



Foundations

A Joshua AND White Light Course

By Gary Temple Bodley & Christy Levy

DAY FIFTEEN - IDENTITY (JOSHUA)

Who are you? This is the question of the ages. You might even say, this is the reason the universe exists. To discover oneself truly is to love oneself, since to know is to love. In contrast to the previous statement, to not know is to fear. To move from fear to love, would be to move from not knowing (confusion, ignorance, etc.) to knowing (clarity, wisdom, understanding, etc.).

You might know yourself to a degree by stating certain facts that other people would agree with. You have a name, age, place of birth, height, weight, parents, etc. These are aspects of you that are known. You might call them facts. We would call these things “knowables” and they exist without a reason to question. Then there are the aspects of you that cannot be known, such as your personality, dreams, desires, fears, emotional sensitivity, etc. The “unknowables” make up a much larger group.

The knowables are objective aspects of your identity, while the unknowables are subjective. The first set is quantitative, while the second is qualitative in nature. Knowables are finite in number and what is unknown about you is infinite. If you think about this for just a second, a certain logic begins to form. If the universe is a vast mechanism designed for the purpose of discovery, and since what can be discovered is infinite, then the universe could be understood from that perspective as infinite. The same could be said of you.

This implies that you are somehow infinite as well. Maybe you are only discovering a fraction of who you truly are in one life, but over the course of many lives, you come to know yourself more and more. When you step out of the context of a single life and dive into the idea of eternal life, you can understand how another perspective is expansive. But what would be the value of a single lifetime?

DAY FIFTEEN - IDENTITY (JOSHUA)

To imagine the idea of a single identity and how it might contribute to the vast information gathering design of the universe, we must look to the idea of perspective. If there could be a full and complete gathering of information as this infinite machine of the universe moves forward, you might see the value of each perspective that is added to the comprehensive database of the universe. If a single datapoint is missing, the database is incomplete and therefore, inaccurate. This would mean that your perspective is vital to the system. This is how you know you are worthy.

Now let's return to the concept of "Uniqueness" and let your mind contemplate why uniqueness would be fundamental to the mechanism of the universe. In an efficient system, copies of an original have no value. If uniqueness is built into the design of the system, then each perspective must be equally valuable, since the entire system relies on the gathering and input of all perspectives. Without it, the information would be incomplete and knowing could not be achieved. Since the unknowables are infinite, then the universe must be infinite as well and full knowing can never be accomplished. Therefore, full knowing must not be the ultimate purpose at all. Discovery is the true purpose of the universe.

When you apply this logic to your own life, you can easily see that you will never know yourself, and that you are simply on an infinite journey of discovery over many lifetimes toward more knowing and therefore, more love. With every experience, you have the opportunity to gain more information. The information you receive expands you as a being. And so the more life experiences you have, the more opportunity you have to expand with the information gleaned from each of those experiences.

To know yourself fully is impossible, but as you have experiences, you take in more information, you expand further and you have more knowledge of yourself. Thus, you are closer to love and further away from fear. You are closer to the truth and further away from the illusion. You are closer to clarity and further away from confusion. This is the design of the entire universe and everything within it. What applies in the universe also applies to everything within it, including you.

The purpose of your life is expansion through discovery. This propels you along a journey toward everything you truly want. You do not prefer a life of fear, confusion, limitation, contraction or illusion. You want more love, clarity, freedom, expansion and truth. As you have any experience, you always have the opportunity to receive information. If you accept the experience as good, right or even perfect, you will receive the information and expand. Conversely, if you call it wrong from a position of fear, you will miss the information and remain where you are.

DAY FIFTEEN - IDENTITY (JOSHUA)

Since you are always having experiences of some sort, opportunities to gather more information are flowing to you. As long as you choose a perspective high enough, you'll see the experiences as good and valuable and you'll expand. However, every time you label the experience as bad or wrong, you are simply choosing a limited perspective.

Every experience you will ever have has the potential for great expansion. Your identity forms your perspective and it's limiting you. To see more and more perfection, your identity must expand before the experience occurs.

The fact remains that you and everyone who has ever lived have had expansive experiences and from that, achieved new perspectives. Those perspectives are responsible for the creation of all desires. When you have any experience, you have it based on whatever perspective you are choosing in the moment. If you recall the Day One material "Perspective," you'll remember that your perspective is a choice.

Within the confines of your present identity, you have a range of perspective. Think of a horizontal line and call that your set-point. From that, your perspective in any moment might dip down a bit or elevate a bit. If you feel good and having fun, your perspective within that identity range will be closer to the truth of who you are. If an event occurs that challenges your identity (what you believe about yourself), you will dip down in perspective and resist the information contained in the event. But all events are perfect, and they're neutral. You give everything meaning from the lens of your identity and then you cast your judgment.

Your identity is not even remotely accurate compared to the eternal, limitless and magnificent being of love that is you. When you feel good, you're closer to the truth. But when you're triggered, you are in an illusion. The emotion you feel is always the indicator of your perspective. Positive emotion means closer to the truth and negative emotion of any kind means that you are further from the truth of who you are.

Do you want to know who you truly are or would you rather believe that who you think you are, which is highly limited, is the true you? This is all you'll ever have to ask about your identity in every moment.

The universe is always bringing you events that reflect back who you are being as an identity. There are parts of your identity that are somewhat true and parts that are absolutely not true. Whenever you feel negative emotion of any kind, you have just discovered an aspect of your identity that is not only incorrect, but it's actually highly limiting. To expand to more love, you must transcend your own identity.

DAY FIFTEEN - IDENTITY (JOSHUA)

The inner work necessary for you to move to higher perspectives and more love, clarity, abundance, freedom, etc. is an ecstatic process. It starts with meditation, where you detach from your human identity and connect with your true identity. You must look at your beliefs and discover and process those that are limiting and untrue. You must prove to yourself that they're false. You must practice seeing everything and everyone from the highest perspective you can reach in any moment. All of this will be helpful. But to really understand where you are, you must know where you are going.

As you have experiences in this life, you have the opportunity to receive information, adjust your beliefs, reach for higher perspectives, receive inspiration and take action that will lead to an even higher perspective. Right now, your perspective is extremely limited compared to who you truly are. With each move upward in perspective, you move one step closer to existing in this life as fully yourself. What keeps you limited is the attachment to your own identity. But when you understand who you truly are, you will realize just how limiting your human identity is.

What if there was a version of you who existed unwaveringly in the truth of who you are? There is such a being. We would like to introduce you to your...

Inner Self

*With our love,
We are Joshua*