

the art & practice of
trust

Finding Your Way Through
Uncertainty, Change & Transition



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Introduction

To have the foundation beneath you disappear or suddenly discover that you can no longer depend on someone or something for security or meaning can be a crisis. It can also be a time of discovery.

I have watched people face uncertainty, loss and betrayal and shift from a state of despair to hope. I have seen long held resentments released and replaced with forgiveness. And I have seen individuals let go of self doubt and worry and take action boldly, with confidence. The common thread for each has been the willingness to take the inner journey and listen to, trust and act on their own wisdom.

What I know from my own experiences is that in the midst of uncertainty and unknown, even when the odds seem insurmountable, that we are never alone and that as we deepen the relationship with our true Self, we will be well led.

Many of us have moved away from this relationship, and it is easy to understand why. So much of life conspires against it. There are many distractions and much that lures us away from the quiet and silence required to turn our attention within and listen to our own wisdom. Consequently, this relationship is often ignored or put aside. When the ability to listen deeply to our own truth is needed, it's hard to find, instead fear, worry or confusion can overwhelm and pull us into downward spirals. We forget that we have within us the answers we seek. Luckily, it doesn't matter how distant this inner connection may feel, it is always there, always present and always available to us regardless of age or depth of struggle, if we are willing to seek it. This book will give you a pathway that will help you shift from that downward spiral of self doubt and worry to the open, expansive and creative state found in Self trust.

In the book, I define Self as that part, within each one of us, that is connected to the Source of life; however it is that you define it. For some, it will be found through a faith tradition; for others, it may be simply nature. It is a place of great wisdom, benevolence, love and truth. The book and method is rooted in the belief that when we trust our inner wisdom we will know what to do and how to live. As you trust your Self, your own wisdom, it will guide you through times of uncertainty and also facilitate the unfolding and releasing of your greatest potential.

I encourage you to approach this pathway as a journey of discovery and welcome you to The Art and Practice of Trust.

With deep respect and gratitude that I offer this book.

Excerpt from Chapter 4- Willingness

Result: A Shift in Perspective

The weather was 75 degrees with a slight breeze, so I threw open the windows and doors and turned up my music. The sweet smell of blooming Jasmine floated in – along with a large black carpenter bee. I watched as the bee explored the kitchen space. Large, even for bees, they look intimidating, but they rarely sting people. They prefer to eat wood. The bee decided to return to the back yard and headed toward the window, but instead of going outside, he bounced up against the closed glass. Frustrated, over and over, he hit the window, buzzing loudly and clearly annoyed.

I cranked open the side panel of the window and used a piece of cardboard to guide him toward the opening. He wanted nothing to do with this and instead intensified his furious banging against the glass. I tried a number of times to gently direct him toward the opening and could only get him so far before he would jump above or around the cardboard and zip back to his corner. He was focused on what he wanted and what he wanted was to go through that glass. He could see the outside, so why should he move somewhere else? It took three tries and finally on the fourth I successfully got him to the open window and without hesitation, he flew off.

As I watched him go, I couldn't help thinking how often I am like that bee. I can get so focused on what I want that I don't pay attention to help that is being offered that will move me toward my open window. Watching the bee, I felt my perspective shift. When something happens that is not part of a plan, it is so easy to get mad, frustrated, or defensive. But what about thinking that when something unexpected or challenging occurs, maybe life is moving us to a more advantageous place and we just don't know it? What if life, regardless of the

outside situations, is trying to help us out? I can think of times when just like the black bee I could see what I wanted and was convinced that if I just worked harder I would get it, and yet it remained elusive. I have knocked over and over on a door that was never going to open. Then something happened that pushed me in another direction, and although I may have been furious or in great fear at the time, in looking back I can see that what was gained was truly beneficial.

You may feel that you have gotten where you are in life precisely because of sheer will and your own determination. You dug down deep and made something happen and maybe even for years it has worked well. But now, you may be facing something that is challenging you in new ways and increasing your efforts of hard work and determination is not enough. It may be a job loss, an illness, a divorce or any transition or change that pulls you into a place of uncertainty and unknown. It can be unsettling, and the normal reaction is to tighten up or to intensify efforts. It can feel as if you are in a small, dark room with no light. You want to get out but you don't know where to begin. This guidepost, of willingness, invites you instead to let go of having to do it all yourself and open up to being in a more conscious relationship with your True Self: that part of you that is wise, all knowing and endlessly resourceful.

When you are willing to look at things in a new way, you will experience a shift in your perception. It's as though someone opens a door and a shaft of light appears in an otherwise dark room. It's an opening, subtle or slight, but still there. All of sudden, something has shifted, and you are seeing or sensing something in a new way.

That is the result you are looking for with this guidepost. When you have sensed that, you are ready to move on.