

TRUSTING THE UNIVERSE

10-30 second practice to release resistance to reality and open to unexpected goodness

PURPOSE:

- Reduce suffering caused by resistance to what is
- Cultivate openness to the unknown and unexpected gifts
- Let go of the illusion of control over outcomes

HOW TO:

- 1 Notice resistance** when something doesn't go according to your plan or expectations
- 2 Acknowledge disappointment/grief/etc** without judgment; honor and allow yourself to feel what arises and honoring it
- 3 Open to possibility** by asking yourself: *"What if this 'problem' is actually leading me somewhere better than I could have possibly planned?"*

Some of life's greatest gifts often arrive disguised as disappointments or detours. By trusting in a larger unfolding that you can't yet see, you reduce unnecessary suffering and create space for unexpected opportunities.

