

What Do You Trust?

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Trusting is the act of relying on the integrity and strength of a person, place or thing – perhaps even an event. Integrity bases itself in honesty – whoops, there we go ~ how do you know when a person is being honest? Or how do you know there is integrity (read that *honesty*) is *inherent* in an object, place or event? You don't!

"What?" you say. "Of course I do. I know when something is true because I have a set of morals that tell me what is true and what is false. So, yes, I do know."

Well, here is the crux of the matter. Your ideals, your beliefs, all of the attachments that you hold on to so dearly are just that – *attachments* – and you hold on to them because they give you some sense of security, albeit false, that the world you believe is real is, well, **really real**.

What happens when one of these truths becomes *not true*? Now, I know that has happened to you many times. You suddenly find out that, lo and behold, that truth upon which you were relying has simply disappeared.

Perhaps it was the promise your company gave you about the longevity of your position or job and then came the economic downturn and, voila – job gone.

Or, perhaps it was a relationship in which you promised to love until death did you part and then worse than death came along – betrayal – or at least, what poses as betrayal and, again, the truth disappears.

Actually these types of "truths" are much more *expectations* than truths. The trust in truth that I am talking about is the trust you place in your beliefs, hence creating your reality from those beliefs. Most of these ideals revolve around what you are, how you will allow yourself to be seen and more often than not, what you are doing in earth.

Let's take a time out from all of this and consider this: Every trust you hold as a foundation of your life is the *keystone* to the unraveling of your reality. The emphasis you place upon what you are certain is true is your

attachment to something that allows you to feel safe. Usually, it stems from religious beliefs, yet not necessarily.

The scientific community has the same issue. Recently, science posted news relating to new information about carbon dating. It appears that the decay of radioactive elements is changing. It "appears" is the operative word. The articles go on to say how "perhaps" the sun is emitting new particles or "perhaps" neutrinos don't have the properties we once thought they had. In essence, the articles say, "Oh, we just don't know." See <http://news.discovery.com/space/is-the-sun-emitting-a-mystery-particle.html>

Think about how much science is based upon the carbon dating of artifacts! It is so sacred that if these facts are not facts, well, then they are illusion. **Imagine that:** what is sacrosanct is now illusionary. Where have you heard this before? Could it be that we are living within an illusion of our own creation? **Why absolutely!**

So, what can you trust? Only one aspect of yourself is worthy of that attribute – your feelings as they arise from your heart as the voice of your soul – and then *only when you are not attached to the outcome of those feelings*. To the degree you are attached to what you are going to experience, **to that degree** you will create the slanted perspective giving you proof of your trust – until it dissolves and you are left with the illusion.

Many people ask me how they can "go deeper". The answer is, "Let go of every attachment you have to every person, place, object and event in your life." Deepening your *Self* awareness comes only through the release of that which is not that *Self*. Since every truth you believe is true is only your own perspective of your self-created reality, none of it is true. Think about it.

How much attachment do you have to what I have just said in this video? Are you willing to let it all go? To the degree you say, "No," to that degree are you bounded by your form in this dimension. No judgment here; only a truth. How deep down the rabbit hole are you willing to go? *How important is it to you to know your Self?*