

## Guided Meditation: Trust

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So, welcome to this last talk on the five parts, five elements of love. And there are many elements, many components of love. And so, but appreciating it as many elements of love. And for what people call love, sometimes some of those elements are healthy and wholesome and good. And sometimes because it's made up of many parts, it could be a mixed bag. There could be love that is quite genuine, but it's intermixed with excessive desire, with conceit, with issues of being transactional, and issues of ill-will and greed and all kinds of things come into play.

But these key things that may be a reference point or an antidote to unhealthy love or love that's mixed with unhealthy elements that I'm offering this week. So appreciation, respect, rapport, goodwill, and today it's trust. Trust. And trust is to show up without imposing ourselves on anything, without trying to make something for ourselves. But to have a kind of be trustworthy, to allow ourselves to trust our experience, trust the other, trust ourselves, just to be present. And this is a key part of meditation.

So to assume a meditation posture and to close your eyes and to take some deep breaths, relaxing on the exhale and relaxing into a trust, a trustworthiness, to trust ourselves and be trustable by ourselves, where we don't have to be afraid that we're going to harm ourselves or cause problems for ourselves. In one way to be trustworthy for ourselves in meditation is to think of doing almost nothing except to practice clear seeing, clear knowing, clear sensing of what's happening. Nothing more, nothing less. Not trying to accomplish anything or change anything, fix anything. To do nothing except assume that good, intentional posture, and to see clearly.

And as we continue now, I'll mostly be silent now, try to practice doing next to nothing, except to be aware, to know, to see. Whichever one of those seems easiest, whichever one of

those is intact when you otherwise do nothing, but remain in your meditation posture. There is something quite profound about sitting in meditation and doing nothing, accomplishing nothing except seeing clearly what's happening, sensing and feeling clearly what is happening here and now without trying to know, allowing the mind to know what is happening. It's quite useful to get a real feel for what it's like to be present without wanting anything, without trying to do something. It allows for our attention to become clear, stronger. It allows us to register, take in, to know what's happening more fully, without the preoccupation or agitation of trying to do something more than just to be a present.

To get a feel for this, to know how to do this, to know how to recognize such presence and allows us to offer a gift to others. Maybe to people who are suffering, maybe people who are not suffering, but we can offer the gift of being trustworthy, that we're not trying to take advantage of anyone, that we're able to be present without being reactive. And in doing so, we become a channel for a natural kind of love, a natural tenderness, warmth, a gentleness of goodwill, care, rapport, that maybe is more meaningful and useful, helpful, than actually gearing up to do things, make things happen, fix things.

And as we come to the end of this meditation, see if you can stay close to doing nothing except being attentive, taking it in, knowing, feeling yourself, your thoughts, your emotions, and the world around you, doing nothing but being attentive. And in doing so, or may we do so, to be able to love the world better, in order to care for the world better. May all beings be happy. May all beings be safe. May all beings be peaceful. May all beings be free. Thank you.