

A Guided Meditation/Reflection on Trust

First, we spend a few minutes developing calm by grounding our being.

Let us be mindful of the backsides contact with the chair or meditation cushion. Experience mindfulness of the two feet on the floor. Experience the contact one moment after the other, as much as possible.

With the wise use of reflection, keep close to the living present as possible. Reflection raises questions without a rush to answers. Sit still. Sit in the silence after a question.

What is confirming trust in the moment?

What small initiatives show your confirmation in trust in the last day or two?

Be as clear as possible with confirmation of trust in what you do.

What is the confirmation of trust when you move on to something new?

What is the confirmation of trust in what you let go of?

We are taking a real interest in the important experience of trust and its expression. You may start something, sustain something or finishing something. Trust can show if you do not start something.

Sometimes we have the trust to act, to respond. We might have developed sound reasons for what we do but there are expressions of trust where we cannot give any explanation to ourselves or to another

In such times, we cannot construct anything rational or reasonable. We cannot think it through.

Others may not understand our expressions of trust/ We may not have any explanation or thoughts behind the trust. There is only a knowing to start or to finish or not to start

Parents, friends, family, employers and others may feed our doubts. You may say to yourself "I haven't got the trust because I don't have the experience."

We need to reflect in other areas of our life where we have initiated something fresh, new and unfamiliar. We took the step.

Our trust can include reflections in our past where we had the confidence and quiet determination to respond to a situation “Ah, I've done it before. I have taken bold steps before. Let me exercise the same trust today.”

If we find ourselves getting into thinking, thinking, thinking, then quietly come back to this earlier part of this guided meditation/reflection of sitting tall with mindfulness directed to contact of the backside with chair to ground our being. Stay focused for a few minutes.

When ready, you return to the reflection while staying calm and clear. You need to stay grounded for wise reflection.

We raise the questions again of expressions of our trust in the last day or two.

What ways can you develop trust when you are reactive You contraction tells you “I can't.”

Recognise this old reactive pattern. Stay true to the essential question,” What small steps can I take to cultivate and develop trust?”

In the remaining minutes or two, remember to abide calm and centre your being. Mindfulness includes remembering and reflection. You acknowledge expressions of trust in your daily life.

Acknowledge the value of specific of areas of trust to cultivate and develop.

May All Beings Cultivate Calmness of Being

May All Beings Explore the Nature of Trust

May All Beings Live with Wisdom.