



Foundations

A Joshua AND White Light Course

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DAY SIX - VIBRATION (WHITE LIGHT)

Everything is always moving. Everything in the universe is energy that is vibrating. Vibration is measured as frequency. Thoughts and emotions vibrate at a certain frequency. You, focused in your physical body, vibrate at a certain frequency. That frequency is emitted out into the universe in every moment. Your vibration is always shifting as you move through your life experiences. The frequency of your vibration is the sum total of your identity, beliefs, thoughts and emotions.

Each of you has an identity, which mixes with a thought, that then is stirred up with your beliefs to generate an emotion. This magnificent and unique recipe is emitted out into the universe and perfectly matched with experiences that show you exactly what you are cooking. You can decide exactly where to go from each experience. You get to choose how, or if, you want to shift your vibration. There are many tools available to you as you move along this journey to consciously make those shifts. For now, it is the understanding of vibration and what it means for you that is important.

Everything in the universe has a unique vibrational frequency and everything is energy. This means that all matter, all sound, all light, all thoughts, and all emotions are energy. It's energy that is vibrating at a unique frequency. This is important for you to understand, because you too are energy (and matter) vibrating at a unique frequency.

The energy of black cannot carry the frequency of white. It is quite a different frequency. It can only carry the frequency of black. The energy of resentment cannot carry the frequency of joy. Each energy has its own exceptional vibration. While most material objects cannot, on their own, alter their vibrational frequency, you certainly can. You can become a match to the frequency of what you desire. You have the power to alter your own vibrational energy and this is a wonderful gift that you possess.

We know you and we love you
White Light

Tomorrow we discuss
ATTRACTION