



# Foundations

## A Joshua AND White Light Course

*By Gary Temple Bodley & Christy Levy*

### DAY TWENTY - EMOTIONS (WHITE LIGHT)

In every moment you are feeling something. In your waking hours, there is always an emotion present within you. There is a profound significance of these emotions as a means of communication and guidance from your Inner Self. Today we will explore together, the empowering nature of your emotions and their role in helping you align with your true desires and intentions for this life.

Your emotions are powerful indicators of your vibrational alignment with your Inner Self—the core essence of who you truly are. They are an integral part of your guidance system, lovingly designed to communicate with you and provide valuable feedback about the thoughts and beliefs you hold.

Each emotion you experience carries a unique vibrational frequency, ranging from lower frequencies such as fear, anger, or frustration, to higher frequencies such as joy, love, and appreciation. These emotional frequencies serve as indicators, signaling whether your perspective, thus your vibration, is in alignment with your Inner Self and the desires you hold.

When you feel positive emotions, it is a clear indication that you are in alignment with your Inner Self and the essence of who you truly are. You are seeing yourself more as the creator of your reality and focusing more on your limitlessness. Your perspective in the moment is aligned with the truth of who you are. Joy, love, enthusiasm, and passion are all indications that you are moving in the direction of your true desires, and that your thoughts and beliefs are in harmony with your Inner Self.

Conversely, when you experience negative emotions, it is a signal that you are out of alignment with your Inner Self. You are seeing yourself as a victim and focusing on your perceived limitations. You are indeed limitless, and you are the creator of your experience. Lack, limitation and victimhood are illusions. They are not the truth of who you are. Emotions such as fear, frustration, or sadness are not meant to be ignored or suppressed; rather, they are valuable messengers, telling you that your current thoughts and beliefs are not serving you.

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In fact, they are holding you apart from your true desires. Your negative emotion is your Inner Self telling you that your perspective is not the truth, and alerting you that you are emitting a vibration that is counter to the manifestation of your true desires and intentions.

By paying attention to your emotional guidance system, you can gain clarity about the thoughts and beliefs that are holding you back from experiencing the reality you desire. Negative emotions are not meant to be judged or condemned; rather, they are opportunities for growth and self-awareness. They provide you with valuable contrast, allowing you to discern what you do not want, and in turn, clarify what you do want.

You have the power to choose your thoughts and beliefs intentionally. By consciously directing your thoughts towards those that evoke positive emotions, you can gradually shift your perspective and vibrational alignment. This naturally moves you closer to your true desires.

Emotions are not something to be feared or avoided; they are your allies, guiding you towards a more fulfilling and joyful life. They guide you along your pathway to self-discovery, self-awareness, and self-mastery. When you learn to interpret and honor your emotions, you can use them as powerful tools for conscious creation.

Your emotions are a language spoken by your Inner Self, communicating with you through the vibrational frequencies you experience. They serve as guiding beacons, indicating whether you are in alignment with your true desires or in a state of resistance. In other words, showing you if you are holding the perspective of a victim or a creator in every moment. By embracing your emotions, listening to their messages, and consciously choosing thoughts that evoke positive emotions, you align with your Inner Self. It is through this endeavor that you create a life filled with joy, abundance, and freedom, with room left over for the unimaginable.

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

Tomorrow we'll discuss

### **Manifestation Events**