## JOSHIAH

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Joshiah: Well, now. Well, it is indeed a pleasure to be invited back into your vibrational level, and we would like to express our greetings to each of you, and to express as well our gratitude for your once again presenting us this opportunity. And we would remind you before we begin that there exists for each of you the opportunity to be involved in what we refer to as a silent communication, a telepathic interaction with other entities that would be with us on this afternoon. And you would find as well that should you choose to alter your consciousness that is a result of this energy that you have created in this sacred space that it's quite easy for you to enter into that so-called meditative state, to alter your consciousness and to have that capacity to have that interaction with those other entities that would be with us.

And once again, that information that you receive in that telepathic exchange is, many times, much more pertinent to your individual desires and your individual needs than is the information that we express through our friend Elias. And as well, many times that information is much more accurate when it is given through a sense of feelings and emotions as opposed to attempting to have an expression through the use of a vocabulary, a rather limited expression, we might add.

And so, you will find, once again, that as a result of the energy that you have created in this sacred space that it's quite easy for you to alter your consciousness, to enter into what you might refer to as a meditative state, and to have that interaction, that silent communication. And as always, the choice is yours. Absolutely.

Now. This reality that you exist in, once again, in your awake conscious state is an illusionary reality. Not insignificant, absolutely not, but illusionary nonetheless. And as [an] illusionary reality it's within your capacity to alter it. The difficulty that one encounters in attempting to alter reality is to understand where the basis of that reality creation comes from in the first place. And once again, the reality that you experience in your conscious state, in your awake state, is a reflection of the beliefs that you hold, and many times beliefs that you hold in your subconsciousness and that you're not consciously aware of or consciously able to get a grasp of so that you can alter that belief system, then thereby alter the reality.

Once again, in this vibrational level as in all of the other vibrational levels throughout all of creation there are but three beliefs, if you wish, that are not within your capacity to alter. Beliefs that you as individuals existing within this vibrational level have put in place, as well as other individuals existing in other vibrational levels hold in place. Beliefs, indeed, that are the basis of creation, not only in this vibrational level, but once again, in all of the vibrational levels throughout all of creation. And that is, that you are the creator of the reality that you experience in your conscious state, and that you are the god that you search for.

You are a spark of consciousness that has the capacity to create, a piece of the One. And each of those explanations have their limitations, for they infer that you are a piece of a smaller portion, and it's not really that way at all. Or that you're a spark of this larger fire, or this bigger area, and it's not that way at all. To infer that you are the god that you search for infers that there are indeed much larger gods somewhere and you are but a piece of that god and it's not really that way at all either. For you are equal to, no more and no less, than any other entity that exists, not only in your vibrational level but in all of the vibrational levels throughout all of creation. That's what you are. A truism that you cannot escape, absolutely, and that you cannot alter.

And the last truism or belief that you cannot alter is that you cannot fail at some point to come to the understanding of who and what you truly are. You cannot fail to come to the understanding that you are the creator, that you are the god that you search for, that this reality that you experience, not only in your conscious state, but in all of your areas and levels of consciousness, is your creation. Is your creation. It's not some other individual's creation. Absolutely not.

The rest that you experience in this conscious state is a reflection of the beliefs that you hold, and that becomes a very difficult concept to grasp in your so-called awake state. It becomes very difficult to believe that you are indeed the creator of all that you experience. Not only in your day-to-day activities and interactions with other individuals, but indeed the very physical existence that you experience in your awake state is a reflection of the beliefs that you hold. Beliefs that, once again, you can break down into three categories: the human

consciousness belief system, and the societal belief system, and the individual belief system.

And, once again, the easiest for you to alter of those belief systems is the individual belief system. You have all types of examples of different individual and even societal belief systems that exist throughout your entire so-called universe that allow individuals involved in this same vibrational level, in this same incarnational period, in the same Earth's atmosphere, to experience different realities, different realities that are a reflection of the beliefs that you hold.

You have, for example, individuals in other societies that exist in what you might refer to as a primitive existence, who believe, indeed, that it's possible for one individual to cast some type of a spell or a curse upon that individual and to have that individual experience all types of horrific events occurring in their lives, even to the point where the individual who's casting the spell has the capacity to determine whether or not the other individual shall live or die.

And now, in your society, in this particular belief system that you participate in, many individuals would look upon that as being absolutely ridiculous. How on earth could one individual have that type of an influence over another individual? How could one individual sit down and cast a spell? Simply say words, and go through various motions and techniques, and influence another individual's existence to the point where that other individual could suffer all types of catastrophes that may vary indeed from simply feeling some type of illness right through the full spectrum until they experience death? It seems utterly ridiculous that one individual can have that capacity to influence another individual in your society. And you don't believe it's possible. Your society does not accept and perpetuate that particular type of belief system and so it doesn't occur. It's not possible. For once again, what you experience in your reality is a reflection of what you believe.

However, you would find it very difficult in order to convince one of those entities that exists in a society where that is held as an absolute belief that it's not possible for that to happen to them. They're lying there on their deathbed as a result of their believing that someone has cast a spell on them. You could suggest to them all you wish that it's really not possible for one individual to have that type of influence on another individual's existence and they would not believe you. They would simply continue to experience the reality that's a reflection of what they believe and that is that another individual has the capacity to express and to cast some type of spell upon them, and therefore they may die as a result of that spell being cast upon them. Because that's what they believe. Because that's what they believe.

And you sit in your society and look upon that as being rather a primitive and rather a, indeed, very childish

type of belief system to hold. "They just don't seem to have progressed very far, if they exist in that type of a society where they allow another individual to have that type of influence over their reality."

And yet, we continuously suggest to you that you create your reality. That you are the spark of consciousness that has the capacity to create. You're the god you search for, and you absolutely cannot fail. And the rest is illusionary. The rest is as illusionary as [that] society where they believe that one individual has the capacity to cast a spell upon another and to have that other individual experience all types of catastrophes. That belief system is as real and is as valid as any other belief system that you wish to hold in your conscious state or in your subconscious state in this vibrational level.

It's an illusion. And you can have whatever it is you desire. Not only do you have whatever it is you desire, but indeed you create this reality as a reflection of what you desire and the beliefs that you hold. And if you don't like it, change it. We've suggested that many, many times that it's within your capacity, and yet individuals have a difficult time in accepting that it's an illusion, accepting that what you experience in your conscious state is a reflection of what you believe in your subconsciousness, and indeed, even what you believe in your consciousness.

As well, it's not right or wrong. You see, when you look at that society where that individual casts a spell upon another and that individual causes another to experience all types of difficulties and catastrophes in their life, even to the point where they may die, you would look upon that and say, "Well, it's not right. That one individual has the capacity to influence another. Not only is it a ridiculous belief system, but that individual should not be attempting to have an influence on another individual's existence."

Well, ironically it's not right or wrong. It's a choice that they have made to participate in that type of reality creation. It's only judged as right or wrong in your so-called awake state. And ironically, many individuals looking at the society that you exist in would suggest that it's wrong. That you shouldn't be doing the things that you're doing. Because it doesn't reflect the beliefs that they hold in the type of lifestyle that they would like to exist in.

And it's not right or wrong. Once again, it's a reflection of a reality that's a reflection of the beliefs that you hold in your so-called subconsciousness or in your conscious state. Absolutely.

And so what's right or wrong? What's right or wrong is what you believe is right or wrong.

You create the reality that you experience as a reflection of the beliefs that you hold. And if you don't like the reality that you're experiencing, then you alter the belief.

You see, you, once again, as a society don't believe that it's possible for someone to cast a spell upon you and that as a result of that spell you could experience death. It's just not possible. It's a ridiculous belief system to hold.

Well, it's no more ridiculous than to believe that some other individual who doesn't even exist within your vibrational level has the capacity to control your reality. It just is a reflection of a belief that you hold. It's not right or wrong, if that's the desire that you have, if that's the reality that you choose to experience, you can have that. Absolutely. It's not right or wrong, it's your choice.

What's important that you understand is that it's your choice. What's important is that you understand it's a reflection of your belief. And what's important is that you understand you have the capacity to alter the reality should you choose to do so. It's important to understand that you are the creator. That what you experience in your conscious state is illusionary. Once again, not insignificant, but illusionary, and if you don't like it you can change it. Absolutely.

You see, when you look at that society where they believe that one individual has the capacity to cast a spell on another and you look at that and you say, "Well, that's not within my reality. I don't wish to experience that." And yet, those individuals are having that type of experience. It's not right or wrong. It's a choice that they make to participate in. At some level of their consciousness they choose to participate in that type of reality creation so that they can have that experience. That's why they do it. It's for no other reason. They're not doing it because they have some type of lesson to learn. It's not doing it because they are attempting to achieve some type of dominance or to achieve some type of enlightenment or to prove that one individual is better than the other. Absolutely not. In certain areas of their consciousness in their awake state they may hold that belief in order to validate their reality, but in their subconsciousness, in the portion of you that's creates the reality that you experience in your conscious state, you create the reality for the capacity of experiencing the intensity and level of emotions and feelings that's possible for you to create as a result of that reality. That's why you do it. That's the ultimate reason.

You see, you create the reality. Once again, you are the creator. And so, you don't do it because you have to experience some type of elevation. There's no elevation to experience, you're already there. You are the creator. You are the creator and you absolutely cannot fail.

So, if that's the situation, then it's not necessary for you to believe that you must go through some type of progression. It's not necessary for you to believe, as they do in some other societies, that indeed you must be superior to another individual, if you have somehow

achieved some type of power that's not available to another individual. Absolutely not.

You see, if you believe that you have achieved some type of power to another individual and that other individual agrees as well to participate and allow you to believe in your conscious state that you have that power, then you can both be interacting in this illusionary reality, and you create the experience to validate the belief, and it just goes on and on. You can have that if you want, absolutely. But understand that both individuals involved in that particular creation are equal individuals. It's only in your conscious state that you believe that someone may be superior to another. In your subconscious, the portion of you that creates the reality that you experience does so willingly through participating with other individuals. At some level of your consciousness you understand, well absolutely, you are equal. They are not superior.

And so, that individual that you believe is suffering from this so-called curse that's being cast upon them is only suffering because they believe that it's possible, and as a result of them believing that that's the way it is, they create the reality to support the belief. They create the realities to support the belief. They are the ones that allow the influence to be cast upon them and to have an effect upon their reality. They allow it.

And so you see, when you're involved in that type of situation and we've used a type of society that's somewhat removed from your understanding so that you can look at it and say, "Well, that's very foolish." Because you understand that it's not possible for one to cast some type of spell upon another and to have that other individual experience some type of catastrophe which may indeed include death. You understand that that's illusionary. You understand that it's only possible because that individual who's experiencing the catastrophe has agreed or believed that it's possible for that to occur. They believe that it's possible for the other individual to have that influence upon them.

It couldn't happen to you because, you see, you don't believe it. And you look upon it and you say, "Well that's rather archaic. They haven't really advanced very far. They simply exist in a primitive type of situation."

Well, we would suggest to you, existing within your particular society that there are individuals involved in similar types of activities, where one has the capacity to have an influence on the other. And similar to that so-called primitive society where one is existing as the dominant being, if you wish, and the other is the victim because they have cast a spell, it only exists because as you understand the individual who's the receiver of the spell, who's the subject of that spell, agrees to believe and allows it to occur. For it's all within the mind. It's illusionary. You understand that, absolutely.

But if you look upon individuals in your society who are involved in a victim, in an aggressor type of relationship, and you believe that that's real. You believe, indeed, that that's something that's very difficult to escape. That belief creates a reality that's as valid as the belief that the primitive societies, that you may call primitive, hold in which they believe that it's possible for one to cast a spell on another. You understand that that receiver of the spell has the capacity to stop it simply by not believing.

We would suggest in your society that when individuals are involved in a so-called abusive situation that it's, once again, similar to that primitive society where the individual who is the subject of the so-called spell has the capacity to stop it by simply not believing, by refusing to be a victim. So it is in your society, that the individual who is the victim has the capacity to stop that type of victimization, that type of an abusive situation by simply refusing to be a victim.

It's a reflection of a belief that you hold. Absolutely. What you experience in your conscious state is a reflection of the belief that you hold. If you believe that you're not worthy, if you believe, indeed, that there are others who have the capacity to influence your reality, then you create the reality to validate the belief. Absolutely. The reality that you experience in your conscious state is a reflection of the beliefs that you hold. And the key to altering your reality is to alter the belief.

Similar to the individual in that so-called primitive society who's a victim of some type of spell, you understand that it has to be in the mind. You understand that it has to be because they believe that that individual has some type of influence over them. Well, we would assure you that in that society that that individual who is the victim would disagree with you wholeheartedly. They would tell you, "We have absolutely no chance." They would tell you, "We are at the mercy of the individual who has the capacity to cast that type of spell. We cannot control it. We are the victims."

And so it is in your society, in individuals involved in an abusive situation, that were you to suggest to a victim that it's within their capacity to change it, they would say, "Absolutely not. We are a victim. We are at the mercy of that individual. We cannot escape." Because they believe it so strongly that they create it and they validate it each and every waking moment of their existence.

And as we have suggested so many times, what you experience in your conscious state is a reflection of the belief that you hold. And if you wish to change your reality, alter your belief. If you wish to stop being a victim, then you begin to alter the belief that another has the capacity to subject you to that type of reality. It's a reality that, at some level of your consciousness whether you believe it or not, you have put in place the

belief systems that are reflected in the reality that you experience. And if you wish to alter it, change the belief.

When an individual is involved in that type of situation, whether it be in that so-called primitive society or your so-called modern society, ironically the belief systems are quite similar. The beliefs that it's beyond their capacity to control; the beliefs that they are not worthy; the belief that another has the capacity to influence and to dictate to them what their life will be. A lack of self-trust; a lack of self-worth; a lack of self-love in the conscious state. And yet, the reality that you experience is a reflection of the beliefs that you hold and is created by that spark of consciousness that you are that creates all that you experience in your conscious state from a position of absolute unconditional love.

You see, if you can hold that belief, if you can hold the belief that no matter what you create you create it from a position of absolute unconditional love, then it should also bring to you the ability to bring that love into your consciousness so that you can have it as a reflection of self-love. And as you begin to love who you are consciously, then you begin to experience those feelings and emotions of self-worth, of deservability. You begin to feel those emotions of security, and of joy, of being worthwhile. And it begins to have an influence upon the beliefs that you hold. And you can begin to get a grasp of an understanding of a belief that you hold that's responsible for the reality that you experience, and you can change it. And as you change the belief you alter the reality. Absolutely. You have but to believe.

And so, many individuals would like to have a pile of belief systems that influence their reality that makes it seem like it's beyond their control. And when it's beyond their control, then you can have other beliefs that will protect you from the influence of those other beliefs that you can't have control of. It's quite comforting to believe that there are entities existing outside of your vibrational level that have the capacity to create your reality for you or at least to influence it.

You see, if they have the capacity to influence it, then they will, indeed, create realities that seem beyond your control. You validate the belief by the reality that you experience in your conscious state. And when it's a reality that's beyond your control, then you can sit back and say, "Ha, ha! You see! There are realities that I can't control. There are realities that are a creation and a reflection of others trying to influence what I experience in my conscious state."

And it's quite comforting, to not have to accept to accept the responsibility for the reality that you experience. Quite comforting, in a very limiting way. For while, once again, it may seem like you're not in control, the irony of it is that you are. And the irony of it

is that you perpetuate the reality to validate the belief system.

And so, while it can be comforting for you to have that type of experience and to believe that there are other entities, do whatever it is that you wish to name them, you can call them guides or you can call them angels or you can put any type of identification that you wish upon them, it really doesn't matter. It's other entities that have the capacity to create and influence your reality.

It's illusionary. It's illusionary. The reality that you experience is a reflection of the beliefs that you hold. Absolutely. You are the creator, you are the spark of consciousness that you search for, and you absolutely cannot fail, the rest is illusionary, and you can have whatever it is that you desire. And if you desire to perpetuate a reality that validates the belief that you're not in control, you can have that.

If you desire to believe that there are others who have the influence to put you into a situation where you are a victim then you can have that. If you hold the belief that you are not worthy, you can have that as well. It doesn't really matter, it's an illusion. You can have whatever it is that you desire, not only can you have whatever it is you desire, but you do create the reality that you experience based upon the beliefs that you hold and upon the desires that you hold. Absolutely. And if you don't wish to take control of it in a conscious manner and attempt to have some type of influence upon your reality, then you will create the reality through what we term as default. You will create it regardless. It's a given, you can't escape that.

There are but three things that you can't escape and that's one of them. You create the reality that you experience in your conscious state. You can hand the responsibility off to anyone else that you desire, it doesn't matter. You can hold the belief that it's not your responsibility. And you will validate that belief by creating, by you creating the reality to validate the belief. There's not other entities out there who look down upon you and say, "Well, I don't think that they should have a very good day today, and so we're going to put all of these particular activities in their conscious awake state so that they just don't experience a very comfortable or a very satisfactory, satisfying type of existence."

Now, that doesn't occur. It only occurs because you allow it to be a creation as a result of a belief that you hold. You create it.

Now, when you accept the responsibility for the creating of this reality that you experience in your conscious state, then as well the possibilities that are open to you become endless. For once again, the only limitation to the creation that you can experience in your conscious state is your imagination. The only limitation to your creation process is your imagination.

Desire, imagination and expectation will bring into your reality that which you desire. Absolutely.

Expectation comes when you like who you are. Expectation comes when you believe that it's possible for you to create. Expectation will be reflected in the reality that you experience when you believe that you are the creator of this reality. Then your expectation becomes intensified.

You have in place all of these possibilities for experience in your creation states. An endless amount of possibilities. But for many there's very limited amount of probabilities. And for others the probabilities is almost as long as the list of possibilities, because they believe that they can have whatever it is that they desire.

Individuals who believe that it's not within their capacity to create, create anyway a reality that validates that belief. Entities existing within your conscious state who believe that others have a capacity to cast a spell upon them and to end their incarnational period, to die, in other words, can have that reality as easily as any other.

The reality that you experience is a reflection of the belief that you hold. If you don't like the reality that you're experiencing you can change it. Absolutely. You can change it, you have but to believe.

The difficulty, once again, for many individuals is to believe, and to accept the responsibility. And in order to believe and to accept the responsibility, there must be that feeling of deserveability, there must be that feeling of self-worth. And you achieve that, once again, by establishing your character, and by strengthening the image that you project for yourself and to others. And thereby strengthening the love that you feel for yourself. And then a reflection of that love onto others. And you will discover that you shall have the capacity to discover the beliefs that you hold, and to alter the reality that you experience in your conscious state.

You see, once again, it's not that you don't already do it, it's that you don't accept the responsibility that you do it. And when you don't accept the responsibility that you do it, then you must give that responsibility to someone or something else. And when you do that, then you begin to create realities that validate the belief that you're not in control.

It's really that simple. You can make it as complicated as you wish. If you wish to believe that there are other realities and other entities that influence your creation and your reality, you can have that. It's not right or wrong. It just brings with it limitations.

And once again, in your conscious state, you like limitations. It's not that that's right or wrong either, it makes this reality more real. It makes it seem less illusionary if it's beyond your capacity to control. And so you, once again, put in place those beliefs that there

are these other entities that can influence your reality and can affect your reality. And then of course, if there are these other individuals, well then, some of them must be negative individuals as well that can influence your reality. It can't be all just good individuals.

And so, you have these good and bad individuals, once again, that only exist in your conscious state, they don't really exist except that you believe that they do, and so you create the reality to validate it. But again, it only exists in your conscious state that you have these good and bad influences upon your reality and upon your creation. And so then, if there are the bad individuals that are creating your reality and influencing your reality, well, you must put up some type of a shield that protects yourself from that type of influence, and you can have that as well.

You can have whatever it is that you desire. That's the irony of it. You can have whatever it is that you desire. And it's not right or wrong, except you believe in your conscious state that it's right or wrong.

If you keep it simple then it becomes simpler to create the reality that you desire. If you believe that you are the spark of consciousness that has the capacity to create, then it becomes much easier for you to love who you are. If you believe, indeed, that this creation is a reflection of your beliefs, then you can indeed spend your time discovering what the beliefs are, so that you can alter it, rather than spending your time attempting to put up all types of shields so that others can't influence your reality because you don't believe you're in control.

It's exactly the opposite. If you believe you're in control then the rest is not necessary. And when you believe that you absolutely cannot fail, when you believe that it's not possible for you to die, but simply alter your states of consciousness, and when that becomes an absolute truth, when you own that, then the emotions that are so devastating to many, the emotions of fear and of anger, begin to lose their intensity. And you begin to understand, absolutely, that this is an illusion and you cannot fail. You cannot fail to come to the understanding of who and what you truly are. It's a given. And when you own that, when you own that, that you are the creator of this reality, that you are the god that you search for, then the rest becomes so much easier. And all of the beliefs that allow others to influence your reality dissipate.

And you become involved in similar day-to-day activities, but your whole perspective of that particular activity changes. So, what was once maybe a fearful interaction suddenly becomes one that you can step back from and look at and wonder, "Why on earth was I ever afraid of this interaction?"

When you become involved in certain situations involving illness you have the capacity to step back and look at it and say, "Well, I must have put in place at

some point in my choices and decisions the particular belief systems that would bring this into my reality. And I must have somewhere put in place, as well, a change in the energy that surrounds my DNA that activated this possibility and made it a probability, and I'm experiencing it now in my conscious state because, for some reason, I wish to desire to experience this type of a reality, this type of experience."

But you no longer fear it, even though it's there. You no longer fear it because you begin to react to it in a different manner and it begins to take on less importance, and ironically, you begin to understand, as well, that you have the capacity to alter the energy that was responsible for that particular interaction in the first place and to have it dissipate. For you have created the reality to validate the belief that you hold and when you alter the belief you alter the reality. It's really that simple.

And once again, many of those beliefs may have been put in place in your so-called between incarnation state, in an area of your subconsciousness that's difficult for you to get a grasp on, but nonetheless, when it comes into your reality, when you begin to experience it consciously, and you understand that it's an illusion, and you understand that it's a reflection of a belief, and you understand that it's because you activated or deactivated certain parts of your DNA energy, that it's possible for you to simply reverse the process. When you believe that, when you own that, then it becomes such a greater possibility for you to create the reality that you desire. And it goes from that, once again, list of possibilities into a [little] list of probabilities.

You see, as long as you believe you're not in control, as long as you believe that it's possible for others to influence your reality, without your agreeing to the participation, then the ability to alter that reality is simply a possibility, and it doesn't become a probability.

It's similar to that analogy that we began with, with the so-called primitive society where an individual has a spell cast upon them and they believe that they are going to be afflicted by whatever the spell was. For them to escape that is not possible. It's just not possible. And so, it's not on their list of probabilities.

In your society it would be exactly the opposite. You would believe that it's not possible for another to have that influence upon you, and so you're escaping from that influence becomes a probability. And so it is, when you create your reality in any areas and you understand that you are the creator, then what was once simply maybe a possibility becomes a very strong probability. And you can change it. You can have whatever it is that you desire. Because it's a reflection of the belief that you hold, and the only limitation to your creation process is your imagination.

Desire, imagination and expectation, are the keys to creating your reality. Understand what your beliefs are because they are, indeed, reflected in the reality that you experience. Pay attention to your attitudes, your spontaneous attitudes, because they are a direct link to your beliefs. Pay attention as well to your thoughts and feelings for they, as well, are directly linked to what it is that you believe. And understand, as well, that your choices that you make are, indeed, a reflection of the thoughts and feelings that you hold, and of the beliefs that you hold.

And you can change them. And as you change the beliefs, you change your reality. You are a spark of consciousness that has the capacity to create. You are the god that you search for and you absolutely cannot fail. The rest is illusionary. The rest is a result of the beliefs that you hold. It's not right or wrong, it's simply what you desire to experience. Even though you may not believe that you desire it in your conscious state, and nonetheless, you do not accept responsibility, and therefore, at some level of your consciousness, you create the reality through a series of default. You create the reality to validate the belief that you're not in control.

You can have whatever it is that you desire. Absolutely.

Accept that you are the creator of your reality. That you are the god that you search for. And you absolutely cannot fail. Bring that self-love that you use to create this reality into your conscious state and you shall indeed experience an alteration of your physical existence. You should experience an alteration of your perception of the interactions that you have in your day-to-day activities. And you should experience, as well, emotions and feelings that you desire that allow you to experience joy and security and trust and intimacy and knowing. Absolutely. The choice is yours. The choice is yours.

And now. We would break for a moment or two, and if you have any questions we would be willing to attempt to answer them for you. And we would suggest that in the meantime 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 offer to you our absolute and unconditional love and our unending support, and we would welcome that opportunity to interact with each of you. And now we would bid you farewell, with love and with peace. \$