



Foundations

A Joshua AND White Light Course

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DAY NINETEEN - EMOTIONS (JOSHUA)

You might find yourself in an argument with your mate and you notice negative emotion. You could be strolling down the sidewalk and a neighbor complements you on your outfit. That feels nice. You are encountering thoughts all day long and some are pleasant and others are not. Did you ever stop and think about the feelings you are always feeling? Did you ever consider that this is simply a feeling reality and all you are ever really doing is feeling something?

Most people don't understand the mechanism that causes feelings to erupt within them. People assume that if something good happens, they feel positive emotion. If something bad happens, they feel negative emotion. It seems like the events, other people, and the conditions cause the emotion, but that's a false premise. Your emotions are created from within as part of a wonderful guidance system. Once you understand how your emotions work and how they can guide you to what you truly want, you will operate in a brand new way.

First of all, no emotion is good or bad. To you, certain emotions feel bad and you call them negative. Other emotions feel good and you call them positive. The truth is that all emotions are neutral. You've just been applying labels to them and thus, negative emotions are tied to unwanted or fearful events and positive emotions are associated with happy events. If you forget to pay the water bill and you receive a late notice with a penalty, you might feel irresponsible, which you believe is a negative emotion. But there is far more to the story.

Let's start at the beginning of the story. In the nonphysical, you planned for an adventure on Earth and you set your intentions. You knew going in that you would adopt limiting beliefs, due to the nature of this reality. For instance, you knew your parents and teachers would teach you things and you would adopt beliefs about yourself and your world. You would be conditioned into society and expectations would be imposed on you. You had to be good and you would face an unwanted experience if you were bad. But you were never bad. You just experienced an event that triggered a limiting belief and you felt an emotion. The way you feel the emotion, good or bad, is how you navigate your reality.

DAY NINETEEN - EMOTIONS (JOSHUA)

The event never causes the emotion. Your interpretation of the event causes the emotion. For instance, if you were late to class in school and your teacher scolds you in front of everyone, you likely felt the emotion of embarrassment or shame. But what if your teacher didn't say anything to you and no one noticed you entering the class late? You wouldn't be embarrassed and there would be no emotion. Now imagine a very different scenario. What if you loved your teacher and everyone in the class and you knew they loved you as well. If your teacher teases you about being late and all your friends know he's just teasing, you would feel no negative emotion, because you have no limiting beliefs in this area. In fact, because of the love you feel and the perspective you've chosen, you would likely feel positive emotion.

Before coming to physical reality, you knew that your inner self would guide you every step of the way. Your inner self is with you in every moment. There are several ways your inner self can guide you; inspiration, intuition and emotion, just to name a few. The easiest way to notice the guidance is through your emotions. The purpose of this form of guidance is to make you fully aware of the times when you are experiencing your reality accurately and when you're not.

There are really only two emotions; love and fear.

To better understand how the system works, imagine a horizon line. Love represents all emotions above the horizon line and all emotions below it are based in fear. Emotions such as, interest, excitement, joy, exuberance, curiosity, etc. are positive emotions as you define them. All emotions such as disappointment, envy, jealousy, anger, etc. are negative emotions by your definitions. The positive emotions indicate that you are in a state of love, while the negative emotions tell us that you are in fear of something. All of your emotions are a product of your beliefs. You could not feel emotions without certain beliefs. All negative emotions are triggered by limiting beliefs, while all positive emotions emerge due to your empowering beliefs.

If you experience a thought, a word or an actual event and feel any form of emotion, you are being guided in that moment. The emotion does not come from the event or the person in front of you. The person who is angry at you is not creating the emotion within you. You create your own reality. No one else can create in your reality. It is Law. You have a reaction to the angry person, because a limiting belief has been triggered. That's all it is. If you did not have that particular limiting belief about yourself, you would not lower your perspective and feel fear. Thus, you could not feel any negative emotion as a result of this event.

DAY NINETEEN - EMOTIONS (JOSHUA)

Your inner self understands your vibration fully and completely in each moment. When triggered by a person or event, one of your limiting beliefs that's being triggered and your vibration/perspective drops. The drop in perspective feels bad, every time it happens. You allow your perspective to dip due to how you are choosing to perceive the event and nothing else. The limiting belief, which is not true, causes you to drop your perspective only because you hold a certain belief at a certain intensity. But if that belief was not there, you could not possibly view the event incorrectly and you would not drop your perspective. Without a drop in perspective, you could not feel bad.

Your perspective, as you have learned, is how you are choosing to see the world. Since you have the ability to choose any perspective, you are the only one in charge of maintaining your perspective. When you do, you feel good, but when you let it drop, you feel some form of negative emotion. If your perspective is high, it means you are perceiving your reality accurately, and when it drops, you are choosing to perceive your reality inaccurately in that moment. As soon as you choose to raise that perspective, you will feel better again.

How you feel in any moment has to do with your perspective. If your perspective is high, you are more likely to view all outside events accurately and thus, you'll maintain your perspective and continue to feel good, no matter what happens. Of course, this takes some practice. You may be learning about the function of beliefs, emotions and perspective for the first time. You acted on inspiration to join this course. You are in the process of raising your perspective right now. With a commitment to study and increased awareness of your emotions, you'll progress in the art of adjusting beliefs and managing perspectives.

When your perspective is already high and you are feeling good, you will react less to many outside events. For instance, if you are having fun with your friends and you trip on a crack in the sidewalk, you and your friends laugh, and you do not drop your perspective. Now imagine that you're walking on stage to give a speech and you trip and fall in front of the audience. That would likely cause you to drop your perspective and the associated emotion of embarrassment might be felt. But if you were somehow able to maintain your perspective and look at the event rationally and objectively, there is no real reason to be embarrassed. It's not your fault and everyone has done something similar over the course of their lives. It's not about what happens, it's all about how you choose to experience anything.

There are really only two emotions; fear and love. What you call a negative emotion is simply associated with those times in your life where a limiting belief was triggered and you felt some form of fear. You might not call it fear, but that is exactly what it is. The emotion that you felt is always neutral. The emotion itself is just a feeling. Over time, you have simply associated certain emotions with fear and now call them negative. All other fears remain positive and feel good.

DAY NINETEEN - EMOTIONS (JOSHUA)

You have certain beliefs that are not true and they maintain the illusion. Your inner self sees right through that illusion, because it remains in a density where the illusion cannot exist. Your inner self is always guiding you toward the truth and out of the illusion. Your limiting beliefs are holding you in the lower densities where the illusion exists. It's the fear created from that illusion that causes you to drop your perspective. Your inner self holds the accurate perspective and the distance between your perspective and your inner self's perspective is a feeling of fear at a certain intensity.

Imagine a little boy with a toy fire truck. He loves the toy and it's his most valued possession. He has left it outside and his father comes home after work and accidentally runs over the toy. The father picks up the remaining pieces and brings it into the house. The boy is excited to see his father, but immediately gazes upon the broken truck and starts crying. The boy feels negative emotion, only because he is perceiving this event inaccurately. The intensity of the emotion matches his dip in perspective.

It may seem to you that his perspective is accurate, because he did lose his favorite toy. But you must look closely at the event. Did anything wrong or bad actually happen? Did his father intentionally destroy his toy? Is he really a bad boy for leaving it outside? Is the toy inherently valuable, or was its value created by the perspectives of those involved? And does this event mean that the father loves the boy less, because of this event or that the toy is irreplaceable? The answer is no to all of these questions, but the boy has a different, more limited perspective based in certain beliefs derived from the illusion of separation. This is the actual cause of the negative emotion.

If you are sad and lonely, your perspective is already low and you will be easily triggered by many events. Any low emotional state is a sign of a lower perspective and it's all based on limiting beliefs that are not true. If you want to feel better in your life, you will need to do a bit of work to understand how your perspective is tied to your emotions. You'll want to uncover and process your limiting beliefs, while also enhancing your overall perspective in all areas of your life.

When you study the subject of perspective and how it relates to your emotional guidance system, you will radically alter your entire approach to life. As you achieve a certain level of understanding and knowledge in the subject of your emotional guidance system, you will be able to dramatically enhance how you feel in each moment. This will help you elevate your perspective and upgrade the quality of your life, because you will be moving up through the densities and out of the illusion.

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Your beliefs are triggered by events and this causes your perspective to either drop or rise. The further away you get from your inner self's accurate perspective, the worse you feel. The closer you get to that true perspective, the better you feel. Therefore, it would make sense to question those beliefs that are triggered by events. But how is one to do discover their own limiting beliefs? You start by becoming aware of your emotions and how you are choosing to raise or lower your perspective due to certain events.

The first step is to understand that there is a mechanism in place within the system of physical reality designed to do this for you. It will always illuminate the beliefs that are limiting you from manifesting what you truly desire. Since limiting beliefs are never true, you can prove they are not true by finding evidence in your life and the lives of others. This will allow you to reduce the intensity of these beliefs and, as a result, your perspective will increase. We call this perfect and wonderful mechanism... -

Manifestation Events

*With our love,
We are Joshua*