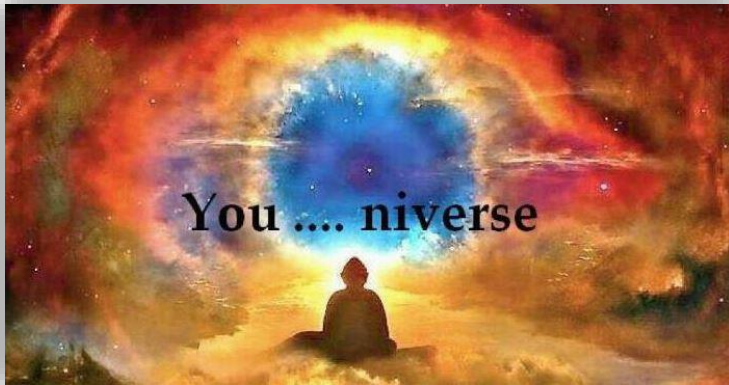


## A Trusting Thought



Your brain is in constant communication with every segment of your body. Basically, there is nothing the brain does not know about you. You may not be aware of all there is to know but it's there. Would you be surprised that the closely linked subconscious and unconscious

mind make up a good 85% of your brain power? (Since these two parts are so closely linked in information sharing, for the sake of convenience I will refer to them as the subconscious in this writing.

Every single minuscule part of you has a connection: to perceptions, senses, emotions, feelings, and thoughts from both inside yourself and outside yourself. It knows no bounds. Only your ego puts limits on what it thinks it knows. Although the ego does serve a purpose in living life in this world, it can be a bit of a nuisance when expanding the scope of your existence.

Now let's consider Source (exchange this word with whatever you refer to as The encompassing energy power). It is outside you AND inside you. Don't balk; remember everyone and everything is all connected. We and everything are, at its core, energy. The common (far from it!) denominator in this connectivity is Source Energy. All of us and everything else contains Source Energy. This makes us all an integral part of The Source. Profound, isn't it?! When you realize this there is really nothing that limits your accomplishments if you allow yourself to tap into our collective energy.

So... If our subconscious (85%) is aware of it all, it is aware of Source Energy and all its power. Understanding this, when you receive messages transmitted through these deep recesses of your mind, why don't you *trust* them? Perhaps you even *fear* them. Again I ask-why? Most likely boundaries set throughout our lifetimes to ensure being accepted by the society at large. Humans are social animals and need, for the most part, a sense of community. Attributing psychic intuitions and interrelated telepathic communications to 'coincidences', messages from who knows where as 'flights of the imagination', omens of things to come as possible 'insanity', illuminating brilliant ideas as 'lightning

bolts of inspiration', etc can leave you labeled as strange, being ostracized, or worse, burned at the stake!

So I ask: how do you build a solid, lifetime friendship? Through trust. Altogether now, say... Aha! The more trust, the more a friend tells you secrets, important secrets. The more a friend shares information. The more a friend builds a fun and trusting relationship. Voilà -vulnerability and fear disappear and you are fast friends. Following this approach with your subconscious will grow this 'friendship' and make you trusting friends. All you have to do is start opening up to forge a friendship.

The common community of those acknowledging and sharing these thoughts and ideas are consistently growing. Seek these out, find groups that you are comfortable with; that are open to the forum of new theories and ideas. Follow your intuition and find the people in your life that may be more open than you think. The numbers are forever growing, and they will continue to grow.

One day, not so far away, there will be enough of us to widely reawaken in all these ancient gifts that were there all along, belonging to everyone. What a beautiful thought!

*With Gratitude,*

*Kai*