

Trust: an embodiment of our world as whole and alive

Below are Select exercises and excerpts tailored from the book:

Before you Begin:

Please allow a moment to engage the below notes on instruments and practices to help you soar through the various layers of trust, starting with inner self ☺

1. Supportive instruments for the inner voyage:

Things to center you and nourish your spirit. Examples: blanket, aromas, water, pen/paper, colors you like, tea, cozy clothes, sound of ocean, anything that helps you be present.

2. Supportive practice for the inner voyage:

Before we journey, find or create a most comfortable environment to be in before locating your most natural, deep breath – in and out for 8 cycles (or as many as you'd enjoy)

Once ready, drop deeply into your body. Whatever you feel, think or imagine, simply observe. The key here is to drop in simply to be, to find your heart's rhythm, to listen, and to notice.

When you are ready to begin this guided quest of explore the layer of inner trust, you can begin below. Be sure to keep your natural breath as you reflect during this voyage.

Part I: Inner Self-Awareness Voyage: Through Trust & the Truth

Inner Self-Reflection Quest #1:

(Make notes on physical/digital form of choice. Draw, be poetic, or write as you'd like)

+What do I value?

+What are my needs and are they being met?

+Do I trust myself? Are my words in alignment with my actions?

+Where do I put my trust? And does it feel safe?

+What personal experiences have shaped how I trust (or don't trust) others?

+What would it look like to mend broken areas of trust within me before seeking it externally?

+Where have I internalized my concepts around trust from the world around me?

+What is my current perspective of our world's context?

+What are the factors that brought us here? to this moment?

+What do we need to acknowledge? What lessons do we need to learn?

+What truths are important to me? What is my relationship to the "T(t)ruth"?

****Reminder to breathe your most natural breath – in and out****

for at least 5 intentional breath cycles before moving to next quest ☺

Loving Help Button: *Envisioning can be an instrument for birthing or cultivating possibilities. Allow yourself a space for deep inner visioning for this next activity.*

Vision Quest #1:

- + When you close your eyes and drop deep within, rooting and rising to your most whole self, what sort of world do you see?
- + Who are you in this world?
- + How are those you relate to in this world?

In the words of a late comedian:

"We can change it [our world] any time we want. It's only a choice. No effort, no work, no job, no savings of money. Just a simple choice, right now, between fear and love. The eyes of fear want you to put bigger locks on your doors, buy guns, close yourself off. The eyes of love instead see all of us as one. Here's what we can do to change the world, right now, to a better ride. Take all that money we spend on weapons and defenses each year and instead spend it feeding and clothing and educating the poor of the world, which it would pay for many times over, not one human being excluded, and we could explore space, together, both inner and outer, forever, in peace."

Loving Help Button: Compassion is our compass. Whether you are evaluating yourself, your business, your creations, or whatever it is, DO NOT rush the process. Being aware as possible is key in understanding how we are to move forward. But also, it is important to carry grace for ourselves in the process so as not to overwhelm ourselves in it all. Let us begin asking ourselves real questions in the following pages, while keeping compassion for where we are in it today.

Paradigm Shift Activity (P.S.A.) #1: Rewriting Inner Self OS on Trust

Old Program: We have no trust. Our trust is fucked. No one tells the truth. Everybody's lying.

[insert your own]

New Program: I choose to honor my word. Act by act, I am establishing solid trust.

[rewrite your own]

Loving Help Button: *What might I need to shift my OS around trust or rewrite my own?*

Now, let's jump into some of the excerpts from the book with exercises for practice that will support deeper self exploration, OS updates, and inner trust fortification.

Chapter 4: Awareness – Inner Self

No one has the access to be a greater expert on you than you.

***The more aware we are, the better decisions we can make.
But we need clear mirrors. Self-Awareness → Self-Actualization.***

This book is based on the thesis that with greater awareness and transparency about what we do and don't know, we can achieve more precise coordinates and steps towards universal liberty and justice, closing equity divides, writing conscious contracts, having more harmonious relationships, and establishing a non-oppressive world based on trust. Over the course of this book, we will cover three key areas of awareness, starting with the self.

Ultimately, it is each individual's responsibility to learn, know and understand ourselves. No one can or should know you better than you know you.

We'd like to emphasize the importance of continuing to do what you feel most genuinely to do in every moment. Because while we are breathing, every breath deserves its own space.

So, for this chapter, we re-emphasize the work begun in the first, and we'll add an important word atop it: "Keep." Keep breathing. Keep letting go. Keep listening. Keep doing what you feel most called to do from within. Keep being honest with yourself. Keep being in a space where you can trust you. This is key to us being able to build a new world based on trust together.

Through our self-understanding, we can create standards for self. Once we have standards, we can protect our value and values, and we can know the values and standards of others simply.

There is no one size fits all, but we know that all have sizes that fit. It is important for each of us to know and honor our own needs, standards, and values because then we can quickly know what is and what is not for us.

Once we have this understanding, the first and most important thing to do is to act and walk with integrity. We would not walk on a bridge lacking integrity because we know it would collapse.

Relationships without integrity also collapse. Each thread of connection must be authentic, and if there are known faults, they must be made known. This is more reason why it is our responsibility to know ourselves as much as possible first so that we can be able to live with clarity and communicate transparently with others.

Our current systems often teach and encourage us to focus on faults in others, as well as expect that they will be our shining examples of leadership and righteousness. But the most important qualities to key in on first are undoubtedly with self. And once we can accurately acknowledge our individual strengths, challenge areas, motivators, demotivators, needs, and values, clearly,

then we can hold full responsibility for our own self and cause, regardless of what another does.

Loving Help Button: Coming to Terms (Agreements) with Our Self

Ways of exploring our Awareness: Thoughts, Feelings, Instincts, Intuition, Emotions, Imagination, Dreams, Needs, Values, Desires...

[Insert your own ways of knowing and awareness]

****Upon doing so, explore which of your senses and ways of knowing you are most in tune with. For example, observe the difference in your relationship to thoughts, feelings, instincts, etc.****

Integrity: Acknowledging all that is true and all that we don't know. Re-membering.

Whole: Accepting and embodying all that is true.

Alignment: Word – Action.

In order to have a new world based on trust, all of our actions, the main goal, and the terms of our agreements with ourselves must first be in alignment. How do we accomplish this?

First, we identify our own needs, values and wants. In the case of a healthy and sustainable future for all, we need integrity. From a math perspective, integrity is when all real integers come together as one. In order for them to be real, they must be genuine. Picture every genuine fiber being connected and aligned.

Before this happens, there will likely be a lot of discomfort because we have to re-align. And re-aligning, stretching, fibers attaching to the “right” place in order for us to be whole can be aggravating and uncomfortable when we are not accustomed to it.

But please do your absolute best to breathe intentionally and begin to jot down your own personal needs, values and wants.

If you do not know them immediately, that is okay. Give yourself the time and space you need to find them one day at a time. Have contracts or agreements you've already made with self or others that don't feel right? Notice them, notice your thoughts, and how it makes you feel.

Are they giving you energy or taking it away? And what kind of energy does it give you? What place is it coming from? Do you know the source? Is it love, fear, greed, envy, fury? Notice this.

Because every action that follows will be based on our choices. And we are going to need us to put forth our most genuine needs and values to be honored in any agreements that follow on.

Trust begins within. Before we can trust others, before we can trust systems, before we can even trust life itself—we must first trust ourselves.

Self-Trust

Self-trust is not just about believing in yourself. It's about knowing yourself deeply enough to move in alignment with your own truth, without needing external validation. It's about being so rooted in your own integrity that no outside force can shake you from your foundation.

The modern world teaches us to seek answers outside of ourselves—through systems, institutions, authority figures, or even social media algorithms. But no one, no entity, and no external force should have more clarity on your path than you do.

How Self-Trust is Broken

Self-trust is not lost in one moment; it erodes over time. It happens when:

- We ignore our intuition.
- We silence our truth to avoid conflict.
- We betray our own needs to meet external expectations.
- We constantly seek permission before moving forward.

Every time we override our inner knowing, we send ourselves a subconscious message: "I don't trust you."

And over time, we start believing it.

Rebuilding Inner Trust

Reclaiming self-trust is an active practice, one that requires us to listen, honor, and move in alignment with our deepest knowing. This process includes:

1. Radical Self-Awareness and Acknowledgment – Knowing yourself beyond the identities others have given you.
2. Embodying Truth – Speaking and living your truth, even when it's uncomfortable.
3. Keeping Promises to Yourself – Following through on what you say you'll do.

The Power of Your Word

Trust is built through consistency. If you repeatedly tell yourself you'll do something—wake up early, commit to a creative project, leave a toxic situation—but as we don't, you begin to doubt yourself.

To rebuild self-trust, your word must become bond—not as a burden, but as a sacred agreement with yourself.

When you say you will do something, do it. Not for external validation, but to reinforce that your word is trustworthy, first and foremost to you.

Rebuilding Self-Trust as a Financial Model

In finance, a person with strong credit has a history of honoring agreements. The same is true in personal trust—when we keep promises to ourselves, we build inner creditworthiness.

Inner Self Reflection Quest #2:

- + At base, do I keep my word to myself?
- + Where am I outsourcing decisions to external forces instead of trusting my own wisdom?
- + Can I trust myself? What do I trust?
- + Are my words aligned with my actions?

Bonus: Breathe, look in the mirror and give yourself beautiful affirmations.

Chapter 5: Choice – The Power We Hold

Every action we take is a contract we sign with the future in the now.

The Ability to Choose and its Impacts

Common Statements we hear folks say surrounding choice include: “I don’t have a choice,” or “it’s just the way it is.” While the feeling is valid, these statements are not entirely true. Even if it is only on the most micro level, we *do* have choice in our everyday lives, even if we make the choice to give up our choice.

Every moment, we are making choices—consciously or unconsciously.

We choose how we show up. We choose how we respond to challenges. We choose where to place our energy, our attention, and our trust. We decide if or what we eat.

We decide if we will go to work or not. We decide who we engage in relationships with.

But what happens when we do not feel like we have a choice?

So many of us have been conditioned to believe that life is happening to us, rather than through us. That we are at the mercy of circumstances, systems, or other people’s decisions.

Loving Help Button: And also here’s the truth: **We always have a choice.**

Even in situations where external options feel limited, we have the ability to choose our internal stance—to move from a place of clarity rather than reaction.

The Contracts We Sign Daily

Every action is an energetic contract. Every time we say “yes” to something, we are accepting or reinforcing an agreement. Every time we say “no,” we are setting a boundary.

Every decision is an agreement. In financial terms, contracts determine long-term investments. In life, every choice we make is an investment in our future reality.

The problem is, most of us are signing contracts we don’t actually want to be in.

- We agree to jobs that drain us.
- We agree to relationships that don’t align.
- We agree to belief systems that don’t reflect our truth.

Often, we do this unconsciously, simply because it’s what we’ve been taught, or because we fear what will happen if we don’t comply.

And also awareness is power. Once we recognize that every decision we make is a form of a contract with a reality, we can begin choosing differently.

Choice // Volunteerism

Volunteering means you can do whatever it is that you want. Willingness to do something. Doing things because we want to.

“If someone can decide what happens within you, isn’t this the ultimate slavery?” – Saddhguru

Paradigm Shift Activity #2: Rewriting Inner Self OS around Choice:

Old program: “that’s just the way it is.” “I don’t have a choice.”

[insert your own]

New program: “I have a choice.” “I have the right to choose.” “I decide.”

“option 1” or “option 2” or “option 3” ...option ∞

[rewrite your own]

****Reminder to Breathe. Try a nice, slow shoulder and neck roll this time. ☺***

Once complete, lovingly palm or tap your stomach, saying; I am powerful and make choices aligned with my greatest good. I choose to trust me.*

Inner Self Reflection Quest #3:

- + What agreements have I made—consciously or unconsciously—that no longer serve me?
- + How can I update or renegotiate my life contracts to align with my highest good?

Deeper:

- + Who do I choose to be?
- + What will/do I do? What choices am I making?
- + What are the effects of my actions?
- + How do my choices affect me/us?
- + What world do we choose?
- + What actions will we take that honor this world within, as well as around us?
- + Will I choose to continue to play the game of the current system? Or will I play another?
- + Do I understand that my choices have impact?

*If we truly desire different outcomes, then we must make different choices.
This choice, being based in our self-awareness first.*

Chapter 6: Value & Investment – What We Appreciate, Appreciates

"What we feed grows. What we neglect withers." — Thich Nhat Hanh

Appreciation

In business, appreciation refers to an asset increasing in value over time.

In relationships, appreciation means recognizing and valuing someone's presence and contributions.

Both forms of appreciation are investments that yield growth.

We like to say more universally: "what we appreciate appreciates."

What we feed grows. And also what we eat grows in us.

Appreciation is a form of gratitude or gratuity and it increase the value of the recipient.

Value

Economists have long guided our popular definition for value, but ***value is ultimately connected to our fundamental beliefs about worth and what is worth anything.***

And we keep trying to add to our society, or prove our own value, without actually establishing: “what is the value of our lives to ourselves?” and “what is the value of life to the systems that govern us?”

Much of our lives are spent seeking validation. On any system, an entity that isn’t validated results in errors. (!) Errors may include disorders, disease, lack of feeling alive or whole.

As such, many of us are clamoring to be special or to feel alive. And our industries thrive off of us feeling invalid because they can sell us validation. Like babies, hoping to feel valuable and to be validated. This is what drives many to be the “richest in the world”, “the most powerful”, “the most” or “greatest” whatever: beautiful, capable, the list goes on. In case, no one has ever told you: The reality is you already are an entirely valid and remarkable being.

There is a 1 in 400 Quadrillion chance that you or I would be born.¹ If you’re reading this, you are a miracle and it is a miracle you are reading it. Period. This is an absolutely should not have happened anomaly in the universe, Impossible by Birth.

Paradigm Shift Activity #3: Rewriting Inner Self OS around Value:

Our old program: the Declaration of Independence takes a stab at acknowledging this: “We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness”

“I am only worth _____.”

[insert your own]

New program: “We hold this truth. Each of us are energetic beings endowed by our Creator with unalienable Rights, among these: Life, Liberty, Health and Happiness.”

¹Spector, Dina. “The Odds Of You Being Alive Are Incredibly Small.” *Business Insider*, Business Insider, 11 June 2012, www.businessinsider.com/infographic-the-odds-of-being-alive-2012-6

“By birth on earth, we are valid. Therefore, I am priceless, just as, if not more valuable, than anything I consider to be a lot.”

[rewrite your own]

Means of Valuing and Appreciation

Time. Energy. Money is Imaginary. Not real. It is Fiat, real only by the decree of a system. Words. Actions aligned with Words. What is valuable? Energy. Culture. Data. Life. Human Life. Planetary Life. Material or Morale?

The Energetics of Value

Everything we engage with—our time, our energy, our attention—is an investment. Whether we realize it or not, we are constantly choosing what we pour our life force into.

And what we consistently invest in, grows.

The question is: Are we investing in what we truly value?

In a world that often equates value with money, we have been conditioned to believe that worth is measured only by price tags and bank accounts. But true value is much deeper. It is about energy, alignment, and reciprocity.

- What do you pour your energy into daily?
- Do your investments—of time, effort, and attention—align with your values?
- Are you consciously nurturing what you want to grow?

Truth: If we don't define value for ourselves, the world will define it for us.

Misaligned Investments

When trust is broken, we often invest in what depletes us instead of what sustains us. We stay in jobs that drain us, relationships that diminish us, cycles that trap us—pouring our energy into things that do not nourish our soul.

Why? Because we have been programmed to fear loss more than we trust growth.

We hold onto things that no longer serve us because we believe:

- “What if I never find better?”
- “What if I fail?”
- “What if I'm not worthy of more?”

But trust requires faith in expansion. It means believing that when we shift our investments to what aligns with our soul, we will be supported.

Reclaiming Investment as a Sacred Act: Self OS Update

To realign our investments, we must first redefine value beyond money and productivity. We might ask ourselves:

- What truly nourishes me?
- What do I want to grow in my life?
- Where can I redirect my time, energy, and focus so that I am investing in what I believe in?

When we shift our investments, we shift our reality.

Practical Updated Approaches to Value & Valuation in Business

Balancing financial contributions with non-financial forms of capital (creative, social, intellectual, and even spiritual) is essential for truly equitable agreements.

To ensure that cash contributions don't overshadow other valuable inputs within the ecosystem, the below frameworks have been created to help:

1. Holistic Capital Valuation Framework

You can create a framework that assigns value to different forms of capital such as:

- Social Capital: Networks, community influence, and relationships.
- Creative Capital: Intellectual property, creative output, artistic labor.
- Human Capital: Expertise, time, mentorship, healing, leadership.
- Cultural Capital: Preservation and expansion of cultural and communal values.
- Spiritual Capital: Healing, wellness, and contributions that promote the well-being of the collective.
- Financial Capital: Cash or liquid investment.

Instead of measuring all contributions purely in financial terms, you could use a weighted scale that accounts for the lasting impact of non-financial capital. For example, a creator's contribution to a brand identity or a cultural movement may yield long-term social returns that should be recognized on par with financial investments.

2. Dynamic Equity Structure

You can implement a dynamic equity model where equity adjusts based on ongoing contributions. Instead of locking in static equity for financial investors, allow all forms of capital to earn equity over time based on milestones, impact, and ongoing work. This creates an environment where someone's capital input might start at 10%, but through contributions of creativity, social engagement, and leadership, their share grows.

For example:

- Investor A might provide \$500,000 and start with 30% equity.
- Creator B might provide cultural leadership and creative output that becomes the "face" of the business and grows from 10% to 25% as their work continuously adds value.
- Healers and land stewards contribute long-term value through their holistic and social capital, and over time their stake grows accordingly.

This way, equity becomes an evolving reflection of the collective's ongoing contributions rather than static upfront capital investment.

3. Profit-Sharing Models Based on Contribution Tiers

Separate profit-sharing percentages from equity. While investors may hold a larger percentage of equity due to their initial capital, profit-sharing can be more evenly distributed based on the qualitative value of different contributions. For example:

- Creators and healers may receive a higher share of profits, based on their roles in sustaining the ecosystem, even if their equity share is lower than investors.
- Create a contribution index where each stakeholder's input (financial or otherwise) is assessed periodically, and the distribution of profits is adjusted to reflect their ongoing impact.

4. Equalizing Ownership with a Stakeholder Pool

Incorporate a community equity pool that grows through a percentage of profits and is redistributed across all stakeholders, ensuring that the collective sees tangible benefits regardless of their initial equity stake. For example, allocate 20% of profits to this pool, which is then shared among creators, healers, and other contributors based on the qualitative value of their roles.

5. Implementing a Time-Based Vesting Schedule

Vesting schedules are often used for financial investors, but they can also be applied to other forms of capital. A creator might have 10% ownership, but as they continue to contribute their intellectual property, cultural leadership, or healing services, their equity could vest to higher percentages over time.

6. Valuing Intangible Assets

Assign tangible value to intellectual property and community-building efforts. For instance, a musician's impact on brand recognition or a healer's role in creating wellness practices should translate into measurable value. You could set up an impact assessment that allows intangible assets to be factored into equity and profit-sharing models.

7. Flexible Contribution Mechanism

Allow flexibility for stakeholders to contribute in multiple ways. If an investor has capital but lacks social capital, they could invest money but also work with community members or creators to develop new avenues for growth, allowing their contribution to extend beyond pure finance. Conversely, if someone contributes time and labor to managing land or resources, they should also be considered for higher profit-share allocations.

Sample Terms to Even Out the Capital Spread to be more Holistic

- + Contribution Index: All forms of capital (financial, social, intellectual, creative, spiritual) are weighted and valued equally. An index assigns each form of capital a weight, so all stakeholders have a fair chance to grow their equity and profit share.
- + Dynamic Equity Adjustments: Initial equity is based on contributions, but equity adjusts quarterly/annually based on continued impact across financial and non-financial contributions.
- + Impact Metrics: Develop key performance indicators (KPIs) that measure non-financial contributions such as community growth, creative output, social impact, cultural leadership, and healing practices. These metrics are tied to equity and profit-sharing adjustments.
- + Profit-Sharing Floor: Set a minimum profit-sharing floor for all contributors, ensuring that even those who contribute non-financial forms of capital receive a minimum share of profits.

This approach centers on a holistic appreciation of all forms of capital and ensures that no one form of contribution (such as financial capital) holds disproportionate value over others.

****Reminder to Keep your natural Breath as you Journey. And Hydrate.****

Inner Self-Reflection #4 Quest:

- + What is my value to me?
- + What do I choose to value?
- + How do I value?
- + Are my choices in alignment with my value(s)?
- + Where am I investing my energy, time, and resources?
- + Do my investments align with what I truly value?

Chapter 7: Ownership as Stewardship

"True ownership is not about control—it's about care." — Robin Wall Kimmerer

To be frank, we wanted to jump to security and trust after value and choice because it is important that we feel security of our value once we know that we are valuable. Once we have been validated by ourselves, we want to ensure our value remains protected. But the reality is the only way for us to do this is to acknowledge ownership and to define ownership.

What is ownership?

Old Program: "I am in control of that which I own." "I dominate or hold dominion over something"

[insert your own]

New Program: “I am an owner.” “I am responsible for that which I own.” “I am caring for that which I own.” “I am a steward of that which I own.”

[rewrite your own]

Ownership is sharing in responsibility and rewards for any particular thing.

Ownership is acting responsively/responsibly with whatever the state of the object is.

Maintenance ☐ Sustenance

To Maintain is to keep. To Keep is to treasure. To treasure is to cherish with our actions. Things that we treasure, or Value highly, via our works tend to sustain. To sustain is to last.

Ownership as Stewardship vs. Ownership as Control

In law, trusts are financial instruments that allow assets to be held for the benefit of chosen beneficiaries.

In life, ownership of any asset requires stewardship—responsibly caring for what we hold in order to maintain its state of being and life itself.

This can apply to your personal gifts, skills, a car, a home, land, and so on. Any asset that we carry also carries a care requirement.

In a world driven by scarcity, we are taught that control equals security and thereby this is how we are taught ownership. That the more we accumulate and have (or own), the safer we are.

But what if this version of ownership is an illusion?

We do not own land—we are its caretakers.

We do not own people—our relationships are sacred bonds, not possessions.

We do not even own time—we are simply moving through it.

So why have we built entire economies, legal systems, and social structures around the fear of losing what was never truly ours?

Further, what if this version of ownership is actually inefficient as resources aren’t circulating throughout the body for shared accountability or more precise care by all who need or could steward them? This goes for knowledge, money, land, and any asset we may label wealth.

From Possession to Partnership

What if we shifted our mindset from ownership to stewardship?

- Instead of claiming land, we care for it.
- Instead of hoarding resources, we nurture systems of reciprocity.
- Instead of seeking control, we trust in mutual responsibility.

Stewardship means recognizing that what we have is not just ours to keep, but ours to care for.

Even if all we owned were our bodies and the choices that we made, including how we chose to invest our precious resources of choice, time, energy and/or money, this would be a substantial foot forward and would start to build a strong sense of wealth and all we're responsible for.

Owning our data, our wins and losses, our own bodies, our minds, our thoughts, our feelings, our actions, our decisions, our land, our properties, etc.

Stewarding Relationships, Not Controlling Them

This shift applies not just to land and resources, but to how we relate to one another.

When we see relationships as things to own, we move in fear—afraid of loss, afraid of change, afraid of freedom. But when we see relationships as something to steward, we move in love—offering care, respect, and trust without attachment to control.

Trust in relationships means:

- Honoring freedom over possession.
- Practicing reciprocity over entitlement.
- Moving with integrity rather than fear.

Releasing the Fear of Loss

Loss in life is inevitable. It is a part of the cycle of life, but when we understand it as a cycle, we can begin to better appreciate the present for its presence and better honor what's gone or what's to come.

When we shift from ownership to stewardship, we begin to trust in the natural flow of life. We understand that:

- What is meant for us will stay.
- What no longer serves will leave in its right time.
- And in every release, there is space for something most aligned for the moment.
- There is always something to learn in loss or gain, including lessons on how we might best care for what is present or what has been lost.

This is the foundation of trust—not in external systems, but in the very nature of life itself. The more our systems reflect nature itself, the closer we will find ourselves to a more harmonic world.

Finally, there is loss in whatever step we take. If we choose the fear of losing our job or a relationship over the fear of losing ourselves and sense of integrity, there will still be loss of something. It then becomes again a matter of choice? What would prefer to lose?

Having Strong Purpose and Intention with what we Own and Choose

Purpose is the reason for which something is done or why something exists.

Intention is our aim or commitment to an action or future outcome. These are simple ways for us to establish what our desired outcomes or objectives are and to keep us on track in achieving them. It is key in us establishing and maintaining alignment in our direction for where we are going.

Sample intentions and purposes:

I intend to make profit.

My purpose is to care for my community.

I intend to reduce our carbon footprints.

Optional Essay Activity Break:

While in reflection write down what you feel your purposes or intentions are as a living being? This can be explored solely as you are, in relation to community, to work, to family, and so on.

Loving note: Enjoy a nice loving stretch or self-embrace as you prepare for next quest

Inner Self-Reflection Quest #6 around Ownership:

- + What do I own?
- + What are my assets?
- + What type of owner am I?
- + How do I steward what I am responsible for?
- + How do I look after and care for what I own?
- + Do I own the consequences of my actions?
- + Do I have the capacity to truly care for all that I own?
- + Am I practicing ownership as control or as stewardship?
- + How can I move from hoarding to stewardship in my life, business, and relationships?

- + What do I intend to do?
- + What purpose am I serving?
- + Am I acting with a clear intent?
- + Do I have the adequate awareness to operate with intentionality?
- + Have I made my purpose clear to others?

Bonus: Somatic Exercise:

(soma would be defined as wisdom of the body distinctly from the mind, soul or psyche)

- What do I feel most connected to in my body?
- Where do I feel trust most in my body?

deepest breaths before flowing into section on security and trust

Chapter 8: Security & Trust

"Security is not found in control—it is built through trust." — Sadhguru

Everyone deserves to be safe.

Security is our sense of protection and an understanding of our safety.

Security. The ultimate security is freedom from doubt, danger, risk, or fear.

Reframing Security as Trust-Based Stability

In business, security is a financial instrument that represents a monetary value or a guarantee of rights to ownership via debt, equity or something in between.

In finance, securities are assets that provide stability.

In relationships, security is a feeling and lived state built through mutual trust, not control.

One-sided control in relationships often yields fear and regular insecurity.

The Illusion of Control

We are taught that security comes from control.

That if we can just lock things down, predict and dictate the future, eliminate uncertainty, then we will be safe.

But control is an illusion.

- We cannot control other people.
- We cannot control the economy.

- We cannot even control what happens tomorrow.

So if security is not found in control, then where does it come from?

True Security is Built on Connection with Trust

Real security is not about controlling outcomes—it is about building trust in the process.

Trust is the only lasting security because it is the only thing that is internally sourced rather than externally dependent.

This means:

- Self-trust creates security because we know we can navigate whatever comes.
- Relational trust creates security because we know we are supported.
- Community trust creates security because we are held by something greater than ourselves.

What Happens When We Move from Fear to Trust?

When we release control and embrace trust, we realize that:

- Security is not in hoarding but in sharing.
- Security is not in isolation but in community.
- Security is not in rigid systems but in fluid, evolving relationships.

To build trust-based security, we must let go of the scarcity mindset that tells us we must protect ourselves from the world. Instead, we create systems that protect us through trust, care, and mutual investment.

Redefining What Keeps Us Safe

We must ask ourselves:

- Where am I clinging to control instead of trusting the flow?
- What false securities am I relying on instead of cultivating real trust?
- How can I build security in a way that is rooted in trust rather than fear?

Because true security is not something we lock away—it is something we co-create.

Inner Self Reflection # 7 Quest around Security:

- + Where in my life am I mistaking control for security?
- + How can I build true security through trust rather than fear?

Back to the Breath

After having explored these pages and journey, where am I now with trust?

Are there any questions I'd answer differently now?

Closing Practice: Renewed Self Trust and Affirmation Creation

Inner Self-Trust OS update

Upon living with and pondering the questions in the self-awareness chapter and question section, as well as covering the terms listed after (Choice, Value, Ownership, Trust and Security, and Purpose and Intention), we can form a new agreement with ourselves for how we engage ourselves and begin navigating the world. This contract is an agreement between self and self.

Inner Self-Trust Affirmations

The work of being self-aware can be challenging, and also you are more than worth it, so as we are shedding parts of self that are not aiding us in aligning our inner self trust, let's also affirm self in how we move forward.

Examples below:

Place one hand over your chest and another over your stomach and say:

I am at home.

I am at home in my body, my realest estate.

My mind is at ease and whole.

My spirit is present and alive.

My data is valuable.

My culture is valuable.

My self is valid.

All of me and every extension of me.

I own these and I trust in the wealth of my gifts.

I choose to be the best version of myself.

I accept each part of me as valid & meaningful.

I choose to learn to care for myself.

I embrace all of me.

I my actions and seek to act with awareness.

I allow myself permission to show up over time.

I give myself the ability to evolve with grace.

I am choosing to be a steward of all I own by ____.

[Insert your own Affirmations here]

Inner Self-Trust Covenant Creation

Based on what I've learned about me, I, _____, now choose to _____.

Based on what I choose, I now acknowledge I am _____ and endow myself with _____. I commit to _____ and honor this by _____.

[Write your own covenant with self here using the framework above or create your own. :)]

Closing with the breath

Celebrate yourself. You made it this far with you. This is Major! Do something incredible for the work and love you've just shown yourself.