

ON TRUST

True faith is complete trust without understanding; it is to accept silence silently.

-The Tao is Tao-

As human beings we have been conditioned to think that we have to figure everything out ourselves, and as a result we have a hard time letting go. To accept that the Universe is abundant, and support that belief by having complete trust in 'what is' (the present), is considered radical behavior, despite the progress humankind has gone through.

The universe *is* abundant. In opening our minds to the concept of Abundance, and the Universal Law of Attraction, we can change and shift our beliefs around.

One great obstacle for many people is 'letting go', i.e. putting trust in the unknown. Often times when we seek balance in our lives, we strive to have things a certain way, to our personal perfection; most of us are not comfortable with uncertainty.

Change is an eternal part of our existence and uncertainty is part of that. Seek to stop 'overthinking' and start to believe in the inherent mystery of the world in order to create harmony in life. Begin to realize and enjoy the challenges; learn to acquiesce to the rhythms of life and relax into change and challenge. This is beyond intellect and reason; it is something you feel.

What is important is to remove the barriers of resistance and fear, and to work towards acceptance and understanding Abundance; here the main component is TRUST.

Look around you: nature is our evidence.

Somehow trust fell off the agenda. As humans our stories are that of struggle, control and survival instead of trust and collaboration with the Universe. When we engage in an ongoing relationship with the universe, we develop equanimity and grace as we learn to trust that life unfolds exactly as it should. This requires a deep trust.

When you trust that you are on a profound soul's journey, and everything that happens is in support of this, you are able to let go of outcomes and stay connected to the present moment. Surrender to the process of life, and you *will* release anxiety. When you trust the process of life, you can see challenges as opportunities to evolve spiritually.

As long as we search for security through dogmatic beliefs and material good, the 'natural way' will elude us. But as soon as we accept that there is no security through attachment, we will gain courage to *go* the 'natural way'. Greed will dissipate and be replaced with true compassion. It is our inner ego voice that keeps us from simply 'being'. We must gather enough trust to let go of fear so that we can turn off that voice and be still.

Our inner voice creates the sense that we need to control things, for we feel that if we were to just 'be', to co-exist with the universe, we could not trust ourselves; things would not turn out the way we want them to.

~ from **The Tao of Love**

Ego is the veil through which we see the universe. It is the voice of distrust. Although ego is necessary to be able to be a fully functioning, intelligent person in the 'real world', it also inhibits us and makes us fearful. Ego separates us from the universe and creates the fear of loss, which propels us to attempt to *control* life. Our ego makes us believe that if we don't control things we must live in fear of losing them.

Ego creates duality between our hearts and all other things, by separating us from trust in the universe. In protecting ourselves we have prevented our connection with the universe. We must lose our ego and learn to re-connect with ourselves; to feel safe and whole again.

It is not easy to recognize our ego and how it operates to make our lives complex. But the purpose of letting go of ego is to also let go of the constant fear in which we all live. We have been taught to ignore our hearts and follow our minds, when instead we should quiet our minds and let our hearts speak up. Losing ego will bring us closer to our hearts and will enable us to see ourselves in a different way. In doing so we will discover new dimensions of Self.

Let us try to accept that all our experiences are important for what they teach us about ourselves and our

world. If we can view both the universe and the individual along the dimension of time, we find that each of us has the creative capacity to *represent* the universe rather than be doomed to respond to it.

If we can re-connect with ourselves and with the universe, we can let go of the fear that separates us from each other, and find the *pure love* that connects us all.