

Sacred Playtime Theme: Trust

“Firm belief in the reliability, truth, or ability of someone or something.

Acceptance of the truth of a statement without evidence or investigation.”

Trust is a fundamental core value. Being willing to trust requires a letting go of fear. When we choose to be trusting we can feel very vulnerable and this can lead us into fear if we allow it. Fear of rejection, of failure, of being wrong, of committing ourselves, of being taken advantage of or being ridiculed and more are all common.

When we live with the fear that we may lose something (physically or emotionally) or that we need to be in control of everything that happens, we endure mistrust on a daily basis.

Nobody likes to feel vulnerable or exposed, but if you are someone who has suffered at the hands of betrayal, being willing to trust again can seem like a high wall to get over.

Learning to be vulnerable after deep pain can feel impossible. But it doesn't have to be. If you consciously *choose* to stay open and trusting, you will find that your world changes for the better in ways you may never have imagined possible.

When the energy of trust is balanced we would experience;

Trust in:

- Our ability to let go of control and release the outcome.
- The future, that everything will go accordingly as planned.
- Our physical body, to heal and support us.
- Our ability to make big life decisions.
- Our relationships with others.
- Knowing/feeling we are safe and secure.
- Our inner intuition and choices.



Trust Checklist

Think about how you relate to “Trust” and feel the energy (notice your body’s response) as you think/say each phrase. Allow the patterns that come up around this to be present as inspiration for your Sacred playtime activity. As you create and play with the activity I have prepared for you be aware of anything related to trust that surfaces consciously.

Highlight any of the phrases below that resonate (or get stuck or don’t feel comfortable) within you for any reason (no need to know why)... You can ask “Am I 100% in alignment with this statement?” If no, then highlight it. No judgement, only observation. Then set your intent to be 100% in alignment with being Trusting.

After you’ve activated yourself around the theme of Trust get into the Sacred Playtime activity and/or your Intention Bubble because now unconscious patterns and conscious memories have risen to the surface. No need to know or do more, just play!

- “I am safe.
- I trust in the natural flow of life.
- I trust in the power of the earth.
- I am loved and I belong.
- I let go of the outcome and trust I am guided.
- I trust all will be well and everything will come together.
- I love my body as it supports me on the earth.
- I am creating a solid and powerful life experience.
- I take my natural place in the world content in the knowledge that all I need will come to me in the right time and space.
- I stand in my strength.
- I love every part of my body, every cell is filled with energy and vitality.
- I am abundance, everything flows through me and to me.
- I am provided for at every step. I have all that I need”
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“The best way to find out if you can trust somebody is to trust them.” ~Ernest Hemingway

