



Foundations

A Joshua AND White Light Course

By Gary Temple Bodley & Christy Levy

DAY FOURTEEN - BELIEFS (WHITE LIGHT)

There is no absolute truth in this physical reality. There is only the truth for you. There is only what you believe to be true, and what you believe to be possible. You believe something about everything in your physical experience. Your outer reality is a reflection of your beliefs. Therefore, what you are experiencing IS what you believe.

A belief is a repetitive thought. It is a thought that you think (attract) over and over. As you remain at a vibrational set point or complex of frequency, you attract the same thought forms. When the same thought forms are attracted and combine with your identity to generate emotion, more of the same thoughts are subsequently attracted. This gradually strengthens the frequency you are emitting. After a while, this thought is so familiar to you that it becomes your truth. You have been attracting experiences reflecting this thought and subsequent emotion. Each time an experience emerges responding to this thought and reflecting the emotion, the belief is reinforced. The belief has no inherent truth within it. It is causing you to perceive yourself, and the reality you are experiencing, in either a limiting or empowering way. You will experience who you are, or who you are not. Either is fine. Both experiences are valid, but one will be far more joyful than the other.

Your beliefs about yourself and about your reality exist within you and inform your perspective. Your perspective translates into a vibrational frequency complex that is offered into the universe. This vibration is then reflected back to you in the form of experiences. The experiences themselves are neutral. It is your belief structure that causes you to perceive them as good, bad, right or wrong. The vibration you offer is how you inform the universe of what you desire to experience. You are asking to see and experience what you currently believe. So, in order to experience more of what you truly want, you must bend, stretch, soften and enrich your beliefs. As we move along in this course, we will share with you some effective ways to begin doing just that.

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However, before you can open and adjust your beliefs, you must first recognize what they are. Discovering every component within your mental construct is not something that can be achieved overnight. It is a process that will become a part of you and a part of your daily experience and practice. You will uncover beliefs that limit you and beliefs that empower you. This is a primary element of the system of physical reality. You knew you would adopt certain beliefs about yourself, and from your non-physical perspective, you intended to do this. You knew this would allow you to move along the path to your intentions in a perfectly elegant manner.

Now that you are aware that your mental construct both limits and empowers you, something will naturally occur. You will begin to notice words that come to mind when you think or speak about yourself. Words such as “always” and “never” will lead you to something you believe about yourself. It is not necessary to embark on a seek-and-find mission for your beliefs. It is a generous shift in perspective to just become aware of the nature of your beliefs, and the impact they have on your experience of life. This awareness alone, will guide you to uncover the beliefs that either limit or empower you in every moment. With this information you will understand yourself to be less victim and more creator.

By becoming aware of your mental construct, recognizing its influence on your current experience and actively challenging each component, you take great strides along the path to an unimaginable life.

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

Tomorrow, we will discuss

Identity