



# Foundations

## A Joshua AND White Light Course

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### DAY THIRTEEN - BELIEFS (JOSHUA)

Your beliefs are neither true or false. They are simply empowering or limiting. Many of your beliefs, such as the belief that you cannot jump off a cliff and glide to the ground are quite useful. They keep you in this reality. However, a belief such as this could be correct in your opinion, but it is still limiting. It limits you from doing certain things that could cause you physical injury or death. We call these types of beliefs rational. They adhere to an expectation of some actual harm. All other limiting beliefs are considered irrational, since they have nothing to do with physical safety. They are just limiting.

All of the wonderful things, experiences and people in your life came to you due to your empowering beliefs. You believed that something was likely, probable or possible for you and so there was little or no wobble in your vibration. Without resistance, all that you desire comes into your reality easily and elegantly. This is the design of the system of physical reality. If you want more good stuff in your life, it would be wise to cultivate and develop your empowering beliefs.

If you could change a limiting belief into an empowering belief, you would radically alter the trajectory of your life. But you are not really aware of most of your limiting beliefs. If you could increase the intensity of your empowering beliefs, you would attract more of what you wanted into your life. Your set of beliefs are unique to you. The make-up of all of your beliefs, desires, needs, expectations, etc. form what we call your mental construct. What you think is true is true for you only. No one has a mental construct like yours. It's the product of a unique being, life experience and identity. It is your unique perspective.

You can alter your beliefs. Since they are not true, only limiting or empowering, you can make adjustments. You can always prove that your limiting beliefs are not true. You can find evidence that proves they're false. There is not one limiting belief in the history of mankind that was ever proven to be true. All limiting beliefs only appear to be true to those who choose to harbor them. Your beliefs are choices, based in your perspective, which is also a choice.

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Your empowering beliefs are not really true either. They are only more true. However, they allow you to manifest many wonderful things with less resistance. You can raise the intensity of your empowering beliefs, just as you are able to lower the intensity of your limiting beliefs. The practice of finding evidence to prove limiting beliefs are false is similar to the practice of finding evidence that empowering beliefs are true. All you have to do is look for the evidence and it will exist either in your own life experience or the experience of someone else.

Each time you discover a limiting belief, find evidence to prove it's false, and complete the work to reduce its intensity, you raise your perspective. But how does one discover hidden limiting beliefs? There is a wonderful mechanism in physical reality and its sole purpose is to make you aware of your beliefs. It's called "The Manifestation Event" and it's a marvelous phenomenon that you've experienced countless times in your life.

But before we discuss the Manifestation Event, we want to assure you that you are always being guided to discover your limiting and empowering beliefs. Your inner self and your millions of guides and supporters are leading you to the awareness of beliefs that must be adjusted for you to live the life you intended. The entire system of physical reality is set up to help you move through your own limitations in order for you to explore that which you came here to explore. You are always being supported by a loving and benevolent universe. You are never on your own. The feeling of separation is an illusion. The fact is that everything is set up to help you move along your path to the life you truly desire.

All of your limitations are self-imposed. There are no actual limitations in this reality. Remember these words. Nothing is standing in the way of what you have come to explore other than the beliefs that cause you to choose a perception of yourself, other people and the world around you. In this reality, which is yours, you are the creator. You can be, have and do anything you desire. ***There are absolutely no limits!*** We could not add more emphasis to that statement. If you feel any limitation whatsoever, it's due to an inaccurate belief system. However, thanks to the Manifestation Event, you will always be led into situations that highlight beliefs that could use some adjustment.

Every time you experience something joyful, fun, exciting, etc, you are in a manifestation event. These events are orchestrated for you for many reasons. Of course, joy is the main one. However, within each happy occasion exists an empowering belief. The only reason you ever feel joy is due to the existence of an empowering belief. Without your empowering beliefs, you would only experience a life of discontentment, dissatisfaction, victimhood and suffering.

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On the other hand, every experience you've ever had that was accompanied by negative emotion occurred due to the fact that you had a belief that was not true. When you experience a negative emotion, a limiting belief is responsible. Without limiting beliefs, it would be impossible for you to experience any negative emotion. And we would like emphasize this statement - ***All Limiting Beliefs Are False Beliefs.***

You entered this reality as a blank slate. You had no beliefs, no identity and almost no perception of reality. You had a basic survival instinct, but as a baby, it was not supported by a mental construct. It was simply instinct. Nearly belief you have was adopted as you began to form your identity. You chose to believe something was either true or not at the time of an experience. This means that all of your beliefs are simply the things you choose to accept. Since it's a choice, you can always make a different choice. You can choose to intentionally create a mental construct that is empowering, rather than the one you are choosing now, which is highly limiting by comparison.

You beliefs are always a choice. This means that the beliefs you choose to hold onto support an arbitrary identity that you use to define yourself. Since your beliefs were not intentionally adopted, who you think you are is a haphazard collection of arbitrary experiences you've unconsciously cobbled together to create a mental construct. You accept this mental construct as it is, without questioning it. But what if you actually questioned your beliefs? What if you became aware of and processed your limiting beliefs? If you could do that, your mental construct would change, your perception of your own reality would sharpen, your perspective would rise, and your definition of yourself would become more accurate.

In other words, who you think you are is based in beliefs that have never been true and therefore, the most limiting aspect of your entire reality is not true either. Imagine that you have been walking around your entire life with a completely false...

### Identity

*With our love,  
We are Joshua*