



# Foundations

## A Joshua AND White Light Course

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### INTRODUCTION TO FOUNDATIONS (JOSHUA)

Dear Magnificent Being of Pure Positive Love and Acceptance,

You are a spiritual being having an adventure in a physical reality known as Earth. You've likely heard this before, but what does this mean? It is a description of the relationship between the physical and nonphysical realities. It is the relationship between you and your nonphysical inner self. It is the idea that you are actually a limitless, eternal, magnificent being of pure positive love and acceptance and that you chose to incarnate as a physical representation of who you truly are.

You might ask yourself, why? Why would I, as the physical representation of the most expanded version of my inner self, want to come to this time and place on Earth? The answer is simply - Expansion. From the perspective of your inner self, who exists as a complete, wise, powerful and energetic being of love, there is only one way to learn, explore, discover and grow. To become more, you must have a physical experience. There's no better place to do that than right here on Earth. There's never been a more interesting time than now. There's never been such a convergence of wonderful beings to play with you as there are right now. In other words, you very, very much wanted to be here now.

Earth is a unique realm within the universe. Unlike other realities, Earth has certain interesting and challenging features. First and foremost, there is the illusion of separation. Did you know that this does not really exist in other realities? Other civilizations throughout the universe are collective consciousnesses. They are all tapped into one consciousness of the mass. There is not the doubt, worry, or fear like you understand it. They remember who they are, where they came from and that they are all truly one. They exist mostly in truth, authenticity and a deep understanding of the purpose of physical existence. However, they can only really expand so far. Without the aspect of separation, they aren't driven to birth so many new desires.

Here on Earth, you come to forget who you truly are. You perceive yourselves as individual and separate. While this sounds like something you would not prefer to experience, it has certain undeniable advantages for those intrepid explorers like you.

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This is also a feeling reality and all you are really ever doing in this reality is feeling something. This too is also a very unique feature of Earth, and many come just for the feelings alone. In this environment, you get feel your emotions rather intensely.

The illusion of separation is the cause of all fear, for without it, you would have no limiting beliefs and therefore, you would not feel fear in the same way. Separation causes each of you to feel fear in a unique way. From that, you create wondrous desires and unlock infinite

possibilities. You are first and foremost creators. In this reality, you can have, be and do anything you want. But you do not create with your thoughts, daydreams, wishes, hopes or prayers. All of your desires are manifested by feeling. You birth desires so that you might feel something, and expand along the way. You move from the lack of what you want to the manifestation of the feeling you desire. Thus, you are master creators.

Other civilizations in the known universe create with thought and vibration, but this is actually quite limited. What they create has little meaning, since they do not feel it deeply. You create powerfully with intense feelings and your creations have deep meaning for each of you. Since each of you is unique and is perceiving your realities in unique ways, you are all incredibly creative in your diverse perspectives. You have and are creating things, ideas and concepts that cannot be created in any other reality. For instance, the concept of compassion could never be created by a collective consciousness.

You forget who we truly are so that you might feel the thrill of self-discovery. You set powerful intentions prior to your birth and this sets you up on a trajectory that will allow you to rediscover yourself and expand in the process. At first, you adopt a whole set of beliefs and form an identity. Then you live your life trying to manifest what you want based in this identity, which is not the true you. Soon, you realize that what you thought that you have always wanted is never satisfying and does not make you feel anydifferent. At this point, you will choose another path. You have decided to find the authentic version of you. It is the only way for you to live within this reality. This is why you are here now. Congratulations!

This course is called Foundations, because it is the starting point that will allow you to intentionally incorporate new ideas into your current perspective. It will raise your perspective so that you will be prepared to add new information and do the work required to process and reduce the intensity of your limiting beliefs, while also raising the intensity of your empowering beliefs. As you do this work, you will elevate your perspective and your mind will become more and more open to new ideas and concepts that will allow you to raise your perspective even further.

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The course has been designed in such a way that will begin right where you are now and move you, step by step, to a more open belief system and more accurate perception of yourself and your life. You have already done much studying and practice to be here. You are a spiritual warrior, with a highly developed emotional guidance system and willingness to challenge society's dogmas. You might find these foundational concepts quite easy to understand or rather challenging. You may be somewhat familiar with them from other teachings you have already practiced or many of them might be completely new to you. But no matter what you think you know, there is a deeper truth than what you have learned so far. The way in which this course is presented will create a mental foundation and engrain the concepts into the very fiber of your being. And this will become the basis of further learning, knowledge and wisdom.

What we are teaching all of you is an intricate and elegant process designed to continuously elevate your perspective of yourself in every area of your life. This is the only work you will ever need to do. The quality and satisfaction to be experienced in your life is determined by your perspective of yourself in each area of your life. You all have very high perspectives already, and this is self-evident. You could not be here otherwise. Remember, in this reality, governed by the Law of Attraction, there are no accidents, coincidences, or luck. You are here because the work you have already done has lifted your perspective. That perspective is translated into a vibration that perfectly matches what you are about to learn. You are a vibrational match to a new form of information that most are not ready for yet.

What you are ready to learn is this: ***The quality of one's life is directly proportionate to the level of their perspective in each area of their life multiplied by the overall balance of their perspectives.*** You might know someone who is doing extremely well in business, but not well with regard to their health, relationships or other areas. In business, their perspective is high and that area appears to be working. But in the other areas that are not working, their perspective is lower. Since all life areas are entangled, they must be balanced with no one area too high or low. As you will learn, this is the key to what you all truly want - an Ecstatic Life.

An ecstatic life is one of transcendence over self. What does that mean? It simply describes the life you have come to live this time around. Remember that identity you present to the world? Think of that as the self; the illusory self. It is not real. It is not who you truly are. It is highly limiting. But who maintains this false self? You do, every day of your life. You even want to make it better, improve it, work on it and try to perfect it. But none of that will ever work, and this is why self-improvement is a myth. The truth is this; you are perfect now, and you have always been perfect. You cannot improve and there are no limits placed on you.

***It is unimaginable!***

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Go forward each day of this 28-day adventure with an open mind and a willingness to experience a shift in your perspective. Each day is built on top of the previous day. There is a design to this experience. If possible, do only one concept per day over the next four weeks without missing a single day or doubling up. If you miss a day, that is perfect, just pick up right where you left off. Each day of this program, you will meditate and complete a two-page daily spiritual practice. This is also an integral aspect of this program. Each element combines to create a true shift in your awareness and will help you adjust your beliefs along the way and this will lead to a new perspective.

When you have completed this program (the reading, assignments, daily spiritual practices and daily prescribed meditations), you will have created the basis of a significant shift in your perspective. You will feel better at the end of the program. You will be more in alignment and be more receptive to new ideas, thoughts and inspiration. Wonderful experiences, things and people will be attracted to you due to your elevated vibration. You will feel lighter and brighter. Others in your life will notice a shift. And you will start to ask new questions and be more receptive to ideas. You will then become an example of alignment that others will recognize.

The Foundations course was created specifically for you. You have asked for a way to feel better in your reality. You rose to a high-vibrational level. You received and then acted on enough inspiration to become a vibrational match to this leading-edge course. You may not believe this fully or understand how this works, but you will learn more easily as your perspective shifts upwards. When this happens, new concepts will begin to make sense to you. That's because you already know it! We are simply helping you to remember it. We will help you remember everything if you are willing to entertain one simple fact that you have forgotten - you are not a victim to your reality. In fact,

***“YOU are the creator of your reality!”***

*With our love,  
We are Joshua*