



# Foundations

## A Joshua AND White Light Course

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### GUIDELINES

Your perspective in all areas of your life is translated into vibration and is sent out into the universe. The universe responds with thoughts, ideas, choices, actions, experiences, people and events that perfectly match your vibration. When you elevate your perspective, you raise your vibration and attract a reality that feels better. Therefore, the work you do to raise your perspective translates into the life you truly want. It's the most effective and life-changing thing you can ever do to attract the life of your dreams.

Your current perspective is likely off-balance. This means you're offering an incoherent vibration and it's attracting some of what you like and some of what you don't. The first step is to find a balance in all areas of your life. The areas of your life that are working are wonderful, but they are entangled with the areas that are not working. The reason is that you have a lower perspective of yourself in those areas, which is based on limiting beliefs. When you address your limiting beliefs, you raise your perspective and you come into balance.

The Foundations course will meet you where you are. The course is part of a multi-step process designed to engage you emotionally and shift your mental construct so that you can see things more clearly. There is a certain procedure that when followed will shift your perspective naturally. If you do the work as explained in these guidelines, you will elevate your perspective over the next 28 days and move closer to attracting the life you prefer.

Right now you have no idea what this process will actually do for you. You are skeptical and this is understandable. You probably have thoughts such as, "It can't be that simple. It probably won't work. I don't need to do all of it. I don't have the time. I can do it later. Etc." Yes, doubt is common and are to be expected. Your ego does not like it when you change. It doesn't want you to change, because it can't keep you safe from negative emotion. It likes the known experience and is always guarding against change. But you know you'll never create the life you truly desire unless something changes.

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We really want you to get the most out of this program you possibly can. We will be there to assist you every step of the way. We want this course to be so profound and beneficial, that you will have to share it with everyone you know. The only way that will happen is if you put those limiting and doubtful thoughts aside and lean into this time we have together. If you can do that and follow these guidelines, unimaginable experiences will be right around the corner.

This course has been designed so that you can take it once and advance to the next program. You do not need to repeat it as long as you follow these guidelines. However, you may repeat it as often as you like and most of you will choose to take it twice before moving forward. There are no rules and you can do this course any way you like, but you simply will not get the results you want. Since you've paid the tuition and you are ready to go right now, you might as well lean in fully.

If you could see the difference in perspective from where you are now compared to where you will be if you follow these guidelines, you would do every single thing we suggest. But since you cannot see it, you must have a bit of faith. There is an optimal way to complete this program. It's based on many years of Joshua/White Light programs we've developed and taught. It is based on their instructions and our personal experiences. To get the most out of this process, the following guidelines will help you.

- 1 For the next 28 days, meditate first thing in the morning. Do what you must do first and then find a comfortable spot, load the Joshua guided meditation prescribed for that day, close your eyes and listen. Do what the meditation instructs (take a deep breath and relax) and stay in place with eyes closed until the meditation is finished. Most of them are 15 minutes long or less. You can meditate multiple times per day if you like, as long as you complete the prescribed Joshua meditation in the morning. The meditation for the day is listed on the first page of your daily spiritual practice right under the quote of the day.
- 2 Print out the Daily Spiritual practice for the day and fill it out by hand with pen on paper.
- 3 Read the material and immediately do the assignment. You can do this at any time of day, but do the assignment immediately after you've read the material. You can do this multiple times per day, but only on the day of the material. Do not go backward or forward. Do not revisit anything from a prior day. You can do all of that after the 28 days are completed

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- 4 One day at a time. If you miss a day for any reason (or any part of that day - the reading material, assignment, meditation, or DSP), complete that day in full before moving on to the next day. If you are doing this in a group, you might get behind the rest of the group, but that doesn't matter at all. All that matters is that you do only one day at a time and do not skip or double up the days. Each day builds on the previous day and it takes 24 hours to integrate the material.
- 5 Keep your process consistent. If you meditate and do the DSP in the mornings and the reading and assignments in the evenings, stick to that routine for the full 28 days
- 6 Prioritize this work for the duration of the program. You may have a vacation planned in the middle, but you will always have time to do the work each day. Get up 30 minutes earlier if you go to work at a set time. Ask others in your home to respect your time and ask for their assistance with chores, schedules and responsibilities. They will be benefit as well as you do the work to shift your perspective.
- 7 If there is anything you do not understand, stop. Do not continue until you receive clarity. You will be invited into a special private, members only Facebook group where you can ask questions to the group. Someone will have an answer for you. We will also designate certain people who will be ready to assist you with anything you need. But it is your responsibility to ask for assistance. If you move on to the next day without understanding the previous day, it will cause a gap in understanding that will widen and lead to confusion in other areas. Remember, one day builds on top of previous days.

Christy and I are devoting our time to this group for the next 28 days. Please reach out via email and text whenever you have a question or need anything else. We are leaning in as well and we are all in this together.

**Love,**  
**Gary & Christy**