



Letter 5-T -- Trust

The picture captures a mountain peak in the distance obscured by fog. Assume that mountain peak is the current outcome you desire. There is a path on the left hand side of the picture running toward the mountain peak that eventually fades into the fog and is no longer visible at all. There is also another path along the right hand side of the picture to the mountain peak that runs along steep mountain cliffs and is partially obscured by the fog.



Trust is defined as “an instinctive, unquestioning belief in and faith and reliance upon, something for which a desired outcome is not certain.”



For each of you to execute your own soul plan, you choose a path and journey through life, on that path. When an outcome in any life situation you are facing is uncertain and includes circumstances beyond what you can control, you must have *trust*.



For example, you may be facing an injury, illness, a death, a breakup, a divorce, etc. that is creating a change in your life situations and for the outcome is uncertain. In such situations, you must have *trust*.



When you *trust*, you open yourself up to the energy of the Creator, an energy field based in part on the vibration of love and one in which all things are possible and happen in ways you can never imagine.



Trust requires you to have a faith and belief in a higher power and at the same time a faith belief within yourself that the outcome you desire will happen, even though you cannot currently experience it with your own five senses.

Trust is not something that ever provides a guaranteed outcome. Trust instead requires being open to what the final outcome is, in our best interest and for your higher good.



Just like in the picture, at some point on your journey through life on your own soul path you enter into a “fog” which totally obscures your visibility about a situation you are encountering. Such a situation requires you **trusting** you will get the outcome your desire even though cannot see, feel, touch, hear or taste it, at that moment because your visibility about it, is totally obstructed.



Just like in the picture, you may make an impulsive decision without fully **trusting** that everything will end up, ok. You may make an impulsive decision based on information from your **ego**, because you feel you have some partial visibility about how to obtain the outcome you desire. In such a scenario, you could wander off your path and “fall off a steep cliff” that will make your situation worse and prevent you from ever obtaining the outcome you desire.



So how do you use trust in any challenging situation you are facing to make a **positive impact** in your life? **Trusting** always leads to **personal growth** and **positive transformations** in your life.



OPENNESS – Be open to believing and having faith in a higher power that the outcome you desire will manifest and happen in your life. Be open to receiving information and results in ways you might not expect. There is an old saying from mind-body-spirit practitioners, when it comes to “how” you will receive something from a higher power, “you don’t know and you do not need to know.”

ACCEPTANCE – You need to accept the final outcome you receive for your situation, even if the final outcome may be not the exact outcome you desire. The final outcome you achieve will be for your higher good and the higher good of all concerned in your situation. Remember, you will never receive the answers to all your “why” and “how” questions about your situation.

ACTION – You need to take action on any information and results you receive about your situation so you can achieve your desired final outcome. The information and results you receive a from higher power comes in from another energetic dimension and you have to take action on them here on the earth plane to get the final outcome you desire.

GRATITUDE – You need to be grateful and thankful for any information and results you receive based on trusting as they are for your higher good. Being grateful and thankful puts you in an energy flow in which you are presented for additional things to be grateful and thankful for in your current situation and other situations you are encountering and will encounter in your life.