



Foundations

A Joshua AND White Light Course

By Gary Temple Bodley & Christy Levy

DAY SEVENTEEN - INNER SELF (JOSHUA)

Who are you? You are not the individual, isolated, and small person you identify with through your myriad of experiences, beliefs, fears, hopes, dreams, or conditions. You are so much more than you can possibly imagine. You are an eternal, limitless and magnificent being of pure positive love and acceptance. The truth of you is your inner self and you are the physical representation of that powerful and knowing being who exists in the nonphysical.

In the nonphysical, without the illusion of separation or forgetting, you understand yourself, all others and the universe fully. You are an expanded and energetic being connected fully to the Oneness. You know yourself and you love yourself, because **love is knowing**. You are one with All That Is. You have lived many physical lives and have expanded greatly. Each time you make the choice to enter a new life, you come into that life as the most expanded version of you. The human that exists as you is the most powerful and experienced incarnation so far among the lineage physical lives experienced by your origin consciousness; your inner self. You as a human exist as the fullness of your inner self who is wise, experienced and powerful.

There are many people living today and each one is a physical representation of their origin consciousness (their inner self). Long ago, the consciousness that is you existed without the experience of being physical. Your origin consciousness has a unique name, let's call your consciousness Steve. One day Steve encountered a very powerful, expanded and energetic soul and asked, "How are you so much more? How have you expanded to this quality?"

The other soul replied to Steve, "There's only one way to expand as I have. You must experience a physical life." And thus, Steve was inspired to try it out and see what physical life was like. After the expansion of that first life, Steve was hooked and lived life after life, expanding to such an extent that he was ready for something more. He met that other soul again and realized that as much as he had expanded as a result of all those lives in different physical realities, somehow this other soul had expanded exponentially. "What is the cause of such magnificent expansion?" Asked Steve.

DAY SEVENTEEN - INNER SELF (JOSHUA)

The soul looked at Steve and read his vibration. He nodded and said, "You are ready. I see it in your vibration."

"Ready for what?" Asked Steve.

"Ready for a life on Earth!"

And so your inner self prepared for its first human life. Steve got together with his guides and supporters, all of who assembled to take part in the planning and implementation of this life. Steve chose a theme he wanted to explore and set some intentions. Since it would be his first life on Earth, he wanted to experience the unique aspect of that realm - Feelings. Earth is a feeling reality as everyone knows. The expansion is great, because of this added aspect of the experience. In order to fully get the most out of this experience, Steve wanted to experience all of the feelings not available in the nonphysical realm or really in any other reality.

Since Earth is a feeling reality, there must be something unique about the planet. As it turns out, the Earth dimension is unlike the others. When you choose to be incarnated on this planet, you will forget who you are and who everyone else is and you'll be cast into an elaborate illusion of separation. In the nonphysical, you cannot feel separate and of course, you never forget who you are. But in this reality, you will forget and you'll feel separate. It turns out that the illusion of separation creates these things called fear and duality. From that, strong desires emerge.

On Earth, due to the fear and illusion of separation, humans tend to judge everything as good, bad, right, wrong, better, worse, etc. It's called "duality" and it's a form of control. The humans believe that control will ease the feeling of fear. To them, things outside of them are responsible for the fear they feel and so they seek to protect themselves by labeling, judging and categorizing everything. It seems to be an inherent human quality, but it simply emerges from the illusion and is based in fear itself.

Despite the illusion, the fact remains that there is no wrong and everything is always right. The natural perception of those not in fear is neutrality. But since humans have beliefs based in the fear, their rationale is to label, judge and control everything. They label emotions too. In truth, all emotions are wonderful feelings along a spectrum of intensity. There are no bad feelings. But humans associate fear with an emotion and then call it bad. They spend their lives protecting themselves from certain emotions by being good, respectable and conforming to society. Of course, this turns out to be responsible for all the limitations they impose on themselves.

DAY SEVENTEEN - INNER SELF (JOSHUA)

Steve doesn't care which emotions are felt. What Steve wants is the expansion found in this unique reality. To Steve, the lifetime is over in a flash. But to the consciousness experiencing the entirety of every moment in that life, it seems rather long. Now here's the interesting thing. Steve does not go into that life himself. He creates a new consciousness. The new consciousness is the culmination of all the lives and experiences that gave Steve his expansion. It is the most powerful, wise and expanded consciousness within the lineage of the origin consciousness known as Steve.

The new consciousness is you and you are the one experiencing your life. Steve remains in the nonphysical, along with your guides and supporters, to help you navigate this life in the way you intended. Now remember, you are Steve and Steve is you. Steve experiences everything you do, but without the fear or negative association with emotion. You were actually the one who created your life with the advise of Steve and your guides. This might be difficult for you to imagine, because on Earth when a new consciousness arrives, it does so in the form of a baby, without any knowledge or power. The exact opposite is true in the nonphysical. In that realm, the new consciousness is the pinnacle of the origin consciousness and all its expansion. You come in wise, experienced and powerful, but you can't remember that.

Always know that it was YOU who created this life. You choose the theme and set your intentions. You were the one who knew what was right for you. You planned it out carefully and with the highest form of consultation. You did not make any errors in judgment. You chose every detail of it. You created your universe and the perfect life for you. Your life is, has always been and will always be perfect for you.

As the human, you rarely share the same perspective as your inner self. You see your life as imperfect, only because you have formed a limited identity. You believe you are on your own and have no support. Your identity and this becomes who you think you are. You then experience everything from the limited lens of that identity. The guidance from Steve and your guides is always flowing to you, but you are mostly unaware of it. Occasionally, you receive an inspired idea and you take action. But then you judge everything about the experience and you miss the perspective-shifting information that could have been yours.

You designed this life to expand, but your primary intention was to expand in joy. To do this, you must transcend the limited identity and become more true to who you really are. This requires that you become aware of certain aspects of your identity that limit your positive expansion and the joy in which you could experience anything.

DAY SEVENTEEN - INNER SELF (JOSHUA)

If you would like to experience more joy in your life, practice choosing perspectives that are more aligned with how your inner self would view the circumstances at hand. Practice looking at yourself not as the identity you believe yourself to be, but as the representation of your inner self "Steve." Don't ask, "What should I do?" Ask, "What would Steve do?" Don't imagine what you could become as the person you are. Imagine what Steve could become through you!

When you feel bad, you feel what you label "negative" emotion. When you feel good, you feel a "positive" emotion. Have you ever really thought about why this happens? Have you ever considered that possibly these emotions are a form of guidance? Have you realized yet that emotions are always there and at no time do you ever exist without feeling? It might surprise you to learn that the primary way your inner self guides you to the fullness of the life you intended to live is through your...

Emotions

*With our love,
We are Joshua*