



Foundations

A Joshua AND White Light Course

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DAY FIVE - VIBRATION IS IN EVERYTHING (JOSHUA)

The next concept we would like to present to you is the universal concept of Vibration. Everything is vibrating, moving and changing. Nothing is static. Every thought, idea, concept, word, sound, image, etc. has its own vibration. Every physical object is a collection of coherent vibrating atoms. Light is the frequency of vibration. Your body is a vibration, your identity has a vibrational signature and your nonphysical inner self is also vibration. To understand vibration is to recognize the source of all creation.

The physical world you inhabit simply seems physical. It is a collection of infinite particles coalescing in vibration to form structures that you can perceive with your physical senses. They all come together in agreement with the matching vibration that is you. The communication is automatic and is based on your beliefs and expectations. It feels tangible and real to you, but it is not. It's simply and elaborate and perfect illusion, and it's not as real as it seems.

However, the feeling of it is real to you. What you see, taste, touch, and smell is vibrational, just as the sounds you hear are vibrational. Sound is the most obvious vibrational element of your reality. You already understand this fully. Light is vibration and your eyes capture a specific range of vibration in the form of a spectrum of light. You do not see the aromas or the flavors, therefore maybe this is easier for you to conceptualize as vibration. But when it comes to touch, the things that have texture and mass fool you into believing they are real and solid. You cannot walk through a wall and therefore you do not recognize the vibration that it's built upon. Matter is vibration also.

In each moment you emit a vibration and send it out into the universe. What comes back is the reality you perceive. The universe is responsive to and reflective of vibration. It is always happening, everywhere and all at once. There is nothing that is not vibrating in every moment, in every location, with every other thing, in all of the existence of the universe. Once you understand this concept, you can start to consciously alter your vibration in ways that will effect the quality of your life experience.

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Take a snapshot of you in this moment and freeze it in time. You are emitting a vibrational signal. This is the perfect overall representation of you. It's your vibrational signature. It captures every single aspect of you in that moment. In the next moment, the vibration will change a bit, but it is always the most accurate representation of you in each moment. It contains where you are in the universe, who you believe yourself to be, as well as every experience you've ever had (and so much more). As your vibration is emitted from you and sent out into the universe, two things happen. One, the vibration is recorded forever, because it is a record of your unique perspective in that moment, and two, it interacts with all other vibration in the universe.

In time, you will discover that your unique perspective in every moment of your life is highly valuable. This fact is the basis of your absolute worthiness. We will explain this concept in other teachings, but for now simply understand that since only you can have the experiences you are having from your unique perspective, those perspectives are highly valuable to All That Is. They are a treasure. This is why you are fundamentally worthy in every aspect and equal to everyone else. No one is more or less worthy than you, because all perspectives are equally valuable and unique.

The universe responds to your vibration with a perfectly accurate reflection of only one thing: your understanding of yourself in every moment. That understanding, or opinion, or doubt, or belief, or knowledge of oneself is called "Perspective." It is the overall representation of how you see yourself. If you see yourself as worthy, that is reflected back to you. If you believe there's something wrong with you, then that is what you see. The universe confirms your beliefs about yourself with a perfect picture of your exact understanding. As we have stated previously, your perspective is translated as your vibration. For the purposes of your creation, which is you in this life, simply consider that your perspective and your vibration are the same. You cannot consciously modulate, alter or control your vibration just yet. But you can absolutely change your perspective.

Change how you see yourself and the reflection also changes. Sometimes you are quite happy with the reflection and other times you are not. We call this either "Acceptance" or "Resistance."

Sometimes you really hate the reflection and you wish it was different. You believe that you would feel better if the universe showed you something you would prefer as opposed to the actual reflection. Of course, this is simply a misinterpretation of the system of physical reality. Once you understand how it all works, you will be able to accept more of the reflection (rather than resist it) and then alter your vibration if you choose to see yourself from a higher perspective.

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You cannot consciously alter your vibration by thought alone in this Earth reality. Your vibration is based on feeling. What you are vibrating is feeling and emotion. Thought does not really have much effect other than the basis for much of your feelings. You feel a certain way most of the time and so much of your reality is the same. When you adjust how you feel in response to similar thoughts, people or events, you will experience something new.

We will do our best to describe the fundamentals of this vibrational mechanism so that you might visualize it and understand it a bit more clearly. Imagine you are sitting quietly alone in your room. In this state, you emit a vibration and it attracts a compatible thought form with its own vibrational signature. The thought form matches the vibration you are offering and so you and the thought form are drawn together. The thought form merges with your vibration and it becomes personalized to you. This is why it feels like your own thought, because it has become a part of you.

The thought form has mingled and mixed with your vibration and has altered your overall vibration just a little.

The thought form has been added to your vibration and now your vibration is a bit different because of this. You might be aware of the thought and you feel something or generate some emotion as a result of the new thought coming into your awareness. The emotion is your feeling about the thought. It could be happy, sad, indifferent or any other feeling. This thought is now bound together with the emotion and a new vibrational signal is automatically dispatched out into the universe. The universe responds to the package of thought and emotion and a reflection of this is returned to you.

The reflection comes in the form of everything you perceive with your senses, as well as all thoughts, ideas, material objects, events, conditions and even other people. It is all manifested by the vibration you are and have been emitting and it all matches other compatible vibrations. Every wonderful event in your life was formed and brought to you this same way. All of the material objects you've ever possessed were brought to you through this system of vibrational matching. Every single person you have ever met, came to you because your vibration was somehow a match to theirs. There is much more to this concept for you to learn and discover, but essentially one vibration is attracted to another vibration to form something new. This entire process is governed by a fundamental universal law.

WE CALL THIS THE “LAW OF ATTRACTION.”

*With our love
We are Joshua*