

Trust: What is it and how do you find it?

By Norma Menzies

It seems like we are always hearing, "Just trust, it will be okay." Hearing those words can put you in a very uncomfortable spot if you have an issue with the word "trust."

We are told to trust our mates, trust our God, and trust our children and friends and life itself. But how do we do that action if we have had past experiences of mistrust or trusting someone close to us and having the experience of betrayal?

Trust is a bit like love. We are told that we are to love ourselves before we are able to love someone else. Loving ourselves is an ongoing project, I have found. Trusting our-

selves is also an ongoing project.

As a reader and channel, I have had to trust what comes to me, and believe me, it was hard for many years. I wanted to argue and change the information that I received from my guides and higher self. I just didn't "trust" them!

I have been reading for clients since the late '70s and over the years, trusting my guides has been my bliss and my joy. The information they give me has been astounding to the clients and to me as well.

I'll never forget the reading I did for a young man in New York who never had a psychic reading before. The reading was over the phone and I just gave him the information and pictures that I was receiving from my guides and his guides. All of a sudden, a chicken popped into my consciousness and it actually startled me. I debated on whether to say anything to him, but as I was practicing trusting my guides, I went ahead and told him about the chicken. I said, "This chicken just wanted to say hello to you."

The young man was surprised and told me that as a child he had a pet chicken that used to ride around on his shoulders. It was evidence for him that if this was true, then much of the rest of the reading was

Norma Menzies says you can choose to trust regardless of the outcome, the same as you can choose to love, regardless of that love being returned to you. It's not about having to, or should do; it's about wanting to.



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probably true.

You never know what evidence of the spirit world's existence is necessary for a client. Their guides do know.

So back to trust and what it is. I feel that it is a belief that things will turn out right in spite of the so-called appearances of things being "wrong."

Trust and love are ways of interacting with others that is a bit like respecting them and honoring them as the godlike beings they truly are. Trusting yourself and others is an exercise in seeing the holiest in one another. We are all such great beings of light, no matter what our current life experience or our issues, or our jobs, or our relationships, or our personalities. We need to honor ourselves with the twin crown of trust and love and see what happens. It is an experiment that can bring much joy and happiness.

According to physics, what is seen is changed by the act of the seer. The act of seeing the best in oneself and others (i.e., trusting them) actually brings the result of trustworthiness.

There is no guarantee for trust and love. They both are given without the assurance that they will be returned. My feeling is that the effort to love and to trust is well worth it, even though betrayal and unreturned love can happen.

Here are some steps to help you:

- **Start by trusting yourself.** When you say you will do something, do it. The reason we have a hard time trusting ourselves is because we don't do what we say we are going to do.
- **Test the water; check yourself.** Take a day and listen to what you say to yourself and others. At the end of the day, check on whether you did any of the actions you had told yourself or others, you were going to do.
- **Words are very powerful.** What you say should equal what you do. If it doesn't, then you are messing with manifestation principals.
- **If you have doubts about your own trustworthiness, ask your family and friends if they trust you.** You might be in

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for some surprises. Our families and friends are our closest link to who we are and what we represent. What do you see in their eyes? Your progress will show there first.

• **Start trusting the people who give service to you.** Begin seeing the grocer, the auto mechanic, the news boy, all the people in your daily life as trustworthy. It has nothing to do with whether or not they are trustworthy, it has to do with you trusting them, regardless of the outcome. It is a conscious choice to see the best in all people and guess what? They will start to see the best in you!

It is all about choice. You can choose to trust regardless of the outcome, the same as you can choose to love, regardless of that love being returned to you. It's not about having to, or should do; it's about wanting to.

When you start to live your life this way, your experiences will change. Your judgmental mind will relax and give others a chance to be more of who they are to you. You will be surprised at what you discover about yourself and others. We really are totally connected. You are me and I am you!

It doesn't even matter if what we do is accepted by others or rejected. The gift is in the doing of it. The joy is in knowing that you are putting forth the wave of energy that can transform.

Rev. Norma Menzies is founder of the "The Bluebird of Happiness Club for Everyone." www.bluebirdofhappiness.org (425) 379-6101.

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