

# Day 9



## I Trust!

Much like self-love, trust can be a difficult part of the manifesting process.

It requires letting go of control and having faith in things you can't see. In some ways, it's the culmination of everything that came before it.

**It requires you to be connected to your divine guidance, to your sense of worthiness, to a belief in a good future, and to a sense of optimism in the present.**

Trust is essentially a two-part process. It's first having faith in the unseen and then second surrendering and letting go. These things go hand in hand, as you are unlikely to let go until you feel sure something will catch you.

We began discussing trust on Day 3, when you connected to your guides and angels. Before you go on, return to Day 3 – page 2 and re-read what you wrote about trust.

With your words in mind, take a moment to re-connect to your powerful inner guidance. Put your hands on your heart, close your eyes, and take 3-4 deep breaths. Then complete the following:

I am manifesting \_\_\_\_\_ and I trust in the powerful forces that are helping to make it happen. When I trust the Universe is working on my behalf, I feel \_\_\_\_\_

**As you did on Day 3, you're going to do today's meditation now instead of at the end.** <https://soundcloud.com/melissafeld/day-09-the-river>

Trust, like a connection to your spirit guides, is a *feeling* more than a thought. You need to feel it, connect with it, and embrace it fully.

For this audio, you're going to want to lay down on your back.

It will help with the visualization you're going to do. Listen to the audio *Day 9: The River*, and then come back and continue on with your workbook.

*A note: At the end of the meditation, you are offered a chance to continue resting and reflecting. The meditation is 14 minutes, but because of the extended music, the full track is 30 minutes.*

During the meditation, you floated down a river and completely let go. How did you feel during the meditation? How did these feelings compare to what you wrote about trust?

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At the end, how did it feel to have arrived at your destination without effort or worry?

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During the meditation, you offered up some statements of trust (I trust my guides, I trust the Universe). What were your trust statements? As you write them, see if anymore come to mind and add those, allowing the trust to build and expand.

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When it came time to receive a message from the river, what was your message? If it didn't come in as words, what was the feeling the river gave you?

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What are some words you associate with trust? Write whatever feels true to you. If you're having a hard time starting, close your eyes, put your hands on your heart, and imagine yourself on the river, serenely floating and completely letting go.

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What are some ways you can apply this meditation to your daily life? How can you be more in a flow and more trusting?

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### Let's return to your intention and infuse it with trust

I am manifesting \_\_\_\_\_ and I trust I am loved & supported in this!

For my desire to become manifest, I \_\_\_\_\_ (*your name*), must trust in the divine guidance of the Universe. I must let go of control and allow \_\_\_\_\_ (*your Higher Power*) to work on my behalf. I will hand the following over to be taken care of for me:

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Thank you \_\_\_\_\_ (*Higher Power*) for guiding, supporting and loving me!

Trust is easiest to get into when you're relaxed. What are some things that help you to forget your worries, be in the moment, and bliss out? And remember, no matter how silly or irreverent it is, it's important because it helps you. Refer to this list when you feel yourself spiraling in doubt, fear, and negativity.

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Now let's return to the powerful intention statement you've been building. We're going to add onto it one last time (from Day 8 - page 5). After you've completed the next page, come back and cut this statement off and hang it somewhere you will see it every day.

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I am... \_\_\_\_\_

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and my powerful guidance team supports me in this by \_\_\_\_\_

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and I know I am worthy of receiving this manifestation because \_\_\_\_\_

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And I KNOW I can manifest it because I've manifested so many amazing things already, such as \_\_\_\_\_

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and I trust it will all workout, I feel it, because when I am in a place of trust I feel \_\_\_\_\_

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To help you further get into the trust, think of things that happened in your life that completely awed you when they manifested. Things that happened through coincidence, synchronicity, and in ways that were beyond your control. Chance meetings, lucky breaks, and so on... Write as much as you can. The more you think of and put down, the more your trust will grow.

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Once more, put your hands on your heart, close your eyes, and take a few deep breaths.

From this connected place, write below who your Higher Power is. God, the Universe, energy, Allah, etc. Then write down how this Higher Power makes itself known to you. In what ways do you feel its presence (such as a tingling sensation, warmth, an inner knowing, and so on)

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I am manifesting \_\_\_\_\_ and I trust I am supported by  
(*your Higher Power*) \_\_\_\_\_, who help me by \_\_\_\_\_

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When I have completely lost my sense of trust and I am spiraling in fear, I will \_\_\_\_\_

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