

# TRUST, RESPECT, HUMILITY, COMPASSION - Part 1.

I am on the shore of the open sea. I feel deep peace and immense, absolute Trust.

**It is something continuous. It has always been there and it will always be there.**

**It is something that has always been there on the earth - WATER.**

Water is something that has always been here on Earth because it can be also solid – then it is EARTH that can also be liquid-like WATER itself and water has a gaseous state too - like AIR. In one of these three forms, it has been a part of beings since the beginning of creation, which also gave birth to Mother Earth.

And when I stand here on the shore and look at the WATER, it is a sense of total Trust, Safety and Security. The sea has come for me because the sea is absolute Trust.

**Question: What should you do?**

**Answer:** Should I dive into the water and lie down on it, should I give in myself to this state of total relax?

It is this tension that creates mass – the heaviness of matter. This energy tension creates a mass that makes us heavy, and this makes us unable to stay on the water and we sink to the bottom.

If we can put ourselves on the water in absolute confidence so that our physical body is relaxed, then we will not create that heavy mass - the energy mass that pulls us down. The tension that we create in the physical body, produces energetically the heaviness of matter, and then we can no longer stay on the surface.

If we lay on the water in such a way that we are absolutely relaxed, we will merge with the water as if we became a part of it and we will stay on its surface. And that's because we're relaxed. Then we do not create any energy resistance. The energy resistance represents the heaviness of the mass that pulls us down.

**And the fact that you are creating the tension that energetically creates the heaviness of the mass, is caused by your created distrust inside of you. Absolute Trust, along with relaxation, if you only could feel it inside of you, this would allow you to merge with water, and then you can lie on the surface of the water and move along with it because you become energetically an integral part of it and do not sink.**

**And that is because the absolute Trust has helped you stop any resistance. The resistance that created tension in your cells, muscles, bones, skin, internal organs, that caused the heaviness of matter – in yourself and that pulls you down, this resistance is the materialization of your fear.**

**And it is precisely the fear that has created distrust in you.**

And that is another closed circle. It is one of the most basic circles that fear creates in you because this circle takes away your Trust.

If you lose confidence in yourself, fear can very easily, energetically, create an energy tension in you that then transfers and materialises into weight and heaviness which takes away your ability to Trust. Because you are energy being and precisely because more than 70 % of your physical body is water, just like water, you can adapt to anything.

**By taking away your Trust, in this initial circle, fear has taken also your ability to adapt, adapt to anything in your lives.**

**Question: I feel that sometimes I adapt too much and still adapt to others.**

**Answer:** It is not quite so. Everything is related to everything. And I have already explained to you that if you lose Trust, you will lose Faith and then Hope. When fear takes away your Trust in this way, you lose faith in yourself, and that is why you stop looking at your own needs and at yourself and then you adapt to the needs of others. But on this level, you are doing so because you have lost Faith in yourself. And I explained it to you in a message how Love, Trust, Faith and Hope are connected, and are indivisible, integral and inseparable. And you know very well that if you lose one of them, you will lose the other over time as well.

If you find and gain the Faith in yourself again, you will stop adapting to the expectations of other human beings and in your life, you will begin to follow a path in which you are deeply aware of yourself. Then your Love for yourself will be strengthened and you will learn to express your own needs in Love so that you stop hurting other human beings. By this time you will gain deep Trust in how you make decisions and act, and at the same time you have found Faith and Trust in God and you are beginning to understand the Cosmic Laws that you consciously (I emphasize consciously) project into your life.

**The first thing that fear will take away from you is your Trust.**

And this is because by creating this energy heaviness that arises from any tension you create within you, it can control you through fundamental fear for your human life. Therefore, it affects you in this way. It is the easiest and the simplest way for him to do so. And this is possible because you have forgotten that you are energy beings and that you are creating everything energetically. First, you create everything as energy at the level of your thoughts, because thought is the fastest tool of creation.

You are energy beings and as such you create energy through your thoughts which then is materialised into your life. If this knowledge would become part of you, you could merge with water on the surface of the sea also in your physical body and you could let yourself be carried freely by the sea.

**But this fear is a very deep part of human beings, and it is a fear of separation, which at the same time, by being active in you, it takes away your Trust in you.**

And you can try it yourself in the sea. Lie on the water and in the deep Trust that you are an integral part of it, surrender to it by releasing your entire physical body, every muscle and cell in your body, and then discover that you can lie completely free on the water without having to move. Just think of how you connect with water in your thoughts trusting that you are a part of it. If you succeed to create no tension in your physical body, then you can lie on the water without falling down. If you cannot concentrate your thoughts and have utter Trust that will help you to relax completely, your every cell in your physical body, then you will create fear and that fear will create energy tension thus causing energy burden and you will sink down.

**Thus, if you can merge with the water in the sea with total Trust, you can also flow through life in absolute Trust in connection with Love.**

It was a picture on which I showed you how you can connect in life with absolute Trust and with Love through the water.

**Because when you connect with Love in this way, fear cannot enter your life.**

**If you connect with Love and merge with it in this way, you are carried by this Love.**

Just as waves arrive in the sea, you move along with it, and nothing happens to you in your life. A big wave comes, the water in the sea becomes rough, and when the wave goes away, the surface calms down. And in the same way, you can flow with Love and in your life. It all depends on the energy that you generate in your thoughts.

The idea is a tool of creation, not just in mankind, but it is a tool of creation throughout the Universe. And this is because YOU as human beings are part of the Universe and YOU are energy yourself.

**You have been created from energy and you create energy yourself.**

**You yourself vibrate with the energy of your thoughts.**

**And it is extremely important what thoughts you create.**