



Zen in Ten - Trust

Find a comfortable position, seated upright or lying down.

You can adjust or move at any time. Close your eyes gently and give yourself permission to be present in this moment. If your mind wanders, let those thoughts pass and simply return to practice.

Bring attention to the sensations in your body, beginning at your feet, moving slowly up through the ankles, through your legs, into your hips, your belly and lower back. Aware now of your chest and upper back, your shoulders, your arms and hands. Feeling now into your neck and head.

Let your body become restful. Allow it to soften and relax. Trusting that it is fully supported by your chair, floor or bed.

Now become aware of your breath. Notice how it moves gently, naturally finding the ideal rhythm. Feel as your belly rises and your chest expands to allow the movement of air.

Let your in-breath and your out-breath flow with ease.

For the next few minutes, open your mind to trust and belief. You have lived through many days and nights, learning and developing into the person you are today.

From the day you were born you have explored the world around you. You learned to walk and talk, deal with and work with others. You have grown stronger and wiser as you overcame obstacles and encountered challenges.

You have learned to adapt when change came your way, to embrace the uncertainties that accompany an unknown future and to move forward nonetheless.

Trust that you will always find your way.

You are one of a kind.

What's rare is wonderful, and there is nobody else on this planet quite like you. Your individuality makes you special. It allows you to bring a specific set of skills, talents and qualities to all your endeavours.

You are, always were and always will be good enough.

Believe in the importance of everything you bring to the world. Trust in your gifts and trust that you will find opportunities to use them in meaningful ways.

Trust that there are enough people who will acknowledge your value and your potential. Those who wish only to see you shine. They will support and encourage you with kind words and helping hands.

Trust that you can recognise these people through their actions and through your intuition. Listen to their encouragement. Believe in their belief.

Let them raise you up as you would in turn raise others. The secret of humanity's success lies in what we can achieve together. Trust that you do not have to go it alone.

Trust the sun to rise and set, and the seasons to come and go. Trust that both sunshine and rain will bring life and colour to our world. Though the sun may not always shine, nor the rain fall when or where we choose, in the grander scheme of things, the land flourishes all the same.

Great forces, be they natural or divine, and far beyond our understanding or control, guide and shape an entire universe. These same forces made you exactly as you are. Trust that life will continue to express itself in beautiful ways.

Allow that trust to sit within you, nourish it so that it may become strong and part of your mindset.

You may slowly open your eyes and return your awareness to the space around you.