

song: *Nothing Left To Lose* – Mat Kearney

week #36

**faith:** [pronunciation]

- confident belief in the through, value, or trustworthiness of a person, idea
- belief that does not rest on logical proof or material evidence
- loyalty to a person or thing; allegiance: keeping faith with one's supporters
- the body of dogma of a religion I.e.: the Muslim faith

*belief, certainty, confidence, hope, trust, truth*

***"Hold faithfulness and sincerity as first principles."***

*-Confucius, Chinese Philosopher (551 BC – 479 BC)*

When was the last time you looked into you own eyes? Here, you can learn a lesson about faith, which has two main prerequisites: The first is acceptance. The second is trust.

Referring to the definition of faith: Are you trustworthy? Are you loyal to your practices and your relationships?

***"Faith is not belief. Belief is passive. Faith is active."*** –Edith Hamilton

*Faith arises from confidence and loyalty to yourself. This is a practice. Some days you may struggle with the eyes that gaze back at you in the mirror. With your practice, you will learn to love those eyes, and this is where all amazing relationships will begin.*

***"Faith certainly tells us what the senses do not, but no the contrary of what they see; faith is above them, not against them."*** –Blaise Pascal

Once you have faith in yourself, your values, strengths and abilities, you'll recognize the capability to create the world that you live in. You create your reality and everyone in it. And if you give what is good, you'll receive good in return.

***"The moment you commit and quit holding back, all sorts of unforeseen incidents, meetings, and material assistance will rise up to help you. The simple act of commitment is a powerful magnet for help."*** –Napoleon Hill

There are two opposing forces: love and fear. Fear fosters impatience, judgment, distrust and jealousy. Fear stems from lack of faith in yourself. Love foster growth, confidence, success and happiness. Love and faith grow interchangeably – like a twisting vine.

***"It's lack of faith that makes people afraid of meeting challenges, and I believe in myself."*** –Muhammad Ali

**Action:** This week explore the things that you believe in, but cannot see. Allow your faith in the invisible to guide your actions for the sake of connecting with something even bigger than you.



*Once you have faith in yourself; your values, strengths and abilities, you'll recognize your capability to create your reality and everyone in it. And if you give what is good, you'll receive good in return. Let go of doubt. During your sweep, extend your body, mind and spirit in complete faith.*

### September Color: Baja Blue

The color Baja Blue can help open the mind to higher concepts and a less limiting point of view.

### September Chakra: Brow Chakra

The color pulsating from the brow chakra (which is very similar to Baja Blue) is considered to be 'divine.'