

# CHAPTER 1: TRUST

*How do you begin to trust, Dear One?*

**Listen to what...**

- ...we are telling you
- ...your heart is telling you
- ...your intuition is telling you
- ...your relationships are telling you
- ...nature is telling you
- ...art is telling you
- ...life is telling you

**...and believe it.**

When you start paying attention, you will start to notice that all these things are telling you exactly the same story.

Make a conscious decision to shift your attention and not allow yourself to be swayed or influenced by the belief that you know better than all these things. Decide that you are no longer going to allow your mind to hinder your growth using all the cunning, deceptive, and deceitful tactics that the mind uses to do so, such as logic, memory, sight, sound, and perception.

Because the truth is, Dear One, that anything is possible, and possibility is boundless. It has absolutely no limitations. And limitations are, in all instances, nothing more than a product of fearful thinking and an untrusting mind.

When you ask a question of yourself or another, or of spirit, consciousness, or the universe, if the answer that you receive has limits, boundaries, conditions, parameters that you must stay within in order for it to work, you can know for sure, Dear One, you can be certain, that the information you are receiving is not to be trusted.

*How do you know what you can trust?*

**Trust in what you are told if it...**

- ...is loving
- ...tells you that you can
- ...points you in the direction of wellbeing
- ...shows you what is possible
- ...tells you that you can succeed
- ...tells you that you can prosper
- ...encourages you to create
- ...encourages you to forgive
- ...inspires compassion

Trust in anything that urges you to connect, feel, see, hear, and experience more joy, happiness, growth, and love in your life. Trust in a source of wellbeing, Dear One. Trust in all that is good, loving, kind, supportive, forgiving, encouraging, inspiring, and nurturing.

Pay attention and learn to recognize the differences between what you can trust and what you cannot, and you will know freedom. You will free yourself from the bonds of unremitting doubt, caution, and fear because you will know, with great clarity, what it is that you really need to be looking out for, and protecting yourself from, and what you do not.

When you can do that, Dear One, and are no longer unnecessarily holding yourself in a perpetual state of preparedness and alert for what may cause you harm or pain, or may deceive you, you will open yourself up to a whole new way of interacting with and experiencing the world. You will then be able to use the majority of your energy on positive, loving, creative endeavors rather than protective ones.

Learn how to trust, Dear One, allow yourself to trust, and you will know at last how it feels to be free. And with that freedom will come an experience of safety unlike any you have ever known before.

*Do you think you can do that?*

*Do you think that you are ready to allow yourself to trust?*