



# LIGHTING YOUR WAY

Trust God

Opening fully to faith and learning to trust your God/Goddess within and the beneficent Universe that supports us all.

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## Trust God

This is a compilation of posts from the SoulDoors blog, *Trust God*. Some of the posts have seasonal references and are included because the topic and tools are pertinent year-round.

The posts are arranged under four topic areas – Trust What Is, Let God, Alignment and Guidance. At the end of each post is a Spiritual Toolbox exercise with suggestions to support you to bring the teachings more fully into your daily life.

Light your way by trusting in God and God/Goddess as expressed through you.

Trust that you are always guided, loved and supported. Know that what has been, what is, what comes, is exactly right. You can trust that everything is working for your benefit, even if it doesn't always feel that way.

Trusting in God allows you to open and surrender, having the faith to allow all the best of what the Universe offers to fill your life.

May you find joy on your journey!

## Trust What Is

Trusting what is allows you to understand that good things come out of even seemingly negative situations. You may not be able to see what they are yet, but you can believe, and as you do so, you open yourself up to allow the benefits to come your way. Trusting what is in each moment allows you to feel relaxed, content, peaceful and accepting.

## Relax Into What Is

*"Here comes the sun (doo doo doo doo). Here comes the sun, and I say, It's all right.*

*Little darling, it's been a long, cold, lonely winter. Little darling, it feels like years since it's been here.*

*Here comes the sun (doo doo doo doo) Here comes the sun, and I say, It's all right."*

*-George Harrison, The Beatles*

In the past my everyday life felt pushed or maybe I should say driven, because it was me doing the pushing. I was always thinking about what else needed to get done, who I needed to take care of, how to keep everyone happy, how this or that wasn't good enough. It took conscious effort for me to relax, allow and appreciate what was. At the end of the day I'd look back over the day and think of all that I should have accomplished and didn't, setting myself up for a driven tomorrow.

My life was motivated by fear. Fear of not being good enough. Fear of not having enough, time, money, parenting skills, you name it. Fear of not doing enough. It is not a comfortable way to live.

Fortunately, I've learned that there is a better way.

When I began doing sessions for clients, I learned to center and align myself before each session, calling in my Spiritual Support Team. I learned to trust the guidance I received. Trust the topics that came up for healing. Trust the words and tools that came to me to offer and trust the outcome of our work together.

On several sacred journeys to Brazil and to Iceland I was able to expand this into full days of trust. I learned to trust what was in my present reality enough to fully relax into the moment. Trusting that who I was with, where I was, and what I was doing, was exactly right for that moment.

I stopped thinking that I needed to be with someone I wasn't. I stopped thinking that I should be saying or doing something else other than what I was saying and doing. I learned to trust and be with what was.

It was like in my sessions but expanded outward into full, shining days.

Unfortunately for me, there was a big difference in how I felt when I was doing a session, when I was on a sacred journey, and my daily life at home.

That sense of relaxing and trusting what was, was missing.

Instead, I pushed to get through to the next activity or the next person to connect with. I drove myself to get everything right, make sure everything and everyone was taken care of.

Yet, I couldn't help but think, wouldn't it be wonderful to feel that relaxation, trust, contentment, inner peace, acceptance, allowing and joy throughout all of my days?

Now I know it is possible.

We can each of us do this through consciously intending it to be so.

We make the choice in each minute to consciously connect with our Source within. We breathe deeply, relax and allow ourselves to align, until it becomes our habit and we are living our days in love rather than fear.

What is needed to make this possible is a change in perspective. It looks like this.

The contentment comes from trusting that we are connected and guided and following that guidance. Knowing that something greater than ourselves holds the big picture.

The inner peace comes from knowing that we live in a beneficent Universe and that we are a beloved and essential part of that. No one else can express the part of the Creator that is uniquely you.

The relaxation comes from focusing in on what is in this present moment, and being fully present with whatever that is.

The joy comes through appreciation, gratitude and allowing yourself to experience the pleasure inherent in whatever is.

It is this change in perspective that allows you and me to relax into what is. When that becomes our habit, it changes our lives. We shine like the sun.

### **Your Spiritual Toolbox – Golden Funnel Breath**

My daughter Ana, a talented energy healer, taught me a quick, functional tool, that is very supportive for breathing through the constriction of fear, clearing negativity, energizing and aligning with your Source within. I'd like to share it with you.

While breathing deeply imagine a golden funnel above your head with the larger funnel end stretching up to your Soul Star chakra (located about 6" above your head). Think of this as your personal sun. It is the doorway to your Higher Self.

Visualize pulling your breath down through that funnel into the crown of your head. Visualize this sun-energized breath flowing down deep throughout your body expanding, clearing, cleansing and revitalizing every part of you.

Intend to feel each breath opening your body all the way to the root. Feel the breath making space in between each atom, dissolving density and expanding outwards.

Negative thought sits in the body becoming dense. Breathing into the thought expanding it outwards dissolves it. You don't have to struggle against negativity. That just creates more density within. Just breathe into the thoughts, bringing in love with your breath. Love expands.

Continue to breathe deeply visualizing the sun's breath filling and expanding throughout your body and energy body's, until you feel peaceful, energized and complete.

Use this Golden Funnel Breath any time you feel the need for clearing negativity, energizing and aligning.

## Responding to Disappointment

*"Everything is always working out for me."*

*Abraham-Hicks*

You've seen this quote from Abraham elsewhere on this blog with good reason. It is a belief that is the foundation of trust. Here is one way I've learned to apply it in my life as a positive response to disappointment.

Recently, a good friend delighted me with plans to buy a home close by. When the house sale fell through, I was dismayed by how disappointed I felt.

Last summer I was disappointed when my daughter's family decided they couldn't join us on vacation. Peter and I had planned to go to our family summer cottage in New Hampshire with our daughter, son-in-law and all three grandchildren. I was looking forward to it. When they had to cancel it was a disappointment and a surprising jumble of emotions for me.

Peter and I still planned to go by ourselves. We'd get to see our extended families who all live in New England, yet I felt a sense of abandonment. I loved it when our summer cottage was filled with family. I felt sadness that the children lived so far away from their extended family and wouldn't have the experience and memories of the cottage that I would love them to. I felt disappointed not to share time with my daughter and son-in-law. Perversely, I felt relief that there would be quiet time at the cottage, sitting on the porch, looking out over the lake. I felt

glad that there would be plenty of space for any visiting extended family. What a mixed bag of emotions!

Please understand, I truly believe the Abraham-Hicks quote, “Everything is always working out for me.” I am reminded of it daily as I drive around with it in a prominent place inside my car. I can’t miss it as it reflects back at me from my windshield.

Things worked out for me last summer when just our granddaughter accompanied us on our trip to New Hampshire and it was one of our best trips yet. I was able to share with her all that I have loved about the lake cottage, as we spent lots of time with extended family.

I’m going to trust that this will also be the case with my friend’s relocation plans.

Perhaps it will turn out to be better than it would have otherwise. I can choose to trust that good things will come of this change in plans. I just can’t see what they are yet. I can trust that things always work out for me, even when it feels like they aren’t.

### **Your Spiritual Toolbox – Purge and Trust**

Sometimes things don’t go as you expect or as you would like them to. Sometimes unexpected change happens, plans fall through.

First of all, allow yourself to feel your feelings.

Allow yourself to purge through journaling or sharing or stomping in the woods, or whatever way works for you. Writing a blog perhaps?

Then choose trust. Believe that things are always working out for you, because they are. No matter how it looks now, this change will bring benefit to you and the others involved.

Trust that it will.

### **God’s Repair Shop for Broken Selves**

*“Nothing needs to be fixed. Everything is unfolding perfectly. So, when you stand in your now, accepting that all is well, then from that vibration you become surrounded by more and more evidence that all is well.”*

*-Abraham-Hicks*

Sometimes life is uncomfortable, even painful. Sometimes we struggle and feel like we need to fix the parts of ourselves that feel broken. Wouldn’t it be nice if there were some kind of spiritual repair shop where we could drop off our egos and come back in a week to bring home a newly refurbished, fixed self?

Sounds great right? Well, maybe there is...

*Welcome to God's Repair Shop for Broken Selves. Please read and sign the following form before dropping off your self for repair.*

- I understand that it is my own perceptions about things that create struggle and pain in my life.
- I understand that I make it hard for myself when I take too much responsibility for the aspects of my life which feel broken by thinking it is my job to fix them.
- I acknowledge that I am ready to make a different choice.
- I acknowledge that I don't have to know how to do that.

You may now take it easy, secure in the faith that God's Repair Shop will take care of your personal and spiritual growth.

Please understand that you are not broken! In God's Repair Shop your self will undergo a gentle refurbishing of perception.

You may release any need to fix yourself. You may release any need to make changes happen. It is so much easier to be who you came here to be when you stop trying to fix your self.

Leave the fixing to us!

We are a highly trained and motivated team of angelic beings, teachers and master self-mechanics. We are here to serve you. Please allow us to do so.

Your newly refurbished self will return to you automatically and almost immediately because WE ARE THAT GOOD!

All that's needed to get this started is your request.

Your sole responsibility is then to listen to your heart. This is your spiritual communication center which you will hear more clearly once your perceptions have been refurbished by our crack team of mechanics. Listen for the guidance of your heart and do what your heart yearns for.

(Caution: Please resist the temptation to return to analyzing, criticizing, judging and otherwise trying to 'fix' self.)

*I have read, understand and agree to the above.*

Please sign here \_\_\_\_\_

SPRING SPECIAL! Bring in your self for refurbishing within the next 30 days and receive an additional 'tune-up' FREE!

*Offer good for this eternal moment of NOW.*

OK, let's look a little more closely at the form-list from God's Repair Shop and what it means.

*I understand that it is my own perceptions about things that create struggle and pain in my life.*

When we are in pain, struggling emotionally, most of us want to fix what we perceive as our broken selves. But are we actually broken? Do we need fixing? Or is this a soul-level opportunity for expansion signaling a need for a change in perception?

*I understand that I make it hard for myself when I take too much responsibility for the aspects of my life which feel broken by thinking it is my job to fix them.*

As we encounter discomfort in our lives, we often assume that it is up to us to make it better and fix it. After all, ego thinks, who else is going to do it? But that is like putting the cart before the horse. We'll go nowhere fast. The more we try to fix what we think is broken, the more broken it feels. Our egos just aren't equipped for the job.

*I acknowledge that I am ready to make a different choice.*

The first step to change is awareness. We acknowledge that when we are in pain and discomfort, we have the opportunity for soul-growth. We have the opportunity to make a different choice.

*I acknowledge that I don't have to know how to do that.*

The beauty of this is, we don't have to know how or what to change, because God knows what needs to be done. We make the choice to turn the whole situation over to God. We let go of trying to fix anything. As we do that, we open the door for our Spiritual Support Team to guide us through solutions and answers that will make real change possible in our lives.

When you turn over your worries, and their attendant need to fix and control, to God, asking Spirit to be an active participant in your life, you may discover something wonderful.

You can relax. You may feel creative energy flowing and creative ideas popping into your mind. You may find that smiles and laughter come easily and naturally. Humor bubbles up spontaneously. You feel appreciative, grateful and loving.

All this from making a simple request and a little change of perspective.

### **Your Spiritual Toolbox – A Different Choice Prayer**

*"Dear God, I turn this whole situation over to you. I ask that my angels and masters, my Spiritual Support Team, guide me to inner peace. I ask that you make clear to me what it is that I need to be, do and have for resolution of this situation. Show me how to release the struggle and follow where my heart leads. With deepest gratitude, Amen."*

Once we turn the situation over to God, our job is to listen for the gentle prodding of our hearts and focus upon what feeds our joy.

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We can rest assured that God is taking care of whatever the situation is that has been causing us pain.

Anytime worry or painful thoughts of the situation come up, let go of trying to fix it by mentally handing it all over to God. Then refocus on your job - following where your heart leads.

## Let God

Hand it all over to God rather than trying so hard to keep everything under control. Do your best and then leave the rest up to God. When you make room for God you allow magic into your life. You allow the love of God to be your guide, because God's love is available for the asking.

## Making Room for God

*"When anxiety was great within me, your consolation brought joy to my soul."*

*Psalm 94:19*

Over the holidays we like to invite family and friends to come for Christmas Eve and for those who are able, to stay overnight through Christmas day.

When entertaining, my usual course of action is to plan everything out, menu, activities and gifts as well as to have a cleaning, shopping and cooking schedule beginning well ahead of time in preparation.

I tried to do all this again this year, as I have done other years. But I've spent the past month recovering from a cough and general lack of energy that has kept me couch-bound. While that's been great for some things, giving me lots of time for reading and meditation, it's not been so good for entertaining preparations.

The night before Christmas Eve I didn't sleep well. I was not ready for guests and I was anxious about it. I lay awake planning out all I needed to do the next day and worrying that I wouldn't have the energy to get it all done. I had a dream of the unmade lasagna I'd planned for dinner and saw the three different cheeses, ricotta, mozzarella and parmesan, all in conflict with one another. It was a silly and discouraging symbol for the elements I was unsuccessfully attempting to combine into an enjoyable holiday.

So, along comes the day of Christmas Eve and I am not ready, the house hasn't been cleaned, the lasagna not made, the table not set, nothing is ready for the arrival of our guests.

Fortunately, an angel in the form of my daughter was there, cheerful and energetic.

"Mom, maybe you shouldn't be making lasagna when you're coughing like that," she said. "I can make it. I can do the vacuuming too, and whatever else needs doing. How about if you do the less active jobs?"

You'd think the decision to hand it all over would have been easy, but it wasn't. It was surprisingly difficult to let go of control, and let my daughter take charge. I tussled with myself for several moments and then realized that this was exactly what I needed. I thanked her and said, "Yes," feeling relieved.

I sat down gratefully and wrapped presents while she bustled around getting everything done. As I did so I had the realization that this illness was an opportunity to understand that trying so hard to control everything that's happening around me leaves no room for God/Spirit to enter in. If I hold on hard, constricted and fearful, afraid that things won't go well unless I control every single aspect, where is the room for love? Where is the room for creativity, for my Soul's expression and the Soul's expression of those around me? Where is the room for God? It was a lightbulb moment.

As it turned out, we had a wonderful Christmas. Everyone was relaxed and happy. The lasagna was delicious. The grandchildren were delighted and delightful. There was a feeling of love and gentle celebration throughout because there was room for God.

### **Your Spiritual Toolbox – Allow Spirit to Enter**

Let's explore where you can make more room in your life for the love of Spirit.

Gather writing materials and give yourself a quiet space and time for focused thought. Take three, deep, slow breaths and allow yourself to quiet your mind.

Think about and answer each of these questions:

1. Are there places in your life where you are trying hard to control outcomes and leaving no room for Spirit to enter in, no room for expansion or the unanticipated? You can recognize these areas because when you think about them you feel constricted and constricting. You may feel anxious and feel the need to make everything turn out exactly as you think it should.
2. Are there areas in your life where you are so afraid of what others may think or do that you feel you've got to control all aspects of the experience?
3. In each area of your life where you feel constriction, what would happen if you just let go and allowed the love of Spirit to enter in and take charge of outcomes?

### **Ask and It Is Given**

*"And the love that's everlasting. Blessed be. The light has come."*

*-Shawna Carol, Goddess Chant*

It is the season of Thanksgiving. A month when many of us spend more time in our kitchens. And if we are not actually the one's doing the cooking, still our minds and our stomachs anticipate the feast to come.

Speaking of kitchens, I'd like to tell you a story of another kind of kitchen, one which can fill you up more surely than a Thanksgiving feast.

Many years ago, I worked for a spiritual magazine which also coordinated spiritual events. We organized an event for Lee Carroll, who channels Kryon. During the guided visualization at that event I experienced what I later heard termed a 'love wash.' I felt a surge of expansive, loving feeling deep within my body, exploding my heart wide open. I kept breathing it in, deeper and deeper. I wanted more and more of it. I felt chills and tingles thrilling up and down my whole body. Tears poured down my cheeks. It was a stunning experience though it only lasted a few moments.

Since then I've had the experience again. Only once was it as intense as that first time and I never knew when it was going to happen again.

Don Miguel Ruiz, in his book *Mastery of Love*, teaches that we have all the love we need, right here inside of us, in our hearts. He says that it is like a "magical kitchen," providing us with all the love we could ever need.

He explains that our hearts are our connection with God's love, Universal Spiritual love. Our hearts, our love, is where we feel our soul, our piece of God. Our hearts are the connection.

When we breathe in deeply and focus our attention, we link ourselves with the Universal energy of love, God. The breath is the connection opening our hearts which are the portal. Then God's love flows through us. Our focused attention, intent and faith are all that is required.

I decided to see if I could invoke that feeling of God's love intentionally. In meditation I asked God, and my Spiritual Support Team to be with me as I meditated. Then I asked to feel God's love. I focused on breathing in the visualization of feeling bathed in love, opening to the "magic kitchen" in my heart.

I kept breathing in that idea of God's love washing over me, until slowly, a sensation grew. It was a sensation of love, joy, expansion and gentle bliss. It grew until I felt God's love strongly, to the point of tears. It was beautiful, and all the more so because I called upon it.

You can do this. Focus on breathing in a visualization and a feeling of a time in your life when you felt deeply loved, or expansively blissful, or gently joyful. See where you experience that sensation of love, bliss or joy in your body and focus your attention there, breathing into that feeling. Keep breathing and visualizing and feeling, allowing yourself to expand with it. Keep trusting that God's love is there for you.

We can all do this. God's love is available that simply. But we have to ask and have faith that it is ours to ask for, always there for us, waiting for our intent and our attention. We have to intend it, ask for it, open to it and allow ourselves to believe we are worthy to receive.

It's a bit like winning your own personal lottery of love.

It is possible to call upon God's love and open the door to that limitless treasure trove, your very own, "magical kitchen," because you have the key that opens the door in your heart to God's love.

The table is set. The feast prepared. You have only to sit down and allow yourself to receive.

### **Your Spiritual Toolbox – Keeping the Door Open**

Sometimes I find myself wondering; will this feeling of love stay this time?

The answer comes. Does a house stay clean by itself?

A house needs daily maintenance to stay clean. It needs periodic deep cleaning. It needs regular, focused attention.

To continue to feel God's love, what is needed is regular, focused attention, intent and faith. This keeps the door open, the channel flowing.

As we call upon him, so he answers. As we keep our attention upon him, so his attention is upon us.

It is up to us to clean spiritual house as it were, to make God welcome in our home.

We can do this through prayer, through meditation, and through doing our personal development work which allows us to clear negativity from our thoughts.

You can use the spiritual tools that you will find throughout Soul Doors. But the most important tool is simply to ask. Ask to feel God's love. Ask to be given what you need to open to feel God's love more and more in your life. And then know that you will receive.

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."

-Matthew 7:7

### **Tie Your Camel**

*"Tie your camel and place your trust in Allah."*

*Muhammed, founder of Islam*

Have you heard this ancient saying attributed to the prophet Muhammed? The story is that Muhammed saw a Bedouin leaving his camel without tethering it and asked him why he was doing this. The Bedouin replied that he was placing his trust in Allah and had no need to tie the camel. The prophet Muhammed then replied, "Tie your camel *and* place your trust in Allah."

What does this mean?

The other night I had a dream in which I was desperately seeking what it was I needed and I was unable to find it. It was unpleasant, I can tell you. Analyzing it afterward, I realized that I was feeling fearful about having what I needed for comfort and nutrition on our upcoming trips.

Does this mean that I don't trust God to provide what I need? Would careful planning and packing be a fear-based action or a love-based action?

Oh, the woes of self-questioning!

As I worried about it, the above quote came to mind, only I remembered it like this, "Trust God *but* tie your camel."

(I love how guidance comes. This time it was a gentle reminder in the form of a misquote.)

Worded like that it implies that I did not trust God to provide what I needed.

I looked it up on-line and the quote is better translated as "Tie your camel *and* trust God."

That implies action on my part and then allowing God to do the rest. The former is a fear-based translation, the latter, love-based. The difference is very important.

The action looks the same either way, the motivation is very different.

I strive to learn to take action motivated by love. I choose to tie my camel *and* trust God. I choose to do my best and leave the rest up to God. I choose to take action over what I have control of and plan and pack what I feel I need. Then I choose to let go and invite God in, knowing I am supported by my own efforts *and* by God.

There is a saying, often attributed to Benjamin Franklin.  
*"God helps those who help themselves."*

We can lovingly do what is there for us to do, and then let go of all else, leaving room for God to enter in. We can do our part *and* we can trust God.

### **Spiritual Toolbox – Invite God In**

Today, be aware of your motivations for the actions you take. Are your actions motivated by fear or love? It's important to discern the difference because actions motivated by fear shut God out.

As Red Feather says, *"Ego stands for Edging God Out."*

Are you packing snacks because you are afraid of being hungry on your shopping rounds or because you love your body and want to feed it healthy foods rather than the less nutritious options available at the mall?

Are you attending your daughter's soccer game because you feel you should or because you love and support her?

The actions taken look the same either way. Does it really make a difference? Yes. Actions taken in fear leave no room for God. Actions taken in love invite God in.

Look carefully at *why* you do what you do. If you find that you are motivated more by fear than by love, take the time to reorient your motivations.

Be motivated to do what you do by love. Invite God in.

## All Shall Be Well

"All shall be well and all shall be well, and all manner of thing shall be well."

-Julian of Norwich

"Surrender, surrender, let go of the struggle."

-Red Feather

When I lived in New Hampshire, by January the winter ice build-up on my driveway was prodigious. I was out daily hacking and digging at the thick ice, progressing through an inch at a time. First creating potholes, then small cleared patches, then larger cleared areas. There is a feeling of satisfaction as the cleared area enlarges, I know, I did it for years, until one year I didn't. That year, I spread sand and waited. In two months, the warming sun of spring took care of the ice. It gradually warmed the inches of frozen water to return it to its former formless state, and I didn't have to do anything but enjoy the process. Nature was infinitely more efficient than my ice chipper.

My struggle with the ice on my driveway was much like my struggle with life. I worked hard at life. I tended to struggle over things that if I just let go, they would have taken care of themselves. I struggled with myself, wanting to be more, better. I struggled with my loved ones wanting them to be different than they were. I struggled at work, thinking that I could never quite be good enough. And day by day I was out there in my driveway chipping away at the ice, until finally one day I didn't. Day by day I struggled with my life, until finally one day... Nope, I still do, though not nearly as often or as deeply as I used to.

Our lives can become encased in ice, frozen, slippery, seemingly a danger. We live fearfully. We struggle and chip away to remove that uncomfortable fear. Perhaps though that icing of fear is just a normal part of the cycle of life here in this world. Perhaps if we trust in the process of our growth the cycle will turn and that warm sun of trust will melt away our fear. Perhaps we have only to apply a little sand, trust and wait. God will do the rest.

### **Your Spiritual Toolbox – Let Go of the Struggle**

Many of us have areas in our lives that we feel should change, and we struggle over how we are not enough. But what if we decided to let go of the struggle? What if we decided that we are perfect for this moment? What if we decided that our lives, our homes, our families and friends, jobs, surroundings are just as they should be for this moment, a part of God's Plan? What if we let the ice in our lives be just as it is? What if we allow ourselves to sprinkle a little sand and wait? In time the ice will be gone whether we struggle with it or not. Perhaps we can choose to let go of the struggle and trust.

When fearful, judgmental, critical thoughts ice over your happiness, spread a little sand over your fearful thoughts with affirmations of trust and release the struggle. You don't have to fix anything right now. In time that warm sun of trust will melt the ice and the spring of joy will return.

Here are some possibilities to start with. Use these and allow them to grow and blossom as you add in your own words. You will know when the words are right because saying them will bring you a feeling of relief and lightening.

I am perfect for today.

My feet are firmly on my Path.

My steps are guided.

I am growing and developing every day.

I am safe, loved and cared for.

I trust God. I trust in my God Self.

### **Trust This Moment to God**

*"Belief will open the door, faith will help you see the light, but trust will lead you to the promised land."*

— Charles F. Glassman, *Brain Drain, The Breakthrough That Will Change Your Life*

I woke that morning feeling good. My husband, Peter was already up. I could hear the clatter of pans in the kitchen.

“Dadu! Dadu!” Eden’s high, excited voice carried from upstairs.

My daughter and grandchildren were staying with us. I could hear giggles from Sophia and Eden as they ran down the stairs.

Heavier, more purposeful steps sounded from the bedroom overhead and then on the stairs moving downstairs and into the kitchen.

‘Everyone’s up. I’d better get out there,’ I thought. I felt the need to rush out to the kitchen, take charge and make sure that everyone was happy and cared for. It weighed on me. I felt my morning glow dim.

‘Wait,’ I remembered, ‘Trust God.’

With that I decided to trust that everyone would be fine if I took the time I needed to feel ready for the day. I stretched luxuriantly under my down comforter and relaxed in bed for another few minutes. ‘Trust God,’ I reminded myself again with a smile, as I got out of bed. I pulled the bed clothes up and arranged the pillows prettily, chose clothes for the day and went into the bathroom. Twenty minutes later I emerged fully dressed, hair still wet and walked into the kitchen, feeling great.

Eden came running to greet me.

“Good morning my Lovie,” I said.

“Mima! Wha’ happen to you hair?” Eden gestured wildly at my head with both arms, his eyes opened wide in surprise.

I knelt down in front of him, laughing.

“It’s still wet from the shower. Here, feel it.”

Eden touched the back of my head. “Wet!”

“I’ll dry it after breakfast. Did you have breakfast already?”

He nodded solemnly.

“What did you have?”

Eden leaned into my arms smiling and said, “Pea-but ‘n jel.”

Alexandar, the youngest, turned from where he was exploring the contents of a kitchen cabinet and crawled rapidly toward Eden and I. As soon as he was within grabbing distance, he pulled himself upright and leaned into me, fussing to be picked up. I put an arm around him and pulled him close.

“Mima, want to see the drawing I’m making? It’s a sun and it has teeth. See? Teeth.” Said Sophia proudly holding up her picture from where she sat at the kitchen counter and looking at it.

“Turn it around Honey so I can see it.”

Sophia turned the picture around and I admired the sun with teeth.

“Mom, could you take the baby while I get the kids dressed? I’ve got to be in town at 9.”

“Sophia! Eden! Upstairs!” Said Ana as she headed to the stairs.

“Sure, just let me grab some breakfast and he can share it with me,” I said to Ana’s retreating back. “Peter? Can you hold him while I get some food?”

“Eggs in the oven,” said Peter absently. He reached for the baby from where he sat in the wing chair by the patio door, the sleeve on his fuzzy bathrobe slipping down his arm. He held his phone in his other hand studying it intently. Then he put the phone down on the table next to the chair and sat Alexandar on his knees.

“Hey Buddy!” He bounced the baby on his knees and Alexandar smiled. He bounced him some more and Alexandar laughed then threw himself at his grandfather hugging him fiercely.

I reached into the oven retrieving the plate of scrambled eggs and poured myself some tea, carrying both over to the table.

“I’ll just get a spoon, then I can take him.”

I brought two spoons and baby back to the table with me, sitting down. Alexandar leaned from my lap reaching for the plate of eggs. I spooned up a tiny bite and evading his grasping hands touched it to his lips. He opened his mouth slowly and allowed the bite entry.

“Good huh?”

Alexandar swallowed and reached again for the plate. I put another small bite of eggs on the spoon, again evading his grasping hands. He ate the eggs and reached out for more. I put the spoon in his hand with a small amount of egg. He stuffed it into his mouth. I took a bite of eggs for myself and Alexandar watched the spoon all the way from the plate to my mouth, looking at first hopeful and then disappointed. Smiling, I gave him another bite, and sipped my tea. We continued in this way until the plate was clean.

“Let’s get you cleaned up now so you can go with Mummy.”

Shortly thereafter, Alexandar was happily scrambling up the stairs with me close behind.

“We’re just ready Mom. I’ll be right down,” called Ana from the guestroom.

Sophia appeared at the top of the stairs, looking pretty in matching pink pants and top. She joined me with Alexandar half-way down the stairs.

“Hi there, pretty girl! Ready to go?”

“Uh-huh, but I just have to get my book,” said Sophia, already racing back up the stairs.

Eden appeared at the top of the stairs making flying motions with a small, wooden airplane.

“OK, let’s go everyone!” Said Ana arriving beside Eden and scooping up the baby from where he had reached the top of the stairs.

The four of them thudded down the stairs and trooped out the front door.

“Bye Mima! Bye Dadu!”

“Bye,” yelled Peter from the next room.

“Have a good day!” I answered settling myself on the bottom step.

I took a deep breath, a smile playing about my lips.

“Trust God indeed,” I sighed.

### **Your Spiritual Toolbox – Relax and Trust**

The next time you feel your gut tighten and your inner glow dim, ask yourself:

“Am I trying to be responsible for everything and everyone?”

“Am I trying to be in control of it all rather than trusting to God?”

If you answered, “Yes,” to either of these questions, take a deep breath, relax and trust.

It is only our ego-selves that think that we’ve got to do it all.

Allow yourself to feel the peace that comes with trusting this moment to God. You may find yourself delighted, as I was, with the outcome.

## Alignment

Your heart is your true home. It feels centered and expansive and all the different parts of you recognize this and relax as you allow yourself to live from that place of alignment.

### Be in Your Heart

*“If my heart could do my thinking, and my head begin to feel, I would look upon the world anew, and know what’s truly real.”— Van Morrison*

Be in your heart. How often have we heard that advice or something similar? But what does it mean? What does being in your heart look like? Can we even approach being in your heart with the analytical mind? Maybe not. So what does it feel like? It feels like living as the child in you most wants to live, trust and innocence. Trusting that the Universe is a beneficent place in which to live. Knowing that you are loved and cared for. Innocent of any knowledge of separation so there is no need for judgment or making the self or other wrong. Being in your heart feels centered and expansive for this is your true home, and all the different aspects of you recognize this and relax as you allow yourself to be in that space.

### Your Spiritual Toolbox – Emerald Light Heart Visualization

Take a deep breath and feel the air expanding the area around your heart. Visualize a beautiful, emerald green light filling your chest and expanding outward. Now take another breath, deepening the green light in your chest. See the light expanding outward from your chest into a sphere. Keep breathing deeply as the green light expands outward to totally surround your body. Continue to breathe deeply into your heart filling and surrounding yourself with beautiful emerald light expanding the sphere bigger and bigger. Now allow your breathing to relax into a normal rhythm and sit within your heart space, breathing and feeling the expansion for as long as it feels good to you.

Throughout the day if you find thoughts of judgment or fear uppermost in your mind, take a moment to close your eyes and breathe deeply. Feel the emerald green light filling your chest once again reminding you of where your true home is.

## Guidance

God knows what you want and need and is guiding you constantly in the symbolic language of the heart. Expect guidance. If it doesn't feel clear to you, ask for clarity. Look for the next stepping stone on your path of Grace.

## Stepping Stones

*"Let your life reflect the faith you have in God. Fear nothing and pray about everything. Be strong, trust God/Spirit's word, and trust the process."*

— Germany Kent <http://germanykent.com/about-germany/>

For several days now I've been feeling confusion and lack of clarity about what I am doing and where I am going in several different areas of my life. What's up with these feelings?

When I was an anxious teenager wanting to know my path ahead and what choices I should make, my mother advised me with what her mother advised her.

She said that we are on a path of stepping stones and all we can see is the next stepping stone ahead. We can always see that stepping stone if we pay attention. We are not given anything more than that, just one stepping stone ahead of where we are now. She said we always know the next step to take, we have only to look for that next stepping stone. Wise words and I have remembered them ever since and passed them on to my own daughters.

How is it then that I forget to follow that sage advice?

Perhaps because implicit in that wisdom is the necessity to trust that the path won't dead end, or lead off a cliff, or into deep water. Implicit is the need to trust that God/Spirit will provide that next stepping stone, and the next after that, and that each step will lead to where I want to go. Trust is needed here.

What if the path doesn't lead where I want to go? I have to trust that it will, or lead to someplace better than I could have imagined.

Years ago when I was suffering over my own angsty teenagers, fearful, anxious and not knowing how to get off the fear train my thoughts were on, I received a message.

"You don't believe in God."

Wow, that blew my mind. I was offended! Of course I believed in God!

"Then where does all this fear come from? If you really believed in God you would trust that God is in charge and taking care of you and your daughters."

Understanding soaked in. If I really, deeply believed and trusted in God/Spirit, I would not be caught in the loop of fear in the first place. God/Spirit knows what I want and need. My job is to look for the next step on my path, the next stepping stone, take it and trust the rest to God/Spirit.

Fast forward twenty years and I am obviously still learning the lesson of trusting God, fortunately at a lesser degree of intensity.

Right now, however, all that's needed is to look for that next stepping stone.

### **Your Spiritual Toolbox – The Next Step**

Remember the metaphor of the stepping stones. Make it a part of your Spiritual Toolbox. It is a powerful visual aid.

Whenever you feel confusion or lack of clarity in some area of your life, ask God/Spirit to show you your next stepping stone.

Often you will already know what that is.

Or, having asked for guidance your next step may become clear to you soon.

It may come as an idea, a visual image or something else having to do with the area in your life you asked about.

It may be something really simple, make a phone call, go for a walk, talk to a friend, write one sentence. It may even seem too easy or obvious so that you are tempted to discount it.

It may even seem to be unrelated to the area of your life in question.

Whatever it is, trust that it will lead you on your path.

Now you can relax, knowing you only need to look for the next stepping stone and trust that God/Spirit is leading you where you want to go, or someplace even better.

### **Difficult Decision to Make?**

*“Wait on God’s timing and you’ll have a better result. Rushing things will do no good. Have patience and trust that everything will work out.”*

*-curiano.com*

If I have an uncomfortable or difficult decision to make, my usual response is to get it off my plate as quickly as possible. It’s unappetizing and I don’t want it sitting there looking at me any longer than necessary. I want to deal with it and get it over with because I’m usually fearful about the outcome of whatever I decide.

Because I feel fear about the decision, I close my heart.

Usually this comes up for me when I have a decision to make in which I'm afraid someone I care about will be angry with me. I'm a people-pleaser by nature and this kind of decision is hard for me.

Worse yet is a decision which I'm afraid will hurt someone else's feelings, or make them feel bad. That's a real toughie.

The problem is, when we make decisions from a place of fear what most often returns to us is the feared outcome. Fear returns fear, then we become even more fearful as the cycle of fear continues.

What's more, a heart closed by fear communicates fear, which is responded to by others with fear.

There is a better way. It is the path of Grace.

This may seem obvious to those who are not all wrapped up in worrying about what other's think. It is not always obvious to me and I often forget to allow myself this gentle path as I stumble through the rocks of fear.

The path of Grace is simply to ASK for guidance and WAIT, keeping your heart open.

This path makes so much sense. We are turning to that part of ourselves that sees the big picture.

Our small selves see only a very small portion of whatever the situation is, and we see even that through our personal filters. We may or may not know the truth of the situation, we just assume we do.

When we ask for guidance and wait for an answer, we call on the huge resource that Spirit provides us, just for the asking. The answers may come in any number of ways.

Recently I had two decisions to make that I found difficult. I was afraid that outcomes might result in hurting friends, or not honoring myself. They felt like no-win situations. I didn't know what to do and was tempted to make fast decisions, getting them off my plate right away.

Instead, I took a deep breath and remembered the path of Grace. I asked for guidance and waited.

The guidance came gently over the next few days. Little hints piling up, chance comments by friends, timely schedule conflicts. My feelings wavered back and forth. Still, I waited. I didn't yet feel clarity.

Another day rolled by, and more evidence piled up until it felt like a natural flow for me to make each decision. Within that flow I was able to lovingly communicate my decisions. I was relieved that the outcomes were loving responses from those with whom I communicated.

Taking the path of Grace doesn't necessarily mean that every decision you make is going to result in all beings being happy with you. What it does mean is that you make your decisions guided by trust in God/Spirit/Higher Self. It means you are making your decisions from a place of love rather than fear.

Love expressed through an open heart, clears the path for more love.

Communicating from a place of love allows those with whom you communicate to respond on that same wavelength, even if what you are communicating is not necessarily what they want to hear. What they respond to is the love beneath what you are saying, and the open heart with which you are saying it.

When you make your decisions on the path of Grace you make your decisions guided by the bigger picture even if you can't see what that is. You release the assumptions of your small self and trust in the guidance of your Higher Self.

Trust allows you to communicate with love and an open heart. Trust allows you to walk upon the smoothed and flowing path of Grace.

### **Your Spiritual Toolbox – The Path of Grace**

When a difficult decision comes up, one in which you are fearful about the outcome, ask your Spiritual Support Team, your Higher Self/God/Source for guidance.

It is as simple as that and that is all you need to do.

“Please show me the path of Grace in this situation.”

Take a deep breath and mentally hand the situation over to your Source. Relax into that allowing.

Now let it go. You will be guided.

You may encounter synchronistic hints along the way, a song on the radio, a glance at a headline in the newspaper, a comment from a friend, a lecture topic, the perfect passage in a book you are reading, or you may have a pertinent dream. There are any number of ways that guidance may come to you.

After a time, you will feel clarity and know what your decision is.

If you still don't feel clear about your decision, ask to be given clarity about your situation.

“Please give me clarity about this decision.”

Ask for what you need. Always ask.

Trust and allow yourself to receive.

## Guidance is All Around Us

*"If you allow yourself to expect guidance, guidance will show up."*

- Richard Bartlett

A few years ago, I took a class on reading Tarot cards from my spiritual mentor. It was not your usual class because she was not your average teacher.

She saw guidance from Spirit all around, everywhere she looked, and she taught her lucky students to do the same, starting with Tarot cards.

We learned in that Tarot class to pay attention to what jumped out at us from the pictures on the cards. She taught us to look carefully at the card and then close our eyes, noticing what appeared to us in our mind's eye from the card.

Then we analyzed the metaphor of the symbol of the picture that appeared in our mind's eye. What did it symbolize to us?

I was delighted to spend time with my spiritual teacher as she pointed out symbols and messages from Spirit throughout the day, a license plate number that had special meaning to her, a particular weather pattern, the unexpected behavior of a bird or animal, these all contained messages to her from Spirit.

It could be anything in the environment that caught her attention. She expected guidance to be all around her.

Symbols and metaphors are the language of the subconscious, the superconscious, and Spirit. They are the language of the heart.

What we find ourselves paying attention to in our environment is a message, a symbol, guidance from our intuitive inner Selves. That part of ourselves that is aligned with Spirit.

But here's the hard part for me - just as with interpreting the Tarot, we need to discern the difference between what our minds are paying attention to and what our hearts are guiding us toward.

Our minds pay attention to 'to do' lists, judgments, self-criticism, our inner chatterbox. Our hearts pay attention to wholeness, balance and trust. We're looking for the heart's guidance.

What does your heart tell you is needed to be in your wholeness today? Guidance from Spirit is

all around you, like the symbols on the Tarot cards, written in the symbolic language of the heart.

### **Your Spiritual Toolbox – Ask for Guidance**

Is there a situation in your life about which you would like guidance? Try this.

Find a spot to sit quietly outside. Close your eyes and breathe deeply. Relax. Align yourself above and below, connecting with your Higher Self and with Mother Earth by envisioning a beam of white light connecting you with your Higher Self, about 18" above your head, wrapping around your heart, and extending down through your feet and anchoring into the core of Mother Earth.

When you are feeling relaxed and aligned call upon your Spiritual Support Team for guidance concerning that situation in your life. Ask your Team to show you something in your environment that can support you.

Now open your eyes and gaze about you. Keep your gaze soft, looking all about you. If there is something that particularly draws your attention that's fine. You can look at that.

Now close your eyes and see what images appear in your mind's eye. It may or may not be what you expect.

What does that image remind you of? What does it look like? What does it symbolize to you? That image has a message for you. What is it saying?

You are reading your environment as you would read a Tarot card. Allow it to speak to you in the language of your heart.

Do not be concerned if no images appear, or if you don't see a symbolic relationship.

You will receive guidance. Stay aware of your environment throughout the day. Stay particularly aware of something that attracts your attention, something that stands out to you. What is it telling you?

Guidance is all around. Expect it.

## Conclusion

Lighting Your Way is a handbook of living spirituality. Spirituality that flows through your daily life, opening doors and lighting your way.

Throughout volumes 1-7 of *Lighting Your Way* we have looked at possibilities.

Possibilities for ways that you may savor each moment.

Possibilities for ways that you may serve the ALL through channeling love into our world.

Possibilities for expressing your authentic self and following your bliss.

Possibilities for lightening things up, laughing more and having a playful attitude.

Possibilities for bringing you fully into each moment of your day, right here, right now.

Possibilities for feeling a sense of contentment deep inside.

Possibilities for connection and alignment with your guidance and intuition, trusting in God, your Source.

All these possibilities, and all you need to do is decide what it is that you most want, then open the door and explore.

The spiritual journey is an adventure. There is always another mountain to climb, another place to explore, another mystery to solve.

May you be blessed, fellow adventurer, with joy and delight on your quest.

Remember always, You are the one you have been waiting for!

With love,

*Holly*