The Power of Trust : Transforming Fear into Love

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The Power Of Trust explores the amazing energy of letting go and how trust can turn fear back into love, the essence of all life. In learning to trust, we discover that the peace, happiness, safety and freedom we seek are permanent, inner realities we already have. Trust turns aloneness into oneness. It turns the fear of being controlled and the struggle to control ourselves and others into true power and freedom. Trust transforms disabling unworthiness into self-honouring. When we let go of the fear of scarcity and not-enoughness, we discover abundance. When we surrender the fear of suffwering and death, we discover that our souls cannot be separate from our bodies - that life is a permanent reality we can experience now and forever. The Power Of Trust offers a clear, fresh understanding of the transforming energy of trust. How we develop basic trust or mistrust as children and the consequences of early childhood development provides valuable insight into where we are now. With clarity and illuminating examples, the author shows how to heal unhealthy relationships and how to develop healthy, trusting connections with self, others and God.

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