



Foundations

A Joshua AND White Light Course

By Gary Temple Bodley & Christy Levy

DAY TWENTY FOUR - INSPIRATION (WHITE LIGHT)

Inspiration is the method by which your Inner self, non-physical guides and supporters, and the Universe as a whole, present you with opportunities to move closer and closer to everything you truly want.

When inspiration is received, some fear will always appear. The strength of the desire that you connect to the inspiration, in relationship to the intensity of the fear that immediately follows it, determines whether or not you will act on the inspiration. A desire that is stronger than the subsequent fear makes it more likely you will take action. Conversely, a desire that is not as strong as the subsequent fear, means you are less likely to act.

Remember, any and all inspiration delivered to you is designed to move you along your path to everything you truly want. Any action taken from inspiration would certainly lead to what you truly want. Following and acting on inspiration will occasionally lead you directly into a Manifestation Event. This is also what you want, because you will then have the opportunity to diminish a limiting belief that you did not previously recognize. Again propelling you in the most effective way toward your true desires.

Most of you hear only a small fraction of your inspiration, and then act upon only a small fraction of what you hear. Inspiration can come in many forms. It can be a thought or idea that sounds like your own voice in your head. It can also be a friend with an invitation or suggestion. Inspiration can come through the media in the form of a billboard or a television commercial. It will be delivered to you in a way that generates the highest probability that you will receive it, and take action.

There is always one action that can be taken in the moment when inspiration is received. The fear that arises is related to a self-imposed limitation or some aspect of your identity that is opposed by the action within the inspiration.

DAY TWENTY FOUR - INSPIRATION (WHITE LIGHT)

Inspiration is always in the “now” moment. There is an action that can be taken immediately when the inspiration is heard. For example, if you are inspired to take a trip, the fear that arises could sound like, “I can't take time off work, I can't afford to take this trip or I am not really interested in going to this place”. But the inspiration is not for you to get on a plane. You must ask what you could do in that moment to act on the inspiration. You could research flights or perhaps reach out to a friend who has been to this place. There are many times when inspiration appears to be incongruent with that which you believe you want. But you do not know what this inspiration could provide, or why you are receiving it now. You can only trust that it will inevitably take you where you truly want to go.

Most inspiration is ignored, overlooked or unrecognized, because it appears to be in direct conflict with your desires or with your identity. For example, imagine you are driving to work and you are inspired to stop at a market on the side of the road. You might think that doing this would cause you to be late. You might think that you could get dirt on your clothes and make a poor impression at your meeting. You may also think that these little markets are never very interesting and it's not worth the time. But again, you cannot know what is in store for you if you stop. These thoughts are just fears, and if they prevent you from acting, then this inspiration is ignored and the opportunity has passed. Of course, more inspiration will continue to flow to you. There is no need to worry that failing to act on an inspiration will halt the flow coming to you, there will always be more, it is infinite.

The way to begin to recognize more inspiration is to continue to challenge your identity. Use what you have learned to raise your perspective in every area of your life. Process your limiting beliefs and push past the fear that comes with any inspiration you can recognize. This is your work. It is the method for raising the vibration you offer to the Universe. It is the path to the realization of your unimaginable life.

*We know you and we love you,
White Light*

Tomorrow we will discuss

Emotional Sensitivity