



Foundations

A Joshua AND White Light Course

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DAY TWENTY ONE - MANIFESTATION EVENTS (JOSHUA)

Your inner self is guiding you to everything you want through inspiration, intuition and emotion. The only way to manifest what you want is to become a vibrational match to whatever that is. Everything (every person, experience, thought, concept, idea and thing) has a vibration. The thing you want will not change its vibration to match you. You must make the change to your own vibration. Your vibration is the sum of how you feel about yourself in any area of your life. It's also called - ***your perspective***.

For instance, if you desire a new romantic relationship, first you will want to raise your perspective in this area of your life. If your perspective in this area is limited, you will not be a match to the person you truly want, only to the person who meets you wherever your perspective is now. Imagine the different kinds of people you might attract from a limited perspective compared to a higher perspective.

Most people enter new relationships without thinking about their own vibration. They generally get a match to someone who will reflect back to them their current set of beliefs. Since most people do not understand how their perspective translates to their vibration, they enter relationships hoping the other person will make them feel loved, appreciated, or any other positive emotion. However, unless the perspective is raised first, the new mate will simply trigger all of their old beliefs and be the source of much frustration and hurt feelings.

Your inner self knows your perspective, which is based on your current set of beliefs about yourself in every life area. To move up in perspective, you must first address your limiting beliefs in these areas. But how do you uncover limiting beliefs that you are not aware of? This is done through a mechanism within physical reality called "Manifestation Events."

A manifestation event occurs to help you see the belief that will need to be adjusted so that you can raise your perspective to become a match to what you truly want. The event might be a wonderful experience that feels good or it could elicit negative emotion and feel bad.

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When you are feeling good, for instance, you might receive a compliment on your hair. This would trigger an empowering belief and give you a bit of self-confidence. In this case, the manifestation event comes to enhance the vibration of an empowering belief.

On the other hand, you may experience an event that triggers a limiting belief, and you feel negative emotion. Anytime this happens, you are being alerted to the fact that there is a limiting belief within you causing you to perceive yourself in a way that is not true. The event itself did not cause the negative emotion; the limiting belief did. You might believe that the other person made you feel bad, but this is not true. What actually happened was that you *interpreted the event* in a way that was not true. The limiting belief, that exists within your identity, has caused you to perceive your reality inaccurately. Without the limiting belief, you could not feel negative emotion.

When you feel negative emotion as a reaction to a thought, an event, or even a bodily condition, it's due to a belief that is embedded within your identity. This belief is causing a limitation in your perspective. You believe something about yourself that is not true. Instead of blaming the event or the person involved, you must simply step back, compose yourself and look at what belief could have caused this emotion to occur. When you identify any limiting belief, you can do the work to process it and prove to yourself that this belief is not true. This continuous process will help you modify your identity over time and your perspective will shift.

There are no true or false beliefs. There are only empowering beliefs, which are more true and limiting beliefs, which are **all false**. By noticing when you feel negative emotion and discovering why, you can find a limiting belief that has been triggered. Simply identify the belief and find evidence in your past where you can prove to yourself that the belief is not true. This will work to soften the intensity of the belief. The next time this belief is triggered, the emotion will be less intense. Eventually, you will see yourself in a new light and your perspective will rise.

For you to manifest what you want, you must match the perspective of whatever that is. If you want a mate who has all the qualities you like, you must believe that you are worthy of a relationship with this wonderful new person. If you doubt yourself in any way, your perspective/vibration will not be a match. Your inner self knows this and fully understands the vibrational nature of the manifestation process.

As soon as you have altered your perspective through the work done as you continually process limiting beliefs, your inner self will send you inspiration to act.

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To manifest anything, there will often be some action required on your part. When you are inspired to act, you will always feel a bit of fear before taking action. This is perfectly normal. If you have a limited perspective of yourself in that area, the fear will be too much for you to take the action. This is why manifestation events must occur before the inspiration will arrive. There's no use sending you inspiration to act when your limiting beliefs will cause lots of fear and prevent you from acting.

If you have beliefs about yourself that you've picked up along the way that are not true, wouldn't you want to know about them? If you're perceiving your reality inaccurately, you would certainly want to know this as well. Anytime you feel negative emotion, you are perceiving a thought or an event from a perspective that is limited in some way. The negative emotion is all the proof you need to know that your perspective in that moment is not correct. You are looking at yourself in your world in a way that limits you from receiving what you want.

There's no need to continue to feel bad. You can stop and look at the event from a higher perspective. As you do, you will notice that the bad feeling will fade. As this happens, you will start to see the situation as it really is. If you think about, isn't this what happens naturally anyway. When you have an argument with someone, it seems to resolve itself at some point. Eventually, after a bit of time, you and the other person come to your senses and make up. But you don't address the underlying belief that caused the argument in the first place. Now you have a way to use these events to discover and process the limiting belief, and then raise your perspective.

When you become proficient at understanding how your emotions are triggered, you maintain a higher perspective and feel better much more of the time. You reduce the intensity of your limiting beliefs and become triggered less often and with lower intensity. You return to a state of clarity and calm faster and easier. You have a tool to expand your identity and this will greatly enhance your perception of your reality.

Feeling good is associated with an accurate perception of your reality. An inaccurate perception will always feel bad. Keep this in mind as you move about your day. You are the creator of your reality. Nothing bad can happen to you. It is always happening for you. Manifestation events that trigger negative emotion are not bad or wrong in any way. They are wonderful gifts to appreciate. Without them, you would not be able to understand whether your perspective was correct or not. Do not avoid negative emotion, embrace it and you will maintain a very high perspective.

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If you are emotionally sensitive, which you likely are, you will feel negative emotion more intensely as beliefs are triggered. This is what you want. It's a super power. It is the reason you somehow found this information. Believe it or not, you want to become even more sensitive to emotion, because you really want to know when you are choosing an inaccurate perception of your reality. Do not shy away from manifestation events. Embrace and lean into them. The more manifestation events you run into, the easier it will be to adjust your perspective.

You must understand that manifestation events are beneficial and useful, because they expose your hidden limiting beliefs. You are a limitless being and your limitations are self-imposed through beliefs that are not true. Each time you find a limiting belief and you do the work to prove to yourself that they are not true, you shift your perspective upwards. Soon, after processing your beliefs for a certain amount of time, your perspective will be very high and you'll feel much better.

The higher your perspective, the more you'll become a match to everything you truly want. The highest perspective is love and acceptance. At this level, you receive inspiration and take quick action. You are able to easily push past your fears and act. You may not have thought of this before, but the system is elegant. The only thing that stands between where you are now and everything you truly want are beliefs that aren't true. Manifestation events point out those beliefs.

Once you've attracted a limiting belief, it stays in your vibration. But the belief does not have to limit you. A limiting belief is a belief that is missing information. The manifestation event is an experience that contains the missing information. If you see the event as wrong, you will not receive the information. However, if you choose to believe that event is right and even perfect, you'll gain the information necessary to fill in the holes of your limiting belief. The belief then turns into an empowering belief and your perspective shifts.

Limiting beliefs that must be addressed before you can manifest something you want are given priority. If a manifestation event occurs today, you can know for certain that you are on your way to attracting something you've asked for. This is a good sign indeed. Pay attention. Observe the event. Lean into it. Feel the emotion and let it sink in a bit. Do not try to remove the emotion or talk your way out of it. The more time you play with the emotion, the easier it will be to identify the limiting belief.

Imagine you were involved in a manifestation event at work today. Your boss pointed out a correction that needed to be addressed in regard to something you were working on.

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If you felt embarrassed by this, you've uncovered a belief about some aspect of your identity. Imagine you were told that you made lots of mistakes as a child. You then formed an identity where you are one who never makes mistakes. Every time a mistake is made, it triggers a limiting belief that you have incorporated into your identity. But obviously, this means nothing about you. Everyone makes what they consider mistakes now and then. The belief is not true, it's simply limiting and you can prove it false.

In the example above, you have discovered a belief that does not have anything to do with who you truly are. But the belief limits you, because it's attached to your identity. It limits you from acting on inspiration, because the inspired idea will trigger this (or another) limiting belief and you'll feel fear. If there's a possibility that you could make a mistake if you were to take action, then you would fear that it would affect your identity. That's too big a risk to take and you don't act. For you to get what you want, you must be able to push past fear and act on...

Inspiration

*With our love,
We are Joshua*