



# Foundations

## A Joshua AND White Light Course

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### DAY TWENTY SIX - EMOTIONAL SENSITIVITY (WHITE LIGHT)

Because you have found your way to this Foundations Course, It is likely you have been told at least once in your life that you were overreacting to an event. It is also likely that you believe you are too sensitive. Furthermore, you are no doubt aware that you are more emotional than others in your family or peer group.

What we want you to know is that this is not a disadvantage or handicap of some sort. This is actually a wonderful power, and you chose this prior to your birth. You chose this emotional sensitivity from your non-physical perspective. You knew, from that perspective, that you would forget who you truly are, and that your best opportunity to remember the truth was to be sensitive to the communication from your Inner-Self. You wanted to give yourself the most effective way to experience this physical reality in joy. Since your Inner-Self would be sending you communication consistently in the form of emotion, you wanted to feel that emotion. This is a brave choice to make in that you were aware that there would be a period of time when you had not yet remembered what your emotions were telling you or how to consciously direct them.

Your emotional sensitivity has allowed you to make it here to this information. It has led you to begin to understand the mechanisms of the universe and your physical reality. From here you can consciously create the life of your dreams. You can use the tools you are being given here to live a life of ease and joy. Your emotional sensitivity is providing you with exactly what you intended.

You are not your emotions or your thoughts. You are not your beliefs or your identity. You are so much more than you think you are. Your emotional sensitivity is one of your gifts. Use it to continue in conscious awareness of the thoughts you attract and your perspective in every moment. You possess an enhanced ability to recognize the communication coming from your Inner-Self. The one who lights the path to your unimaginable life.

*We know you and we love you,  
White Light*

Tomorrow we discuss

**Perfection**