



Foundations

A Joshua AND White Light Course

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DAY TWENTY FIVE - EMOTIONAL SENSITIVITY (JOSHUA)

Have you noticed that throughout your life you've always been a little more emotional than most of the people around you. In your childhood, did you feel a great range of emotions from joy to despair? Were you laughing hysterically one moment and crying your eyes out in the next one? Did your parents ask you to calm down often? Did society value emotional sensitivity or was it something to be suppressed? Many emotionally sensitive people view emotions as a weakness. In fact, it is a wonderful strength. We call it a superpower.

It's not easy to possess an intense range of emotions. From the human perspective, it might not be something you would choose. But there is a reason you're emotionally sensitive. When you feel your emotions strongly, you will very much notice when you feel bad. You might assume this is true of everyone, but it isn't. Those with less intense emotions tend to accept their negative emotions. They become accustomed to feeling bad and they adapt. Feeling bad to them is not the same as it is for you. They tolerate it, but you will not.

As we have said many times before, this physical reality in the Earth dimension is a feeling reality. All you are ever really doing here is feeling something. Other physical realities are not like this. Those realities are based in thinking and frequency, not feeling. But in order to thrive in this reality, one must understand the feeling nature of it. They must understand the power of their feelings. To be emotionally sensitive in this reality is beneficial. But most people, even those who feel as intensely as you do, don't really understand the power of their emotions.

In a feeling reality, you create everything with feeling. Emotions are feelings you have labeled. The feelings are neutral, just like everything else in your reality. No feeling, just like no thing, is good or bad. You define everything through the unique lens of your perception of reality and you give some meaning to it all. How you choose to define anything is up to you. Change your definition and the meaning changes. In reality, everything is neutral.

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In other physical realities, things are manifested by thought and frequency. In this reality, everything is created by feeling. The intensity of the feeling determines the power behind each creation. Mild feelings are less powerful than strong and intense feelings. If you were going to become a powerful creator in this reality, you would want to be highly emotionally sensitive.

If you are emotionally sensitive and you are interpreting your reality in a way that brings up strong negative emotion, you are going to suffer in that perspective. Those who experience depression do so because they are unable to shift their perspectives. They don't believe there is any way to relieve the pain they feel. Those who escape the pain by reaching for something outside themselves, such as drugs, alcohol, food, sex, etc., are in similar predicaments. And then there are those of you who choose to find answers.

If you don't understand how this reality works or who you truly are, and you are emotionally sensitive, you will feel intense negative emotion any time you perceive yourself as a victim. Remember, your emotions are guidance. They simply indicate how accurate your perspective is in any moment. If your current perspective is accurate, you feel good. However, if something happens and you perceive that you have no power, ability or value, you will perceive yourself as a victim to the circumstances. Since this is not true, only a misperception of yourself from a limited perspective, the guidance comes in the form of strong negative emotion.

The more intensely you believe that the inaccurate perspective is true, the stronger the negative emotion. In these cases, it can be overwhelming. But it will also make you change course. It causes you to birth strong desires and take action, even in the face of fear. This leads you on a path of self-discovery and this is how you have found yourself taking this course.

To create powerfully using your feelings, you must first understand the system and how it works here on Earth. No one has taught you these things fully. There is no way you could have understood them, even if these teachings were made available to you in your past. You had to do whatever you've done to be here now. Somehow, you found a way, likely through other teachings, to raise your perspective high enough to become a match to what you are about to learn from us. You will not hear it all fully, but you will hear enough to shift your perspective upwards. Eventually, if you continue to approach life in a way that enables you to make continuous shifts in perspective, you will know how to create powerfully with your feelings.

Are you ready? Let's begin.

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The only way to create what you want is to understand how this reality works. Feelings create everything. If you create from what you call bad feelings, you will create more of what you call bad. The universe is neutral. You can have, be and do anything you want. But the universe is always going to bring you a match to the feelings you are emitting. Now, knowing this fact, how have you been creating most of your life? Have you been consistently manifesting what you want or have you also been creating a lot of what you do not want? If you are angry and feel bad, you emit that powerful feeling into your reality and something always comes back that matches it perfectly. Sometimes it's a thought, or an urge to change or control something, maybe it's an enemy or even an unwanted physical condition or manifestation.

On the other hand, every wonderful thing that has ever come into your life matched a feeling that you were expressing through your powerful emotions. If you felt love for others, you manifested people to love. If you loved animals, they came into your life. If you loved some activity, you found your passion. If you loved some aspects of yourself, you were given experiences of them and it felt good. Appreciation for what you have in your life is a good feeling and so you naturally attract more things to appreciate.

But if you ever wanted something really badly and it never came in a way that made you feel good, it's because the wanting is a feeling of lack. It's not a good feeling, but the universe is not judging you. It's simply bringing you more of that feeling. You manifested continuous lack. If you were worried about losing something you loved, this was not a nice feeling. You didn't know it at the time, but the match to this feeling was the loss of something you loved.

This is how you have been haphazardly creating your reality. You didn't understand the system fully. You have read a lot of books, watched a lot of videos and listened to many speakers all explaining the laws of the universe. You have accepted enough information and it has allowed you to elevate your perspective so that you could be here now, but none of those teachers has told you the secret we are going to reveal to you right now. In this universe, there is only...

Perfection

*With our love,
We are Joshua*