



song: **Trust Me** - Janis Joplin

week #12

trust: (noun: own it)

- Firm reliance on the integrity, ability, or character of a person
- Reliance on something in the future; a hope

trust: (verb: do it)

- To place confidence in; depend on, believe in
- To expect with assurance

assurance, certainty, confidence, conviction, credit, faith, hope, reliance

To live a fearless life, you must trust the people you have chosen to surround yourself with; the valet with your car, the broker with your life savings, the babysitter with your child. You must allow people to help you. Trust travels hand-in-hand with hope and faith.

“The only way to make a man trustworthy is to trust him.” -Henry L. Stimson

Trust is such an interesting concept. In some cases it can take years to build trust – and yet, in one instant, trust can be broken. Once broken, it can rarely be fully repaired; the rebuilding process may require a lifetime.

With this in mind, the most important form of trust, is the that which you give to yourself. Knowing that you can manage any situation with integrity and honesty is a priceless gift. You must trust in yourself if you expect other people to trust in you.

Words are fleeting. Prove to yourself and the people in your world that you can follow through. As you learn to trust your own actions, you gain self-confidence. You'll begin to recognize the value of an unblemished record of your own personal willPower and you will thrive. Each day, trust your feet with each step you take.

“Trust only movement. Life happens at the level of events, not of words. Trust movement.” - Alfred Adler

ACTION: Every day this week, be someone whom others can rely on. Only take on projects that you can handle. Arrive on time to your appointments, call when you say you will. Keep your promises. More than anything – commit and build trust in yourself... for yourself.



When holding your balance in the Pelican Pose, Trust Your Feet; they take you everywhere you'll ever want to be.

March Color: Fair Aqua

The color for the month of March is Fair Aqua. This color aids trust by guiding you safely through your conscious and subconscious thoughts.

Intuitive
Subtle

March Chakra: Heart & Throat

A perfect balance between chakras, as you learn to trust your heart's emotional connections you will begin to communicate in a genuine, authentic way.