



# Foundations

## A Joshua AND White Light Course

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### DAY SIXTEEN - IDENTITY (WHITE LIGHT)

Who do you think you are?

When you read this question, what do you feel? This query has been posed many times with the connotation being “Who do you think you are to do or be \_\_\_\_\_? What we want to tell you today, is that you are the one to do or be anything you choose. What is stopping you from this is largely due to your identity.

When you are asked to describe yourself, you will likely list your physical attributes, such as your name, age, hair and eye color, height, weight, perhaps your marital status, education, career and your hobbies. You may include your race, nationality, place of birth, current address and your immediate family situation. You might also interject your vegan life choice or gender identification.

There are also the things with which you identify that are descriptive but also subjective such as, athletic, intelligent, funny, creative, thoughtful, and charismatic. Or, those that are even more descriptive and more subjective like, good parent, kind neighbor, superior athlete, successful business person or loyal friend.

If you study these descriptive, subjective terms, you can note that although these might be desirable qualities or characteristics, they are extremely limiting. For example, would a “good parent” skip a child’s ballgame to spend an afternoon at a spa? What if this parent had been to every ballgame for the last three years, had just spent the last two weeks caring for an elderly friend, publishing a new cook book and painting the entire house? Does any of that matter? What does a “good parent” do or not do? How is this ever achieved? It is not possible, because it is different for everyone and it is perceived differently by everyone.

If being a “good parent” is part of your identity, then you have given yourself an illusive goal. If you perceive that you receive love and respect from others because of this aspect of your identity, you cannot be authentic. You will not follow inspiration that would challenge this identity. Even though following that inspiration would be for the highest good of both you and your child.

## DAY SIXTEEN - IDENTITY (WHITE LIGHT)

The qualities with which you identify are wonderful things, but they're limiting. Begin to notice when you have a thought, idea or even a suggestion from someone else that you immediately discount. Why would you NOT do something? Why WOULD you do something? Is it because of what others would think? Would it be counter to the identity you have carefully crafted over the course of your life? What do you gain or lose if you do or do not DO something?

Your identity began to develop when you were a child. You were born into this reality into a specific family dynamic, town, country and socio-economic status. You were influenced by those around you who attempted to guide you in ways they believed would make your life better. This was done to mitigate their fear. It had very little to do with what was best for you. You also saw TV, movies and news that allowed you to surmise which qualities you believed would get you what you wanted in life. You adopted those qualities in whatever way you could fit them into your existing structure.

Additionally, you learned that some of your natural qualities would not get you what you wanted. There were times when you were told you were bad or wrong when you were just being yourself. This was again due to the fear of those around you wanting to keep you safe and ensure your success in life so they could feel better. However, it caused you to believe that some of your innate attributes would get you into trouble. So you called them bad and wrong and tried to exclude from your life. This remains a part of your mental construct until you get here. Here is where you realize that you can and must embrace all of you to live the life you truly want. This is a natural process that you intended. It is part of the design of this reality.

It is not necessary to completely reject everything with which you identify. You are now aware that this identity exists and that it has you in a bit of a proverbial box. From here you can expand this identity and challenge it with new actions and adventures. There is nothing serious going on here. Have fun along the way by opening new doors to experiences you never considered. Through those doors, your unimaginable life awaits.

*We Know You and We Love You,  
White Light*

Tomorrow, we'll discuss your

### INNER SELF