



# **Trust: Mastering the 4 Essential Trusts: Trust in God, Trust in Yourself, Trust in Others, Trust in Life**

*Iyanla Vanzant*

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### **Trust in Self**

Trust yourself because you are worthy of your own time, energy, attention, and love. You—as a demonstration of and representative of the presence of the Creator in the world—deserve and are worthy of your own trust . . . Trust yourself because it is the way you demonstrate that you are willing to embrace, engage, and enjoy life . . . Trust yourself because when the rubber meets the road, when all else fails, when everyone else has fallen by the wayside, you will know that you have always been and will always be there for you.

### **Trust in God**

Trust in God because it is your sole purpose for being on the planet. Trust in God because you are a human being, prone to losing connection to and awareness of your good sense . . . Trust in God because it is the sure way that you will rise above your humanness into the truth of your authentic identity that is divine, purposeful, joyful, loving, and lovable . . . Trust in God because when you cannot do it—whatever it is—for yourself, God can do it through you and for you.

### **Trust in Others**

Trust in others because it is the only way to fine-tune your instincts, deepen your ability to trust yourself, and learn the depth of your capacity to love and forgive . . . Trust in others because you need people to facilitate and support your mental, emotional, and spiritual growth. Even when your interactions and relationships are difficult, challenging, and uncomfortable, trust that you are growing. Trust in others because those whom you do trust—with or without good reason—will support you in recognizing the areas of your mind and heart that may still need loving care and attention.

### **Trust in Life**

Trust the process of life because it is an incredible journey of wonder, adventure, and evolution that you can experience only in direct proportion to your willingness to trust it. Trust the process because life is on your side. Life wants to encourage you, inspire you, and motivate you, moment by moment, and that can happen only when you trust that life knows exactly what you need, and exactly when you need it . . . When you trust the process, you will deepen your awareness and understanding of who you are and the meaning of every person and experience you encounter.

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