



GARDEN of AYDEN

BY SUKAIYNA GOKAL

INSTRUCTIONS: Read this as a contemplative mirror to see if it resonates with you. If something does not, can you reflect on it and find a truth that will guide you on your journey to trust?

TRUST
TRUST IN YOU.
TRUST IN OTHERS.
TRUST IN THE UNIVERSE

I know that my pre-conceived ideas sabotaged me into making some bad decisions, until one day I was stopped in my tracks to reflect upon whether the thoughts and beliefs I am carrying deep within me make sense. Why did or do I feel that my understanding is the right one? I looked at my bookshelf and realised that each word written, all this ink, is just opinion rather than fact. I needed to discern all the information at hand to understand what my own truth was. I could not do this using my mind as my mind played games with me depending on my mood. I needed to look within, much deeper within, to identify my truths of what felt right for me. I needed to develop trust in me. I was floored. So many opinions, what is my truth? Is it what my parents believe? Or do I need to map my own beliefs according to what feels right for me?

I realised that trust begins with me. If I do not trust myself, how may I go forward to live a life of reason, resilience, courage and honour? How may I love another if I do not know what I love and what I believe to be my truths? Do I love and respect myself to start with? How may I potentially get swayed unreasonably if I am not clear about my own resolve? How may I trust another if I am not familiar with my truths? How may I find compatibility if I am simply adopting another's truths blindly, only to find myself in discord one day when all I seek is harmony within myself and with mankind? Which battles do I wish to fight and what is

irrelevant for me? Who am I, and what is my purpose during this fragile journey of life?

It was a blinding moment of liberation. On the one hand it was so uncomfortable and intimidating because I realised that there was so much that I didn't know about myself or about life's mysteries. On the other hand it was exciting because it was as if I was starting with a fresh canvas to discern my truths. I felt the shackles loosening and my opinions taking flight and disappearing into the beautiful skies. I knew deep within and felt it was a fresh start. I can design myself to be as I wish to be. What I was not prepared for was the resistance from all those who believed they "knew me well". They were still caught up with the old me, and my impressions of many people altered in discovering myself. It does not mean they were bad, they were caught up in their own mind-set and I had to be cautious to ensure I left them entitled to their opinions and that I did not judge them.

As children we all mapped our parents view of life. We were indoctrinated whether we should be happy or fearful, peaceful or worried. What type of indoctrination did you endure or what type of parent have you become unconsciously? What have you done to reflect on the ideas you were indoctrinated with and how are you living your life with conscious choices in order to find peace and contentment?

Having trust in anything requires courage. This is because it is a leap of faith. You surrender your thoughts and rely on your intuition. You give up the need to justify yourself. You give up wanting to prove yourself to anyone. You accept yourself exactly as you are. You exercise your mind and insist that the internal chatter is to quieten itself. We have the power to decide and do that. You become comfortable with the silence of an empty mind. You know that the ego is the enemy of trust.

You maybe wondering, “Why is the ego the enemy of trust?” It is because the ego feels like it knows the truth of anything and everything. In fact, the only reliable truth is that we know nothing. There is your truth, my truth and the real truth. If you believe I have bad intentions, it reflects upon you and your intentions, it does not reflect upon me. If I wish to see the best of each person I encounter without any expectations, I can never be disappointed. If someone wishes malice, their malice will shine forth and breed contempt within them. We all interpret what we wish according to our internal make up. Inner make up, outer refinement.

Our individual journeys are our own. The people who walk next to us during this journey end up being those that accept us with our truths. We do not walk closely next to those who wish to impose their truths on us. We wish them peace and we choose to surround ourselves with like-minded people who understand us and who share our notion of freedom and ultimate universal truth. It requires strength to not seek validation from familiarity but to seek it in the unknown, deeply within the universe and within us.

Does this mean we do not trust those who do not agree with us? No. It means we respect their opinion and we respect their boundaries. We trust that each is functioning from the highest good within each one of them and allow them the freedom to be who they are. That is trust in itself. We may observe things we do not agree with, but this does not challenge us. We maintain healthy boundaries. We give them freedom and we take ours. Why do they have to agree with us? Who are we to claim we have the ultimate truth? We are humble and ever inquisitive to learn about the realities of others. Would this not be absolute bliss if we could all do this?

Trust at this point turns into intuition. Do people have to agree with us? Absolutely not - we need to find a place within us where we may interact peacefully with those different to us. It does not mean they are not trustworthy.

We need to find the areas within which we may interact calmly and respectfully. We regard the differences with deference and focus on the similarities. We allow for the dissimilarities to be a part of the melody that creates a flow between us and create advantages rather than disadvantages. We allow them to teach us about how others may view things with the knowledge of how wide the spectrum of opinion is. We build our tolerance to accept others as they are.

This is where the topic of Ego must be detailed. If someone's ego is prevalent, his or her focus is on being right. Truth or even ambivalence becomes irrelevant to them. If their agenda is to be right, do we allow them their freedom to want to be right rather than challenge them and just agree to disagree? Should this not be the right manner to handle with respect? Or is it our ego that awakens wishing to impose our truth? What lesson have we learnt if this is the manner in which we get triggered? To be the peaceful person of integrity, we allow them their sovereignty and we maintain ours. We can still get along, each respecting the others opinion.

How much value do we give to the Universe? Is trust in the Universe not linked to trust within us? We have all heard of the law of attraction, how much do we follow the discipline of attracting goodness and abundance? How much gratitude do we express? Do we realise that the Universe is empowered to assist us? If we believe something is possible, it can happen, if we believe it is not possible, it makes it more challenging to come true. How much value do we give to positive thought which is trust in the Universe?

I know that ever since I began this journey in self-realisation and asking myself all the demanding questions to know myself better, I have been rewarded everyday by the Universe responding to my wishes. I know that by working on my self-worth, self-esteem, self-confidence and most importantly self-efficacy, I have seen little miracles every day. I have seen all the angels who share the same mind set appear. I have seen how all the necessary pieces of the puzzle I was looking for, just revealed themselves. I would love to take credit for these events, however I cannot, as it is not I that created any of it. It is the magic of the Universe.

Let's see if we may accept ourselves as we are, believe in the magic of the Universe and make the little efforts to alter our thoughts patterns and perceptions to subtly make the positive changes that will create the joy...



NOTES TO SELF:

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