

Extend Your Trust

There are so many doubts in our minds.

Why don't we trust more?

When we trust more, we experience more peace of mind.

When we trust more, we experience more joy.

You trust - do you not? - that tomorrow the sun will rise. Although it may be a grey and rainy day, you know that above the clouds the sun is shining. Every day. Every single day.

You also trust that at night the stars are shining – clouds or no clouds. Even if you don't look up, you know that the stars are there. You also know that the stars are surrounding our planet, our solar system, at all times, day and night. It is because of the sunshine that we cannot see the stars during the day. They surround us nevertheless.

You can also trust that there is enough air to breathe for all of us, humans and animals alike. A whole ocean of air surrounds us, day and night. This ocean of air is set up ingeniously to renew itself. We have learned about it at school when we were little. Humans and animals -

as we breathe in and out - take in the oxygen and breathe out carbon dioxide. Plants like trees and herbs and grass – God bless them! - take in carbon dioxide and release to us, life-giving oxygen. We can trust this process and be grateful for it.

Unless, of course, we stop being grateful and continue cutting down these oxygen breathing trees and our life-giving ocean of air becomes toxic.

Could you imagine what would happen if we all, the community of people on earth, would trust more in the goodness of life itself? In the harmony of life? In the reliability of life?

Could you imagine that by trusting more there would be more laughter and more peace of mind? And isn't that what we want?

So, why don't we give it a chance, this trust?

What a good life it could be if we trust in the basic goodness of the world. We could expect miracles, having the Law of Attraction in mind.

I, for my part, love miracles, tons and tons of miracles.

How about you?