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Trusting the Universe - Or Not

By Margaret Paul, Ph.D.

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Trusting the Universe - Or Not

Margaret Paul, Ph.D.

Faith and trust in a Higher Power are two different things. Faith is about believing in God/Higher Power even though there is no proof. Trust is about noticing all the times that our Guidance has come through for us in big and little ways, and living our lives according to this truth.

Either we trust that spiritual Guidance exists for us and has our highest good at heart, based on our actual experience regarding our soul's journey, or we don't. When we trust that we are on a profound soul's journey, and that all that happens is in support of this journey, we are able to let go of outcomes and stay more in the present.

Imagine how you would feel if you REALLY trusted that you are never alone and are always being guided in your highest good. That would go a long way toward helping you surrender to the process of life and release anxiety.

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Try this exercise: think of all the times from childhood to today when you knew that you were being supported by Spirit - times you were warned of things, times when something good came from something bad, times when you were in the right place at the right time, times when you felt a presence with you, times when Spirit came through another person in the form of help or caring, times when you were deeply guided to help another, times when you knew something without knowing how you knew it.

One of my times was when I was driving home from the airport one night. I heard a quiet voice in my head telling me to slow down. I did, and moments later a drunk driver careened across the freeway directly in front of me, missing my car by inches. Had I not slowed down, I would have been hit broadside.

Another is when I was warned to get all my valuable possessions out of my house that I had sold, at

least one week before escrow was to close. I got everything out and the next day construction workers accidentally burned down the house.

These are major incidents, but I've had hundreds of minor incidents that let me know that I am being guided in my highest good. The key is to not let our wounded self diminish these situations with statements like, "It's just a coincidence."

Sally, one of my clients, was struggling with her trust in the universe. I asked her to think about a time when she knew she was being guided and supported. "Well, one important time was when I was thinking of quitting college. I had gone to my college that day with the intention of quitting when I ran into an old friend. We sat and talked, and then I went home. It was only after I got home that I realized that I forgot to quit. I stayed in school and finished and it was one of the best things I ever did for myself. I know that day Spirit made sure I ran into my friend so that I would forget about quitting! Another time was when my baby son was in the hospital, very very sick. The doctor said he might not survive the night. I prayed and prayed and put my body over his and sent all of my love into him. Immediately his fever went down and he was okay. God was definitely with me." Remembering these times helped Sally to reaffirm her trust in God.

I cannot think of a better way to reduce or eliminate anxiety than to decide to trust the universe. When we are in the midst of extreme difficulties, reminding ourselves that we are being guided is a powerful way to stay present and centered and handle the difficulties.

After the trauma of my house burning subsided, I questioned my Guidance regarding why I wasn't warned in a way that could have stopped the house from burning. I was told that, because I had lived and worked in that house for 31 years, too much of my energy was in the house. Spirit needed to help me by burning out the energy, so that my health would not be adversely affected by people tapping into my energy. I was told that my house burning was for my benefit, even though it felt so traumatic at the time. In addition, I received more compensation from the insurance than I did from selling the house! What seemed like a disaster turned out to be a good thing.

Because we have free will, each of us has the option of deciding to trust that we are truly being

supported by the universe, that even very challenging situations are all opportunities to evolve our soul in love - toward ourselves and others. Life is filled with ups and downs, with good times and bad. It's important to realize that when bad things happen it does not mean that we are not being supported and guided in our soul's journey. Inner peace comes when we trust that the universe always supports our highest good.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>

The "Flow" Of Money

By Sheree Rainbolt-Kren

The more we worry about money, and who's asking for it, and why their asking, and should they be asking, and should I be listening, and judging others, then judging their ideas and their work and their very existence....the more we condemn ourselves to a life of pain, worry and confusion. Most people do not realize they are doing this to themselves. Everyone on the planet, regardless of their calling is perfectly entitled to be paid for their time and expertise.

Find joy in trusting in the Universe to attract to you the perfect person, place, thing or fee that is right for you in the moment you are in. Perhaps you are being asked by the Universe to pay for spiritual work because you have negative judgments about it. Nothing in life is free if you are out in the world judging others on the way to finding free help all the time. You might pay with money, or you might pay with guilt, or you might pay with health, or you might pay with fear, etc. For every thought we hold there is an effect. We decide the effect. We often ignore or deny the people that appear to us and their gifts because they do not look like we think they should. We are literally closing ourselves off from infinite possibility. If you are experiencing a life where the things you want and need are out of reach financially, there is a lesson in that. Consider the positive flow of the Universe. Find a new way of perceiving things, and you will have all the money you need and you will be happy to feed love and light into a prosperous Universe. Ask to be led. Give what is asked, without judgment, and know that the Light is more powerful than your fears. If by chance, you show up at the wrong address (which does not happen) the Angels will step in and add their monumental blessing to the faith you expressed in yourself. You will receive what you paid for and much more.

Blessings, Sheree

ANGELS HELP

Sheree Rainbolt-Kren is an Ordained Minister, Reiki Master, and a Spiritual Intuitive. Her website,

is designed to assist people find their way to High Light Angel Guidance. Ms.

Rainbolt–Kren also offers free Usui Reiki attunements in an effort to help people make a connection to the Light for Guidance and self–healing in body, mind and spirit. Ms. Rainbolt–Kren offers free membership in a 200 member yahoo group called, THE PENDULUM FORUM, where there is a wealth of valuable info on pendulum work. Namaste.

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