



# Trust

*Trust is letting go of the need to control all aspects of our lives and letting God take care of the details.*

*But how do we let go and still be responsible for the experiences in our lives? How can we have a desire or intention yet still remain unattached to the outcome?*

We do this through giving up control of the process. Our responsibility is to desire an outcome but not to try and control the process.

One of the things that keep us attached to the process is comparing our lives to others. We find that other people seem to be living the type of lives we want. Yet this is living from our ego. Our ego needs gratification our spirit doesn't. Our spirit knows that we are complete and anything contrary to that is an illusion.

Feelings or thoughts of lack and failure are illusions, and their purpose is to help us recognize that we are more than we've allowed ourselves to be. Yet even the idea of more is still of the ego but in a higher idea of who we are.

Some traditions believe that before we can be enlightened we must eliminate the ego. Yet the search for enlightenment means to become a more spiritual person, and becoming more of anything is still of the

ego. As we become more enlightened we become more aware of our connection to all that is.

Enlightenment is living in a connected manner, accepting all of life and resisting nothing. Being connected means that there is nothing we are not. All parts of us serves a positive purpose even our ego. Our ego can direct us to experiencing more of our connection to life. It's positive purpose is to help us search within for the answers in our lives. But to live a balanced life our ego must not be given more power than our spirit.

When we are aware and live our lives consciously, we realize that we are already complete, and that life is not a test but a series of experiences. Herein lies our challenge, to walk on this tightrope where we know that we are whole yet still desire to remember more of who we really are.

***Trust is desiring an outcome while giving up control of the process.***



*Thinking that we are separate from each other is one of the biggest illusions in life.*

*Trust cont'd*

Our higher self, our spirit, only desires to experience, nothing more, nothing less. We are a bundle of energy that is here to experience life and to do so from our highest idea of who we are or can be. Yet if our higher selves are complete, our true goal is recognizing and allowing the experiences in our lives to unfold without judgment. We then become an observer of the experience, and in doing so release attachment to a particular result. We allow all possibilities to be open to us as we experience life in each moment of now.

Life is a process of experience with remembrance of our true selves and awareness of our divine nature as the ultimate result. The truth is regardless of what we do this is what happens, we are all growing into awareness of our divinity and nothing we do changes that. For some of us awareness comes slowly and we continue to create experiences based on the illusory conclusions we make. These illusions restrict us from recognizing that we live in a connected world and no one is separate from another. Separation is the ultimate illusion.

How do we develop trust?

When we develop awareness of our spirit, we realize that there is nothing to fear, even death. Our spirit is our connection to God or "All That Is", and this connection lets us know that all life's experiences supports us even if we do not see it in that moment. We know that. As awareness of our spirit grows we start develop our inner strength and belief in our own guidance and ourselves.



Trust cannot be given to us it just is. Trust is knowing that all the answers we seek is within us and the universe we see is our universe. Our experiences are the building blocks and formation of our universe, and we each create our own.

Uni-one : verse-song. One song.

Each of us as a single being playing our one song forms the whole we call our universe. Life is like a symphony with all the individual musicians playing their parts to contribute to the beauty of the whole. Each role is important regardless of how small a part we may think we play. Therefore the universe does not and cannot exist without each and every one of us playing our own parts. We cannot play someone else's part. If we do so we create a situation that robs the whole of our one-song, our contribution to the symphony of life.

Imagine not being here, without the ability to see, touch, smell, hear, taste or appreciate our life experiences. This is what happens when we do not live according to our own beliefs about our special contribution to life.

Each of us experiences life in our own way, contributing our time, talents and abilities to a new and expanded universe. But the life we know now, "our universe" continually changes, and unless we change with it our part no longer contributes to the expansion of all of life. This is part of our responsibility, to live our own experiences of life.

Knowing that we are an important to the whole allows us the freedom to create and appreciate our creation, and if we are not happy to re-create it. Our awesome power of creation is supported by all the other parts because it must to continue to exist. This is the only trusting there is, that just our existence is necessary and no one part is more important than the others.

God or the energy of creation exists in us all, and we have the power to create anything we can imagine. As we become more aware of our creative ability our experiences change. We create a new life because we accept a wider range of possibilities. Unless we can accept new possibilities we will continue to receive more of what we've already experienced. This is okay if we are happy with our creation.

***"All that is" has to support us completely to continue to be "All that is".***



## *Trust cont'd*

Trust allows the immense power some of us call God to manifest in our lives creating any experience we can imagine. Imagination is important, because it brings into our consciousness new thoughts about our ability to create the life we desire, beyond our current expectations. It is knowing that who we are cannot be damaged or diminished by anyone outside of ourselves, and regardless of how difficult our experiences, there is always a new day unless there is not.

We know that even in death life is reborn, and the death of old beliefs and ways of thinking transforms us and that is the best life we can live, one where the ultimate outcome is never in doubt.

Know that God has to support us so that we can use our power and strength to create life. We are never at the mercy of life. This would be like the saying "Cutting of the nose to spite the face".

God has to support us to exist as God, because unless we are supported by God it would be like a king in a kingdom without subjects. Each has power, but need the support of each other to exist, and that is the true meaning and power of TRUST.

***Trust allows us to create life from our imagination.***