



# Foundations

## A Joshua AND White Light Course

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### DAY FOUR - ALL IS ONE (WHITE LIGHT)

Everything in the Universe emerges from the one Source, the Universal Consciousness. There is only one Identity, and all is emergent from that Identity. The Universe exists within Source Energy, as do the stars, planets, animals, plants and humans. All exist as part of a greater whole and can never be separated from that whole. Physical reality is a projection of Source. Humanity is also a projection of Source Energy and is therefore, a part of that collective consciousness. The human sense of identity is an illusion. Your personal sense of identity is an illusion.

You do not remember any of this, because you agreed to enter the illusion of physical reality on 3-D Earth to feel separated from All That Is. You, in your bravery, agreed to forget the truth of who you are and your connection to everyone and everything, for the expansion of the Universal Consciousness. You are dreaming that you are separate, so that you can reach for your connection, oneness and a deeper experience of consciousness. You do this to expand Source.

The interesting thing about the illusion of separation is the intensity of the fear that accompanies it. In the non-physical, you know that you are one with all. You know you are eternal, safe, loved and abundant. When you enter this physical reality, you do so forgetting this. You believe that everything is outside of you, and that you must protect yourself from all of the dangers around you. But this is also an illusion.

Everything that you see in your physical world is a reflection back to you of what you believe. You are watching a movie, of sorts, of your own creation. Everything is you and it is all behaving exactly as you are directing it to behave.

Begin to consider the possibility that all in your experience is you. Start to speak and act as if you are eternally connected to everyone you encounter. Behave as if your words and actions are having an immediate impact on you and your experience of life. When you do this, you will begin to “feel” the truth; You are a priceless part of this Universal Whole. You can never be separated from it or from anyone. You are not alone. You are loved and protected eternally.

*We know you and we love you  
White Light*

**TOMORROW WE DISCUSS  
VIBRATION**

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