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**Love Yourself RICH**

**Alumni Club**

With Jill Hope

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**LYR Alumni Club Training Call #8: Going Deeper With Trust**

One of the most challenging voices I’ve seen women struggle with this past year as we’ve worked with them on manifesting what they want is the Voice of Trust, and specifically the idea of HOW to build trust and surrender.

Trust is just as important as knowing what you want when it comes to receiving your desires. Therefore, it is a worthy area of study and one where most of us are weak, because we just aren’t taught to trust ourselves, and often we are conditioned to do the opposite – to trust only those in authority outside of ourselves.

So this month we’re going to revisit the Voice of Trust and check in on this beautiful, supportive voice, while also taking a little deeper dive I in this area.

This conversation will help you become more confident and successful with your manifestations and will also be a good lead in to our UPLEVEL program.

**Overview of Manifestation and The Role of The 5 Voices**

Let’s briefly recap how manifestation works and how the voices play a critical role in successful manifestation.

**Voice of Desire:** You get a soul felt nudge to be, do, or have something. It is a deep, heartfelt “yes” and it comes from God/Source/Divine. You 1) acknowledge it and 2) give yourself permission to have it / decide that you will create it now and 3) create a vision.

**Voice of Intuition:** You tune in and receive next steps to take to move in the direction of your vision and then take the inspired action you receive.

**Voice of Self-Acceptance:** As you move forward and start getting feedback based on your actions, you notice how you react within yourself. Do you judge yourself, compare, judge others or situations, are there shadows present? Notice what is coming up for you and then address it head on with truth. And do not allow yourself to stop moving toward your vision if it remains aligned.

**Voice of Trust:** At this point, you are in the gap between what you want and what you are experiencing. You are moving forward, taking inspired action steps and doing your own growth work within. If you still aren’t seeing your goal manifested, it is here that your Voice of Trust will get tested. It is here that you may need to surrender. It is also important to check in on your levels of certainty and expectation. This is what we’ll talk about today.

**Voice of Money:** Because most of what we want involves money or touches money in some way, you may have limited beliefs around money that can create resistance. On the flip side, you can help yourself by activating the empowered side of your sacred money archetypes to support you as you move closer to manifestation. It is important to work on your money mindset while also becoming more empowered with your money as you successfully manifest your vision. Issues with money is often a big cause as to why we fail to get what we want.

Let’s now move into those areas of the Voice of Trust that I mentioned above; **Surrender**, **Certainty**, and **Expectation**.

**Surrender**

The hardest time for anyone trying to intentionally and consciously manifest something is during the gap between non-manifestation and manifestation.

We allow our expectations of HOW it’s supposed to look to get in the way. This includes expectations around timing.

Therefore, it is here that we need to remember truth: **The HOW is NEVER up to you.** It’s up to God/Source/Universe. That is the universe’s main job. And it excels in getting you what you want when you **get out of the way**.

We must remember that our thinking can never match God’s thinking. How we think something “should” look as it is coming about and what the time frame “should” be is taken from such a minute perspective. Our understanding is so limited that we can’t possibly begin to comprehend the multitude of ways our desired good can come to us.

Understanding this is key when it comes to the ability to trust. You must understand that your vision most likely WILL NOT come about the way you *think* it should. Realizing this will help you to build trust. And increasing your ability to trust will help you to surrender. **In fact, you can’t fully surrender if you don’t trust.**

Before you can surrender, you also have to make a **decision**. A decision to have what it is you want. All manifestation is preceded by a decision. Without a decision, you will have split energy. This keeps you spinning and feeling stuck and sends confusing messages to the universe. In essence, it prevents you from shifting into the energy of surrender and receiving.

**Remember: Surrender is NOT giving up. Rather, it is getting out of your own way.**

**What Does It Look Like to Surrender?**

1. **You act like you believe it’s already done**

“If I believed this was already done, what would I spend my time focusing on? And what wouldn’t I be spending time on?” That is where you want your focus to be while living in the gap.

1. **You stop trying to “figure it out” and/or control the outcome**

You trust that by surrendering what you want, God is on it and taking care of it, and all you need to do is focus on doing your part.

1. **You hold the idea of “this or something better”**

This is giving up attachment to the outcome and is an important aspect of surrendering. (Note: trust is really tested here! Trust that God knows you and your preferences and what would make you happier than you can ever imagine.)

1. **You submit to trust and consciously choose faith over fear**

You trust that you *get* to have what you want or something better. Trust that it’s out there and available for you. Trust that God wants to help and will do his part as you continue to do yours. Trust that you don’t need to know the *how* ahead of time in order for it to work in your favor.

1. **When challenging thoughts come up around what you want, you acknowledge them and then release them.**

Then choose a more empowering thought. Going to truth can help (more on that below).

**What Enables Your Ability to Surrender?**

1. **Clarity on what you want**

What do you want? This is one of the most important questions you could ever ask yourself! Get familiar and comfortable with what you *truly* want at a heart and soul level.

1. **Focusing exclusively on doing your job and letting God do God’s job**

Your job: The WHAT -- Be in the energy of what you want, take inspired action when called to, trust and don’t stop until it shows up.

God’s job: HOW what you want will happen, the timing of it showing up, sending you inspired ideas/nudges.

1. **Operate from Truth**

What is true?

* God is on it the moment you ask for it
* It’s working, even if you can’t see it
* It’s working better than you can ever imagine
* For every one step you take, God takes more

1. **Stop yourself anytime you’re worrying or thinking about the HOW**

Use the Cancel, Cancel command. Acknowledge that you’re not going to think about that anymore and shift your focus to something positive and that makes you feel good. Decide that you *get* to have what you want and that you no longer care how or when it happens. Choose to simply **believe** that it will.

1. **Trust that its being handled better than you can even imagine and remove it from your to-do list.** Then consciously surrender.

**Ways to Consciously Surrender – 5 Options**

1. Say it out loud – delegate to the universe
2. Write it down – write a letter to the universe
3. Say it in a prayer – tune into your heart and mind and feel into the words that are right for you
4. Speak inside your head – the universe knows your thoughts and gets the message when you think something with intention
5. Do something else that feels like a release to you

There is no right or wrong way to surrender. Simply declare it, release it, and then get of out God’s way.

**Strengthening Trust to Support Surrender**

Trust and surrender work hand-in-hand. When trust is weak, it is difficult to surrender. Surrender can also help you build trust.

What gets in the way of trust in the first place? **Fear**.

**3 Most Common Fears That Block Trust**

* Fear that what you want isn’t possible
* Fear that you don’t get to have what you want
* Fear that it isn’t ever going to happen for you

**The antidote to fear?** You must be willing to believe you can have it NO MATTER WHAT and then *demonstrate* that believe through your **willingness to consciously surrender**.

**What To Do and How to Trust When It Looks Like It’s Not Working**

When you start to practice conscious manifestation more and more, you will realize more often than not that you will be put in a position where it looks like it’s NOT working. **This is to strengthen your trust muscle!**

**How to move forward and build trust despite appearances:**

1. **Double Down on Your Dream**

When you train yourself, just like you would at a gym and double down on your desire when it looks doubtful, you will build your trust muscle. Doubling down on your vision when things look gloomiest can get you through it. *(Tell story of Florida)*

You must allow nothing (other than a change in your desire) to move you away from trusting that what you want IS happening. Right now!

1. **Pay Attention to Signs Can Help Build Trust**

You may also see other people living YOUR dream. This is good news! It means you are on that same frequency as those things are or you wouldn’t be able to see them. This is evidence that you are moving closer and that it IS working. It’s available to you – keep on going.

What other signs do you see?

**ACTION: Create an evidence list and update it every day.** Signs it is working and you’re on the right path. Anything that shows up that you deem as a sign, write it down.

And if you aren’t seeing signs, ask for God to send you one, ether generally or for a specific sign. The signs are there whether you ask or not, and asking for them can help you start noticing them.

Don’t be dismayed if you get a sign that looks like the opposite of what you want, like a sign telling you shouldn’t do something that you want to do.

If that happens, it’s likely because **you hadn’t fully decided** on what you wanted or that you hadn’t decided you were going to have it. The opposing sign comes to give you clarity on what you want and to nudge you to reach for the strength to ask for it.

**Warning:** Don’t *trust* the signs though – trust your *desire*s, your ability to have them, and trust God to take over the HOW. Use the signs for fun ways to stay excited about your desire and place your trust in God.

1. **Only Focus on What You CAN Control – Let Go of the Rest**

In the absence of physical evidence, you must shift your trust and focus heavily on how you think, feel, and believe on the inside. This is the only thing you can control and it is everything.

Lean on and trust in how you feel based on truth.What’s going on inside of you is creating everything you’re seeing and experiencing outside of you.

1. **Let go of the need to see it on the physical in order to trust**

Most people give up way too easily, and here’s why. They find it too difficult to believe in the absence of physical evidence. You MUST let go of the need to see it on the physical, and instead create it on the inside.

Again, believe in what you see and feel on the inside. And then take every step and nudge that comes to you.

This is your creative power and most people frankly are just too conditioned to believe only in their physical reality and things outside of themselves. Trust is believing in your thoughts, feelings, and desires while living your life and being present to all the good that is here currently.

And this is necessary almost all of the time when you’re creating something you want that you don’t currently have because your physical reality is the *final* thing that changes.

1. **Come Back to Truth When You Doubt**

One of my favorite go-to practices when I start doubting is to come back into alignment with truth. What truth? The truth that…

* If you have a desire in your heart, it is possible for you. That you would not be able to feel it if you weren’t able to create it.
* That in the moment you feel it, the opportunity for you to create it exists simultaneously.
* The truth in the statement “Ask and you shall receive”. If you fully believed that all you had to do was to feel your desire and claim it, and it would come true, how would you move through this day? That one question can realign you back to truth. When you come back to truth, you move back into trust.
* God is on it the moment you ask for it.
* It’s working, even if you can’t see it.
* It’s working better than you can ever imagine.
* For every one step you take, God takes more.

1. **Resist the urge to judge what shows up**

Judgment destroys trust. When you go into judgment, catch yourself and come back to truth using the steps above. Do this over and over as much as you need to.

In order to properly and fully surrender, you must trust. You cannot and actually will not truly surrender without it.

It is in the surrender, which is facilitated by trust, that you energetically hand off your desire to God/Divine to work out the behind-the-scenes details. Until these details are worked out, you won’t have manifestation.

Building trust requires **daily effort**! You don’t build muscles without regular workouts, and building your trust requires the same level of commitment and focus.

When your trust grows, your ability to surrender and receive grows.

**Creating Certainty and Expectation**

The more certainty and expectation you can have around the idea that what you want is showing up, the more likely it or something better will show up (and fast). And the opposite is also true. Lack of certainty or expectation will almost certainly cause you to fail to see what you want.

To build certainty and expectation, test small things first, and work up to the big things.

Note: The universe does not see small and large – it is all the same size to the universe. We add that distinction. The small things come more quickly because we have less resistance to them since there is less attachment and you see them as less significant.

**Activity: What Are You Absolutely Certain About?**

Let’s tap into the feeling of certainty.

**1) Create a list of everything you feel absolutely certain about.**

Consider the things you have in your life, things you know, things you do that you’re certain about, etc. Write your list in the space below.

**What I Am Certain About**

**2) As you make your list, tap into that feeling of certainty you have around those things.** Notice where that feeling is in your body. Journal it in the space below.

**How Certainty Feels to Me**

**KEY:** **You don’t have to feel certain about the thing you desire to manifest it.** You only need to feel certainty in general about you and your life.

When you tap into that overall feeling of certainty, it will automatically spill over onto the areas you feel less certain.

**Changing Your Level of Expectation**

The definition of insanity: Doing the same thing over and over again and expecting a different result.

You cannot expect anything to change if you don’t do anything different, and it would be insane to think otherwise (and yet people do this all of the time!)

Start to identify little changes you can make to your inner and outer world. Adopt some new thoughts. Change your morning habit. Move things around in your house. Choose to see something differently. Choose to respond to a common situation differently. Choose to feel differently.

When you create ANY change, there no reason NOT to expect something different to happen.

**Note:** *The UPLEVEL Program will help you in this area!*

And in fact, it actually becomes easier to believe a new result is possible when you are making changes. And that is the goal – to increase your ability to *expect* and *believe.*

Doing something different allows you to BE/DO/HAVE something different.

**HOMEWORK**

**Activity #1: Why Do You Lack Trust?**

Directions: Make a list of all the reasons why you lack trust in the space below.

Then focus your work on letting go of things that make you doubt and keep you from trusting using the ideas laid out in the training above.

**I struggle to trust because…**

**Activity #2: Make Practicing Trust a Daily Practice**

Directions: Using the ideas shared in today’s training, practice trust as a daily practice.

Live your life fully each day, do what you know to do and what you feel called to do, reconnect every day with your desire and feel it as done now.

**Notes**