



Foundations

A Joshua AND White Light Course

By Gary Temple Bodley & Christy Levy

DAY ONE - PERSPECTIVE (JOSHUA)

Let's imagine that prior to your birth, you (as your nonphysical inner self) completely understand this Earth reality. You are eager to jump in and expand through a new life experience. Before you embark on this exciting journey, you create a plan for your next human life. You're aware of all of your previous life experiences and you have discovered much from all of those expansive lifetimes. The progression and expansion of all previous lives in their entirety is the culmination of the expansion resulting from each life. From this point, you design a new life experience that continues the evolution of your soul.

Anything not fully experienced in other lives might become part of the plan for this life. On the other hand, if you feel you've experienced certain themes many times over, you might create this life without the need for those experiences. Of course, there are many facets to what can be experienced in the Earth reality, and so nothing is ever really repeated. Each life experience is truly unique, but there are certain themes yet to be explored.

Before your birth, you set intentions. These can be mild and generalized or intense and specific. If you have lived many lives previously, you have much experience living earthly lives, and you are proficient at setting your intentions. All humans are great and magnificent explorers and each comes with the general intention to expand in joy. However, many of you, especially those that have chosen a spiritual path, come with deep and powerful intentions. You primarily intended to expand in joy, experience true freedom and abundance, and express love. But you also set more specific intentions designed to raise your perspective in this new life.

When you return to the nonphysical after this life is complete, you will look back and see the perfection of it all. You will marvel at the relationships you created and all of the perfect experiences you had. You will relish each point in your life that caused your human perspective to expand. The most thrilling parts of this human experience are the times when you are able to see through the illusion and alter your beliefs so that you can raise that perspective and experience more than just the 3D reality before you. By raising your perspective, you reduce the effect of the illusion of separation. When the illusion is diminished, unimaginable possibilities await you.

DAY ONE - PERSPECTIVE (JOSHUA)

The most beneficial concept to understand is Perspective. It is defined as how you see yourself within your reality. You might have a very high perspective or a very limited perspective. If you have a high perspective, you might describe yourself as “the creator of your reality” and you see yourself fully enveloped by a loving and benevolent universe. If your perspective is limited, you will likely perceive yourself as a “victim” within a harsh and uncaring world, where the outer conditions make you feel something. Clearly, the one with the higher perspective is more accurate in their assessment of their reality. The higher your perspective is, the closer you are to the truth of your reality.

This course and all of the courses, articles, books, events, videos, podcasts, channeling and other communication presented by us (Joshua and The White Light) are designed to help you raise your perspective in all areas of your life. The only path to feeling better, to manifesting what you truly want, or to discovering who you are, is by raising your perspective. Your perspective, which is how you feel about yourself in each and every area of your life, is translated into a vibration. That vibration is emitted by you and is reflected back to you. Every experience you've ever had is simply the reflection of how you feel about yourself. If you would like to create reflections that feel good to you, you have only one option: raise your perspective.

Your understanding of the power of your perspective and how it relates to your vibration will expand and evolve as you move forward through this program. Each time you alter your perspective to a more empowering level, you are actually raising your vibration. This attracts a reality that is more aligned with the truth of who you are and it will feel better. However, to actually raise that perspective, you must be open to change. It is the change of your belief system and a change in your identity. For those experiencing a more limited perspective, change is rather difficult.

In the days to follow, we will help you understand the limiting aspects of identity and beliefs. In order to effectively raise your perspective and feel better, your beliefs and identity must become malleable. A rigid mental construct and identity create the illusion of security. It feels safer to believe that what you believe is true and that who you think you are is accurate. But that perspective is incredibly limiting, because it does not allow for the input of new information or new ways to look at yourself. Those with rigid beliefs and identities are existing fully within the illusion of separation and are therefore experiencing great fear.

If you really want to shift your perspective so that you can know yourself in more truth as the eternal being of love that you are, you will have to look at the beliefs that are the foundation of your fears. You must be willing to entertain new information and experiment with new concepts. There must be an element of faith that your inner self has led you step by step to this information and you are ready to adjust your perspective by releasing any attachment to limiting beliefs that were never true.

DAY ONE - PERSPECTIVE (JOSHUA)

There are incredible benefits to allowing your perspective to raise, but there are no true benefits to maintaining a limited perspective. All of the joy you've ever felt in your life came during those times when you allowed your perspective to rise in the moment. All of your dissatisfaction, emotional pain and even trauma was the direct result of a perspective that was limited and based in the illusion of separation.

The one fundamental rule within the concept of perspective is this: ***Your perspective is always a choice.*** You have the ability to choose any perspective in any moment. It may not seem like a choice to you now, but it certainly is. If you were taught how to choose your perspective as a child, you would be practiced in the art of perspective and this would affect the experience of any event and the quality of your entire life. You can choose a higher perspective or a more limited one. You have been doing this your whole life without even knowing it.

Essentially, this is a life designed by you so that you may choose a unique perspective within each moment. You have a right to choose your perspective. You are a limitless being and there are no limitations other than those that you impose on yourself. How do you impose those limits? Through your choice of perspective. You'll experience the unimaginable wonders of this life when you're able to raise your perspective intentionally. This is what we have come to teach you.

To fully understand who you are, first you must learn the foundational truth of the universe -

ALL IS ONE

*With our love,
We are Joshua*