

Who Can I Trust? A Practical Guide

By Shaman Elder Maggie Wahls

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Contents

What is Trust?	1
What is Control?	2
Letting Go of Control.....	3
Collaborating with the Creator	4
Elements of Trust	5
1. Reliability	6
2. Consistency	1
Self-Esteem and Self-Respect	2
3. Truthfulness	5
Judgment and a Free Mind	5
Self-Deception	10
4. Accountability	12
Diversionsary Tactics to Avoid	14
5. Follow-through	18
Ulterior Motives	19
Conclusion	23
References	25
Web Resources	26
About the Author	27

What is Trust?

Who can you trust? You have been lied to, cheated and betrayed many times in your life. We all have. It seems that you cannot trust anyone these days, or at least that is what we have been taught and life experience has confirmed, isn't it?

First, let me introduce myself... my name is Maggie Wahls. My Shaman grandmother began my training at the age of 3, almost 60 years ago now, and from my earliest memories she taught me what trust is and how to be trustworthy. I have been spiritually counseling and teaching traditional Shamanism to people from all walks of life for many decades. I have been given the mission to bring the knowledge of the Traditional Shaman into the modern day world; this is my gift to you.

Trust is something that man in ancient times learned from the Shaman of his tribe. It was the Shaman's example as a member of that tribe or community that showed the people how and why to be trustworthy. It is not something that we learn in our modern day society because Shamanism has been all but lost to modern man. But trust is essential to our relationships with each other and with the Creator. The wisdom in this eBook brings you ancient teachings from my ancestors and your ancestors, passed down through generations for healing everyone's life.

Trust means knowing a certain amount of vulnerability. Trusting means you are not always in control. True vulnerability means trusting and *knowing* that we are all okay on this journey, that we are loved and lovable, and that we are incredible beings who have come here to learn and to grow. Because of this knowledge, you can trust yourself to go through the tests of character that open the way to experiencing your own inner happiness.

But we are taught *not* to be vulnerable, aren't we? We consider vulnerability a weakness, just like asking for help; but can we learn and grow in our vulnerability? Yes, if we understand that vulnerability means trusting that you are okay. We have some very misguided beliefs about trust in this generation.

Let's consider the belief or fear that life can't be trusted and that you will not be okay. Where did we learn that?

- Our parents and society
- Our childhood
- Church

- Negative life experiences

Why would people lead you to accept this belief? Because they were taught to do so.

If you were to teach a child not to trust, what reason would you have to do so? What would you be trying to get from that child?

- Adoration
- Obedience
- Their dependence upon you
- To make sure they stay safe
- All of the above

Do our parents want us to be obedient and depend on them? Yes! So, of course, they teach us the belief or fear that life can't be trusted and that you will not be okay.

But you are an adult now. Do you still need to keep this belief and be dependent and obedient? Why not choose today to believe, trust, and KNOW that we are all okay on this journey, that we are all loved and lovable, and that we are incredible beings who have come here to learn and grow?.

What is Control?

Let's talk about control because it is also related. Thinking that we can control life leads to a form of spiritual confusion and misconception. Control develops because there *is* fear there: a fear of chaos, or a fear that somehow you aren't capable or adequate in some way and that life will spin out of control, etc. We cannot control life.

Who taught us this fear that leads to our need to control? Again, it was our churches, our parents, and our grandparents who taught us this fearful way of being. Why did they teach us this? So we would be dependent and obedient! They taught us this fear to help control us and make us need them, so we would do what is required by them. And they feared for our safety and thought instilling fear in us would ultimately protect us from doing what might harm us. But as the people we are today, the adults here, do we still need this belief? Aren't we capable now of taking care of ourselves? Do we need to be dependent and live in this man-created fear? No.

What would be a better belief than believing we are not capable, that life will spin out of control?

- Having an incredible trust in our spiritual guides and angels
- Believing that we are okay and that our lives will be okay
- Believing that we are capable of doing anything
- We are spiritual beings having an earthly experience! When we go home to heaven, or whatever you like to call it, are we really hurt in any way by anything that happens here? No. There is nothing here that can hurt the real true eternal you, so you are okay!

There is a need to be committed to self-love, forgiveness, and compassion. As you already recognize, your ability to trust life and to have faith in the future needs to be grown, developed and nurtured. One of the best ways to develop trust is to start expressing gratitude and appreciation. You can express gratitude by practicing thankfulness on a moment-to-moment basis, for all that you have and experience in your life. An attitude of gratitude brings about deep trust and a sense of inner peace toward life. Can you see this?

We have spent years feeling that we are out of control, cannot control, and need to control, when what we really need to see is that we have been given beliefs that made us good children but that do not benefit us now as adults. Let them go!

Pick up a new beneficial belief that you love yourself and forgive yourself since no one here but *you* can judge you.

- Believe in compassion for yourself and others
- Believe in gratitude and appreciation
- Appreciate yourself, for goodness sake!
- And trust that all is in order.

Letting Go of Control

I love to tell the allegory of this life being like a trip to Disneyland. When you go to Disneyland, is there any *order*? Do you need order for a day in Disneyland? Don't you just run from one ride to the next all day and have fun?

This is what life is meant to be! An adventure! A day in Disneyland! But there is nothing in Disneyland that really harms you. It may look scary like a roller coaster with lots of thrills and spills, but it is not harming the real you.

When you think of yourself as a spiritual being having an earthly existence, you realize that you are so much more than your body! You are so much more than just your feelings or your mind! Do you have any idea how big your spiritual self is? How precious? How important? What you are physically on this earth is only 5% of the total you! Yet this is the only part that we pay attention to. This is the part that is so concerned about the job or the house or keeping up with the Joneses. The Joneses have no idea of All That Is!

When we look at the Dalai Lama, is he concerned about what kind of car he drives? Does he feel his life will spin out of control any minute? He knows that we are all OK!

When you go to Disneyland, do you control the rides? No! You have to trust someone else, don't you? A stranger no less! You seem to have no problem with that. So why do you have a problem giving up control in *this* Disneyland? What is there to control? Why not trust! This life is to be experienced and lived and enjoyed just like Disneyland. You will go home safe and sound, I promise!

Why are we taught to *make something* of our lives? So we can get a good job and have a two-story house like the Joneses? We are here to give of what we already possess. That is our mission but no one taught us this fact.

Collaborating with the Creator

You are not alone here. The Creator is here with you at all times watching over you, protecting you, listening to you and willing to guide you completely if you will let the Creator guide you.

What do we know about the other 95% of us or the rest of creation? *Not much*. But what does the Creator know? Everything! The Creator created it! So should we be like blind kids groping around in a candy shop or should we listen to the Creator who can tell us what is coming and what is best from the Creator's view? I, for one, would not want to be without the Creator's guidance, even for one millisecond!

What does it take to be in the Creator's guidance?

- It takes a bit of time and effort. That is all. What a great trade!
- It takes you expressing gratitude and thankfulness that you have this intimate personal two-way communication on a moment-to-moment basis.

- An attitude of gratitude proves that you value your connection with the Creator.

If you value this always-available connection to insight, truth, guidance and protection, then you will listen to the Creator. Of course, it is your choice. The Creator will never violate your freewill choice. Freewill choice is one of the greatest gifts the Creator has given to every created thing. The Creator will not take back any gift you have been given. You have freewill to choose what you wish and to create the life you choose for yourself. And you are accountable for your choices, not the Creator.

Elements of Trust

There are five elements to trust. Anyone you choose to trust should demonstrate all five of these qualities consistently.

- Reliability
- Consistency
- Truthfulness
- Accountability
- Follow-through

In the remainder of this eBook, we'll be examining each one of these elements in turn.

1. Reliability

How trustworthy are you? And whom should you trust? This book is meant not only to teach you about how to choose whom to trust in your life, but also to teach you about being trustworthy. We are not taught either of these growing up, and as a result we make errors in whom we trust and get ourselves into trouble. So I want you to study this from both perspectives: trusting others and being trustworthy yourself.

First, I would like to give you some more information about reliability and consistency, the first facets of trust. A person who does as promised can be considered *reliable*. Reliability is an admirable characteristic. People don't like to deal with those who are unreliable. They'd rather give their business and rewards to the person they can count on. Also, the reliable person feels good knowing that he or she is trusted.

Questions you may have are:

- What does it mean to be reliable?
- What is being unreliable?
- How does reliability pay off?

If you promise to do something, you are assumed to be good for your word. Sometimes that promise is implied or presumed. Some people will renege on their word or responsibility for any number of possible reasons.

For example, a person may lie to get out of an uncomfortable or awkward situation and may never have intended to do what was promised. Suppose someone asked you to come over to help with some task, which you did not really care to do. It may be easier to say you will, but then never show up. The other person would likely think you unreliable, especially if this situation happened more than once. Another example is if you agreed to meet someone, but some friends come over and want to take you out. So you never show up to meet your friend because the other activity was more important to you. Being considerate and calling to excuse yourself might feel awkward, so you don't bother.

Suppose a person at work is often late on completing assignments, either because the assignments are too difficult or he gets sidetracked with more interesting activities. His boss and fellow workers consider him unreliable.