



Foundations

A Joshua AND White Light Course

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DAY TWENTY THREE - INSPIRATION (JOSHUA)

You have learned that your inner self is guiding you to everything you want through inspiration, intuition and emotion. Your emotions let you know if you are perceiving your reality accurately or not. If not, your inner self will place you in situations that trigger beliefs that are not true. Manifestation events illuminate limiting beliefs so that you can identify and process them. Once the limiting beliefs become less intense, your inner self sends you inspiration to act. If you are able to hear the inspiration and push past the fear to take action, you will have an experience and your identity will expand as a result.

Remember that everything has a vibration and that the Law of Attraction brings like vibrations together. You exist in this moment with a certain unique vibration. Within that vibration is your hopes, dreams, desires, fears, worthiness, self-confidence, doubts, etc. This is really your perspective of yourself in every area of your life. It is strongly correlated to your identity. While you may want many things in your life, most of your desires are formed in conjunction with your identity. Since your identity is highly limiting, it limits you from attracting what you want. In order to become a match to what you want, you must elevate your perspective. However, if your identity is rigid, this is not possible. Therefore, your inner self must inspire you to take actions that will lead to experiences that have the potential to expand your identity. Your true identity is The Creator of Your Reality - a magnificent, eternal limitless being of pure positive love and acceptance.

Your present identity is a mere shadow of your true identity. Because you cannot remember who you truly are and the feeling you have of separation, you feel fear and form an identity to protect yourself. What emerges out of the illusion of separation as your greatest fear is loss. Think about this for a moment. If you did not exist within the illusion of separation, you could not feel separate and you would know that nothing could ever be lost. You would feel the connection to everything in your reality and this would prevent you from perceiving or experiencing loss of any kind.

Without fear you would remember who you truly are. Without the illusion of separation, you would feel complete connection. In an environment without fear or separation and with remembering and connection, you could only perceive yourself as the creator of your reality.

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However, amnesia and separation are aspects of this unique Earth reality and what naturally emerges out of this is the belief that you are not the creator of your reality. In fact, what you and everyone else believes is that you are a victim of your reality.

Our definition of victim is simply this; one who believes that the outer conditions, people and events are the cause all emotion. Since this perception of yourself can only emerge out of an illusion, you can easily see that this victim mentality is quite opposite of who you truly are. Day two of this program, we spoke of the universal truth of Oneness. Oneness is the universal law of connection. Separation is impossible. You cannot be disconnected. Therefore, if oneness is the truth and separation is the illusion, then if you view yourself in your reality as a victim, it cannot be true. The only correct perception of yourself is the Creator of Your Reality.

Emotions are not happening due to some factor outside of you. They are generated based in the inaccurate perspective of victimhood. One who identifies as the Creator of their own reality understands that emotions are generated internally in response to one's perception of anything outside of them. Emotions are simply guidance, letting you know whether you are perceiving an experience accurately or not. An inaccurate perception of anything is felt as a negative emotion or feeling. An accurate perception of anything feels good.

You are the creator of your reality, but you are often confused by events that trigger negative emotion and you drop your perspective. This means that every time you feel any negative emotion, you are choosing to view yourself from the perspective of a victim to whatever's happening. This is the only reason you try to protect yourself or shy away from anything. This way of perceiving yourself is embedded within your identity and is the sole cause all of your fears, including the fears that always pop up whenever you receive the inspiration to act.

Inspiration is designed to move you toward everything you want by placing you in experiences that will expand your identity. Sometimes, inspiration leads you right into manifestation events, but again, this is what you want. The manifestation events illuminate beliefs you could not see otherwise. Inspiration also leads you into experiences that can be used to discover new perspectives. The more perspectives you are aware of, the more your identity expands.

At some point, through enough action, you will have more confidence and less doubt. You will begin to see yourself less as a victim and more as a creator. Eventually, after enough experiences where you've been consciously aware and received the information that's contained within each experience, you'll invert from the perspective of a victim to that of a creator. While you will never truly remember who you are or be entirely free from the illusion of separation, you will move to higher and higher perspectives. At the higher perspectives, you'll receive more clarity and the illusion diminishes. Because you are no longer fully immersed in the illusion, all of the fears in your life will diminish and you will start to feel very good.

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As you transition from the perspective of the victim to the perspective of the creator, you move out of the density of illusion and fear to a lighter densities with more clarity and love. Imagine that physical reality on Earth is like a 9-layer cake. At the bottom layers there is more density, like a layer of chocolate icing. It's thick with fear and separation. Those who live down here very much believe that they are victims and perceive everything in fear. Their false perception of themselves, based on rigid identities triggers lots of negative emotion.

If somehow they are able to receive inspiration and push past the fear to act, they will be led to higher perspectives, with less fear. As they move up in perspective, they reach lighter densities and it becomes much easier to hear the inspiration and take the action. But very few people ever do this. Most people remain firmly attached to their identity rooted in the perspective of victimhood. However, there are those like you who will find a way out. Those who are able to discover information that will allow them to soften their identity so that they may raise their perspective all have one thing in common.

It's no accident that you found this information and are taking this course right now. It is not a coincidence that you have an open belief system. There is a reason that you are willing to expand your identity. You resonate with much of what we have shared with you thus far. There is something about you that's quite different than most other people. You have an innate superpower. You possess high

Emotional Sensitivity

*With our love,
We are Joshua*