneficial to you should you choose to utilize it, is to begin to like who you are. And if you wish to begin to like who you are then we have suggested that you put in place a list of principles and that you

apply the principles. Apply the principles to become the individual that you desire to be. And as you apply the principles you strengthen your character and as you strengthen your character you begin to like yourself more and more consciously. And as you begin to consciously like who you are then you begin to do the things that allow you to love yourself. Consciously. And when you begin to love yourself consciously then you can have a conscious influence and creation process that's beyond the capacity for one who doesn't believe that they're worthy, beyond the capacity for one who doesn't believe that they have the capacity to create their reality. You have the ability to consciously create your reality in a manner that is superior to an individual who doesn't like who they are, for example. If you love yourself you enhance that capacity.

Several other things happen when you begin to love yourself consciously. Your whole entire existence begins to alter or at least your perception of that existence alters and you begin to look at things in a different way. So, loving yourself can be very beneficial. You see, you create this reality that you're experiencing from a position of absolute unconditional love. It's not something that you don't know how to do or that you don't know how to experience or are not experiencing on some level of your consciousness. You are indeed an entity that creates your reality from a position of absolute unconditional love and if you can bring that love into your consciousness then you enhance your capacity to consciously influence and create your reality. That's within each's, one's capacity to do so. Absolutely.

And once again, as you complete this transference that the human consciousness has put in place into the new age and new energy this ability to consciously create your reality shall be enhanced, shall be more available to each of you, if you wish, should you choose to be involved in that process.

And it doesn't matter whether you choose or not. This is not a right or wrong. We're not suggesting that, well, if you don't do this you're going to suddenly experience all types of negative experiences in your reality. Absolutely not. We're not suggesting that you should or shouldn't be involved in anything. Whether that the ability, should you choose, exists for you to consciously create your reality in a manner that has not been available or at least has been very difficult in your so-called past. And it's not, once again, a right or wrong. It's not something that if you don't do this, well, you're not going to achieve any type of experience that you would deem as being a very desirable experience. Absolutely not.

Experience that you have in your so-called awake and consciousness state is a reflection of the beliefs you hold. It's really that simple. You can make it more complicated, not only can but go to great lengths to make it more complicated so that it appears you're not

in control, which enhances the experience and the intensity of the emotions and feelings that are associated with that experience and that's why you came into this vibrational level in the first place. So it's not that you're failing in any manner but rather it's a choice that you can have. A choice that you can have because you put in place this alteration of the energy. It's your choice, it's your reality, it's your vibrational level. You can do whatever it is you desire.

We're just suggesting that you create your reality from a position of absolute unconditional love and if you can bring that love into your awake and consciousness state it will assist you in your conscious creation of your reality.

And so, you put in place the principles and apply the principles. Pay attention to the successes when you successfully apply the principles. Ignore the failures. And simply recognize it as the time when you had the opportunity and you didn't do it, but it's not important because you will do it the next time. And you do it the next time. And you put in place the principles and you apply the principles and you strengthen your character and you begin to like who you are and then you begin to do the things that's necessary for you to love yourself. You begin to give to yourself unconditionally so that you can experience feelings of joy or feelings of security, so that you can experience feelings of commitment, feelings of knowing, trusting, trusting.

So many individuals are involved in experiences that are indeed based upon what you refer to as faith and you call that a trusting experience. Understand what trusting is. Trusting is indeed, a situation where you have the potential to learn something which is greater than the potential that you have to gain. And in that trusting situation understand as well that if you don't trust the individual that you're involved in that interaction with in the first place, then don't put it up as a trusting situation. That's just self-destruction.

And you must solicit the trust. You can't just go ahead and be involved in a circumstance and then when it falls apart on you in a manner that you didn't desire and say, "Well I trusted you to hold up your end of the deal," when you didn't solicit that trust in the first place. That's not trusting, that's taking a chance, that's hoping, that's allowing yourself in an awake and consciousness state to experience a reality where you believe you're not in control. And so you solicit the trust before you become involved in the activity. And then you must believe that you can have that individual's trust. Once again, if you don't believe it then why are you wasting your time?

And that's easy to do with another individual. You can set that up knowing you have all of these rules and regulations that you follow in order to make your society work. You have rules which is that you do not judge, and yet if you do not judge how can you put in place whether or not that should be in a situation where

you trust. You see, if you don't judge then you're, once again, putting yourself up to fail because you're saying, "No, I'm not going to judge that individual. I'm going to accept that I can trust them without really analyzing the situation."

And so, when the trust falls apart then you look at it and say, "Well, it didn't work. I'm a failure." And it's not that way at all. You're not a failure because of the trust that didn't work. There was never a trusting situation in the first place. And it's important that you understand that. Then it becomes even more difficult when you put yourself in as the one to be trusted. Because if you don't like who you are it becomes very difficult for you to be involved in a situation where you are trusting yourself. If you don't like who you are it becomes very difficult for you to be involved in an interaction and a relationship with another and to say to them, "You can trust me." If you don't apply the principles, if you don't have the character, then how can you trust yourself?

It becomes very important that you like who you are and that you begin to love yourself consciously. And it becomes very important that when you put in place those principles that you understand what they are. And it becomes important that you analyze what you're doing in order for you to allow experiences that are creating the feelings that allow you to experience love, both love for yourself or love for another or love expressed to you by another.

It's important that you understand what it means when someone puts out [as] integrity as being one of the principles. What does that mean to have integrity? What does it mean? It means that when you're involved in a situation that the reaction that you have to that situation that you term, that you term, as being the right reaction is one that is spontaneous. It's one that comes without having to analyze. It's automatic.

It's important that that experience and your reaction to it is what you term to be the right reaction. You see, someone else may look at it and say, "Well, they didn't act with integrity. They didn't do what I would have done in that situation." Well, it's not them that's doing it. It's you that's strengthening your character. It's you that's beginning to like who you are. You do it for the "you" like who you are. And you don't do it because you want to impress other individuals. You do it to impress yourself. So that you strengthen the character, so that you can like yourself, so that you can love yourself. And when you love yourself others will look at you entirely differently. You will radiate an energy of confidence and you will have that capacity to consciously create your reality. It will be enhanced beyond what is even within your capacity to comprehend in your awake and consciousness state in this particular time level of your transference into the new age and new energy. The choice is yours. We're just suggesting that [an] opportunity exists. And that loving yourself consciously will enhance that

opportunity, enhance your capacity to consciously create your reality.

The irony of it is, and as we've suggested many times, you create the reality anyway. This is not something new. It's not like you've got to learn how to create this reality. You do it each and every instance of your existence within your awake and consciousness state is the reflection of your belief systems and it's your creation. Both as individuals and as a society and as a human consciousness. You create the entire universe that you exist in. We're simply suggesting that you will have the opportunity to create it from a different level of consciousness, to influence that creation consciously.

And we've suggested that you are nearing the completion of this transference from the so-called old energy into the new energy and that you have individuals who are coming back into existence within an incarnational period who are reincarnating, if you wish, being born into this time, for lack of a better terminology, who are coming in bringing with them that understanding that it's within their capacity to influence their reality consciously. They are individuals who seem to have inherent abilities that are beyond description and explanation. How can one be so proficient at doing certain things without having gone through all of that was, in your so-called past, necessary training or exposure to certain elements in order to have certain levels of achievement? Entities that you are referring to, your new agers and new energy people, are calling the Indigo Children. They're just entities who have existed and do exist in other incarnational periods in your vibrational level.

They're not new entities. Simply entities coming into this particular incarnational period bringing with them what's possible for each of you to achieve, is that understanding that you are the creator of your reality and that you can accomplish that creation from a level of consciousness that's not been possible in your so-called past or in your history. It's available to each of you. You have but to believe. You don't have to die and reincarnate, you can do that if you wish, it doesn't really matter, but it's not necessary. You don't die. You simply go through different levels of consciousness. You enter into different incarnational periods. It's really that simple. It's not difficult to grasp or understand that concept at all.

What's difficult to grasp is that in your awake and consciousness state you can be in complete control of the reality that you're experiencing. That you are indeed the creator of your reality. That's the difficult part for you to grasp, to accept the responsibility, to do away with the comfort zone of allowing others to influence your reality, of shifting the responsibility for what it is that you're experiencing to your neighbors or to the other individuals that you're involved in in your relationships. That's the difficult part. Accepting the responsibility because, you see, when you entered into

this vibrational level, once again, you put in place that electromagnetic type of energy that limits your capacity to understand who and what you truly are while you were in your awake and consciousness state and were in other various levels of consciousness throughout your entire existence in this vibrational level.

And so, it's difficult. It's difficult because you choose to make it difficult. But not impossible. Nothing is impossible. The only limitation to your creation process is your imagination. If you can imagine it, if you can believe it, if you can indeed hold the proper thoughts and feelings, make the choices and the decisions, then you can create it. And you, in this new age and new energy, can create it from a level of consciousness that has not been possible in your so-called past. But the choice is yours. It's not something you have to do. And it's not something that if you don't do that you will be looked upon as a failure. Absolutely not.

The spark of consciousness that you are creates the reality that you desire to validate the beliefs that you hold and it does so joyously from a position of absolute unconditional love and it never fails to give you what it is that you desire. It's really that simple. Right or wrong, good or bad, is an awake and human consciousness concept. Does not exist at that level of your consciousness from which you create your reality. There is no judgment from that level of consciousness from which you create the experiences. There's no judgment saying, "Well, I don't think that they should experience, that's absolutely a rather negative experience and I don't think they should go through that, only give them this positive experience." Or conversely, "Oh, they haven't been doing things in the right way so we think we're going to punish them and we'll make this negative experience." Absolutely not.

The spark of consciousness that you are creates the reality that you desire to experience that validates the beliefs you hold and it does so from a position of absolute and unconditional love. And if you can bring that love into your awake and consciousness state and as you enter into this new age and new energy then you shall have the capacity like never before to do that consciously. The choice is yours. Absolutely.

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

**Questioner:** About addiction. Can you give me your take on addiction? Now probably that's a human [concept,] addiction?

**Joshiah:** You exist in this vibrational level to experience emotions and feelings. It's really that simple. You make it more complicated if you wish. But it's that simple. And so, we've suggested that in your past you put in place certain belief systems in your so-called altered state of consciousness and you put those in place and made agreements with other individuals so that when you enter into an incarnational period you

indeed have the potential to experience certain realities and experiences, so that you can experience the emotions and feelings that surround that particular aspect.

Now. Your scientists like to look upon certain elements as being genetic. Well, it's genetic because then if you can scientifically prove it then you can validate it and it seems more real. Then it seems to be more beyond your capacity to control. It makes it more valid and enhances the experience. Absolutely. But in your altered state of consciousness you choose the potential to have certain experiences and you put those choices in place as belief systems. And you become involved, it's going to be some type of a genetic activity that's going to influence your existence in this incarnational period, to interact with individuals that are going to be your family, if you wish, so that you can, once again, validate the experience that it was something that was passed on and inherited from individuals that were already existing within your awake and consciousness state, so that it makes it real.

But nonetheless, in your altered states of consciousness you put in place all of the choices. And it can be, range from a multitude of, either what you might refer to as positive or negative experiences, or positive or negative physical attributes that you bring into an incarnational period. And one of those can be addiction. And so, you bring that in. And your scientists are beginning to understand indeed that your DNA holds the key to understanding what it is that are potentials for you to experience in this particular incarnational period throughout your lifetime. And addictions being one of those are involved in your so-called DNA.

And so, you put in place the choice that when you enter into this particular incarnational period you will be an entity that has the capacity to either be involved or not be involved in addicted types of activities. It's your choice. You put it in place. And it exists within your DNA. And then you make the choices and the decisions, you hold the attitudes and beliefs, the thoughts and the feelings throughout your existence in your awake and consciousness state that influence the energy that surrounds the DNA and as a result of the influencing and activity of that energy surrounding the DNA you can activate that portion of the DNA that takes this potential of being addicted or involved in addictive situations and activities and you take it and make it from something that is a potential to a probability.

And so, instead of just being a possibility it becomes a probability. And you hold the beliefs and you make the choices and decisions that strengthen, if you wish, the energy that surrounds that DNA that makes that probability stronger, so that you experience it in your awake and consciousness state. And once again, in your awake and consciousness state you look at it and

your scientists will look at it and say, "Well, it's in the DNA. It's there. It's something that's been inherited from their parents because, indeed, its DNA is a reflection of what it is that your so-called ancestors had within their DNA and their ancestors had it within their DNA and it passed on." And so, these individuals that they will look back in their history and will find that there has been a history of addiction throughout their predecessors, throughout their ancestry.

It makes it more real. Nonetheless, it's a choice. A choice that's made many times at a level which is beyond your capacity to comprehend in your awake and consciousness state. And so, some individuals have a much more difficult time with addictions than others because they chose at some level of their consciousness to put that particular potential into their DNA so that the DNA could be activated by the energy that surrounds it to make that either a possibility or a probability.

It can be altered. Absolutely. You see, your scientists have suggested for many years that the DNA is absolute. However, they're beginning to see these so-called Indigo Children that are coming into your existence in this particular time period of this incarnational period who are changing their DNA. Not just a little change, but changing it. Changing it to the extent that it's measureable. You see, each of you change your DNA. You influence it, alter it, and change it, but the change is almost imperceptible from your scientific study point of view. But these new agers, these so-called Indigo Children change their DNA to a point where, indeed, your scientists can see that the new DNA measurement is entirely different from their old DNA. They change it. They change it because they believe that they can change. They change it because they believe that they can consciously influence their reality. They change it because they grasp what it is that they want and desire, rather than ask for it. Because they understand that it's theirs. The only limitation to your creation is your imagination.

Entities existing in your so-called old age energy have put in place those belief systems in their altered states of consciousness and through actions in your awake and consciousness state you can and do influence the DNA and you influence the energy surrounding the DNA and while you may find it more difficult to alter the DNA entirely than what the Indigo Children have been successful at doing, nonetheless, you can alter that portion of the DNA that's responsible for addictions. You can change it. Absolutely. Once again, the only limits are your capacity to change your reality is your imagination. You have but to believe.

But as for the addiction, it can be, in terms of your scientific explanation, something that you choose to inherit from your ancestors, so that it validates it. It makes it more real. And if that's the line of reasoning that one follows then it becomes very difficult for you to

alter that. Difficult, not impossible. And so, certain individuals are more susceptible to addictions than others because of a choice that has been made, many times in your between incarnational state, to put in place the belief system that would allow you to have that experience in this particular incarnational period.

Accept that and it becomes much easier to make the alteration. If you believe it's impossible to change it, belief precedes your reality. And you can have whatever it is you desire. And the spark of consciousness that you are creates that reality from a position of absolute unconditional love and it gives to you whatever you desire, without exception. Even if it's something like an addiction that you wish you didn't have in your awake and consciousness state. At some level you have made the choice and you perpetuate that. You validated the beliefs that you hold.

Does that answer your question?

**Questioner:** Yes. Thank you.

**Questioner:** Anybody else have a question?

**Questioner:** Joshiah, in preparation for this new age new energy and for now too if a person wants to create, what is a good set of beliefs to hold in order to amplify that process? (*Inaudible.*)

**Joshiah:** What does one believe? We've suggested many times that the method or the technique is not nearly as important as one's belief in the method or technique. However, as we have suggested earlier on this afternoon, should one attempt to like who you are consciously, put in place the principles and apply the principles to strengthen the character. And then do the necessary things that you do to allow you to experience the feelings of love, those feelings of security and those feelings of joy and those feelings of trusting and knowing who you are. And you begin to love yourself consciously. Then you can have much greater success at choosing the method or technique that you wish to put your belief in, that will allow you to consciously influence and change your reality.

The method or the technique, once again, is not nearly as important as the belief. It's important to grasp that concept. You will see an individual who is very successful at creating what it is, it doesn't matter what it is, creating what they want, what they desire. It doesn't matter whether it's in areas that refer to abundance, whether it's in areas that are in terms of relationships, whether it's in areas in terms of your activities that are joyous activities or relaxation activities. It doesn't matter what it is that they're creating. They seem to be successful. And they have certain methods or techniques that they apply.

And they suggest to you, "If you do this and this and this then that will get you to where I'm at." Well, if you don't believe that then it won't get you to where they're at. They get there because they believe. It's because

that's the vessel they have chosen to put their faith in and they believe that it will accomplish that which they desire. It may not work for another individual who doesn't hold the belief. You see, the belief is far more important than the method or the technique.

And so, choose the method or technique that you can believe in. And it doesn't matter what it is. It really doesn't. If you wish to have some type of reinforcement where you continuously suggest to yourself, "I want this, I want this, I want this. If I keep on suggesting myself then I'll create that reality and if you come into it, I can have it." If you believe that will work, it will. If you believe, however, that, "If I simply put it out there. I'm going to say I want that particular item to be existing in my reality. I want to have that experience." And then let it go, and you believe that will work, then it'll work. The method or the technique is not nearly as important as your belief.

So, find out what it is that you think would work for you, apply it to simple, simple types of things that are very easy to accomplish. And once again, as you reinforce the belief you indeed reinforce the reality. If you choose very difficult things, that you at some other level of your belief system suggest is impossible for you to achieve, but that's the one you're going to apply your new method or technique to, but another area in your belief system says that it's impossible for you to have that type of accomplishment, then it's probably not going to work. One belief system will overturn the other. However, if you choose something that at one level of your belief system, you think, "Well, that's within my capacity. I know I can do that. I know that I can achieve that particular type of creation," and so apply a method to achieve that, "Ah, yes. Look at that."

The reality validates the belief and enhances the belief. We've suggested many times if you are experiencing a reality that you like then continue to do so to reinforce the belief. And the spark of consciousness that you are creates the reality that you desire to validate the belief you hold. It's really that simple.

And so, choose a method or technique that you believe will work for you. Apply it to a situation that you believe that it's quite within your capacity to achieve and experience the results, experience the gratitude, reinforce the belief, and continue to like who you are. That type of interaction and that type of experience in your awake and consciousness state gives you those feelings of joy, that feeling of commitment, that feeling of security which allows you to love yourself more consciously. And as a result of loving yourself more consciously you enhance the technique or method that you have chosen and you make it more real. You validate it. And the spark of consciousness that you are creates the reality to validate the belief system. So, it's not nearly as important as the method or the technique but rather your belief.

Does that answer your question?

**Questioner:** Yes. Thank you.

**Joshiah:** Well now, it has indeed been a very enjoyable interaction with each of you and we would like to, once again, express our gratitude for we appreciate these opportunities to interact and to exchange with each of you and that we experience even for a moment and a glimpse this reality that you experience on a continual basis. And we are grateful for those opportunities. And we would remind you, once again, that should you choose to interact with us you have but to express the intent and we would welcome that opportunity to interact and to exchange with each of you. You have but to express the intent, for we are not separated by time or space but rather by a vibrational level.

Now. Until you offer us this opportunity and we meet once again, we would bid each of you farewell with love and with peace. ☸