

DATE:

BELIEVING IN SOMETHING BIGGER

CALL IT WHATEVER YOU WANT, TRUST IT TO SUCCEED

It can feel scary to trust in something beyond your control. Especially if you feel like you've been let down in the past. But the more you can increase your capacity to trust, the more you can surrender to receive the miracles that await you. You future is asking you to set an intention and take a leap of faith. The best way to expand your capacity to trust is to notice all the ways and places that you already trust. **Make a list of all the things you trust by habit and by nature**: the sun to rise, the roof over your head to stand strong, the other drivers to stay on the right side of the road... Feel what it feels like to have that unwavering and innate faith in something other than yourself; you may even find that it feels a bit like nothing. Trust is easy if you allow it to be. Your future desires will come easier when you have faith that something bigger than you is helping along the way.