



Foundations

A Joshua AND White Light Course

By Gary Temple Bodley & Christy Levy

DAY THREE - ALL IS ONE (JOSHUA)

The next concept we would like to present to you is Oneness.

Let's imagine that you feel like an individual separated from all other people, animals, plants and other forms of consciousness only because there is a feature in place that causes you to perceive your reality in this way. That feature is an illusion. It is the illusion of separation. The illusion is like a dream. Wake up from the dream and you discover that it was never real. The truth, as you will see when you awaken, is that there is only oneness.

Everything in the physical and nonphysical reality of the universe is connected. It is entangled as your scientists like to say. You are one with all consciousness and that is not limited to living humans. Every form of consciousness emerges from the one mind, the one consciousness. You may call it God or Source or any other name you like. You could interpret it scientifically and call it the unified field or quantum field. It matters not how you would like to arrive at this understanding. The truth is that All Is One. It is All That Is.

When you return to the nonphysical once you've chosen to make your transition out of this physical reality, you will feel the connection. You will not doubt it. It will be obvious to you. But what if you could feel it now? How would life be different for you? If the illusion of separation was removed from your perception of reality, you would be fearless. All fear emerges from the feeling of separation. However, without this feature, you could not explore this reality as you intended. The illusion is necessary and useful. It is an important feature of this game. But that does not mean it is true in any way, shape or form.

As you progress to higher and higher perspectives, you will do so with the intellectual understanding that separation is an illusion and oneness is the truth. Every decision you make, every action you take, and every choice in front of you will be based in either separation or oneness/connection. If you are able to make choices, decisions and take actions based in oneness, it will mean your perspective is high in the moment. If your choices, decisions and actions further separate you, you will know that you are operating from a limited perspective.

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When you take a moment to raise your perspective before taking an action or making a decision, you will be guided to those which will always lead to more connection. The opposite is true as well. When you take any action that leads to further separation, you will only do so from a limited perspective. Since the higher perspective is always more true and the limited perspective is always untrue, this knowledge will help you understand the basis of your choices, decisions and actions.

When oneness exists as a concept within your base of knowledge and understanding, you will have an elevated perspective. When you can identify whether a decision will lead to more connection, that choice will always be for your highest good. You will have an experience of more connection and your perspective will shift upwards.

We would like to remind you here that all choices, decisions and actions lead to more expansion, and so in that you cannot make a wrong move. However, if you would like to feel better, the way to do that is through an elevation in perspective. More connection, more oneness, and more love will always lead to outcomes that will provide you with the opportunity to see yourself in a way that is more true and this will feel better. All separation leads to more entrenched limiting beliefs and feelings of victimhood.

Try to remember the last argument you had with a loved one. Think of an action that you took. Maybe you left the room. That was an act of separation. Maybe you tried to defend yourself by making the other person wrong. This too is an act of separation. The argument itself only occurred because you could not see each other's perspective and this happens when an illusion of separation is in place.

Now remember the last time you felt really good and you were inspired to do something for another. That act of inspiration led you to more connection. Maybe you bought this person a gift that you knew they would love. Possibly, you assisted them in a time of need. You might have confided in them and told them something about yourself they did not know. All of these actions create more connection and it feels good.

In this feeling reality, how you feel is an indication of connection or separation. Connection will always feel better than separation. Maybe not always in the moment, because when you feel angry and as you act to separate, you are relieved a bit from that emotion. But once you have recovered and noticed the result of the action, choice or decision, it caused further separation and that never feels good.

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Your beliefs might cause you to perceive that you must protect yourself from other people and situations that could cause negative emotion. This too is part of the illusion and emerges from a limited perspective. You will never feel good in any form of separation, because this will only create more separation and deepen the intensity of your limited perspective. As you endeavor to connect more, the side effect is more love, more intimacy, more understanding and a rising perspective. More connection will allow you to elevate your consciousness and perspective. It will lead to more knowledge and understanding. You will become more receptive to higher concepts and universal truths. The feeling of being stuck comes from playing it safe and trying to protect yourself. Connection is the lubricant of love.

How you feel is communicated to the universe as vibration. The vibration itself is neutral, as is the reflection that comes back to you. From your point of view, the reflection will have some meaning. Sometimes you like (connect to) the reflection and you feel good, and other times you object to (disconnect from) an experience and you feel bad. But the reflection itself is always neutral. To understand what you are receiving, you must know how connection and disconnection affect your vibration. But before you can do that, it's helpful to understand that

VIBRATION IS IN EVERYTHING

With our love

We are Joshua