

When you are ready to give up

your trust in yourself, you are ready to accept your trust in Me. When you have seen that your answers do not lead to peace, you will be ready to accept peace through Me.

Trust does not come from suspense and anxiety. You must be willing to give those to Me. Suspense and anxiety say [that] you cannot trust. There is no peace to be found in them.

When you are tempted to be afraid or tempted to worry, you must remember Me. Remember that fear, suspense, anxiety and worry are the expressions of the belief that you are alone and without Me. Then, be willing to see that deep within your heart at the very depth of your soul, you know that you are not alone. You know that the fear of being alone, abandoned and helpless is an illusion that cannot be true.

It is from this knowledge, this inner awareness that will not go away, that you will find the willingness to put fear and anxiety aside. Get quiet with Me. Go to your stillness. Settle within that place that knows. It is here that you find your nourishment to carry you forward with Me. In the stillness, you find trust. In the stillness, you know Me.