

Article on Trust in the Universe

Interview with Mirabai Devi

What does it mean to have Trust in the Universe?

It means to keep your heart open and walk through the world feeling safe, as if something so powerful, so positive has your back that nothing can dismantle that feeling and that you know that it's all going to be okay.

How can I release these feelings of not feeling safe in the world?

Knowing that there is a Divine Power that governs all life and all things that is protecting us.

Where does Trust come from?

Trust is a Divine quality, just like faith, it is something that the Divine plants in us as a spiritual gift or quality. Trust is not something that we can give or get from another person.

What is the soul's perspective of Trust in the Universe?

The soul sees all timelines simultaneously – past, present and future – and the soul knows that we are writer, producer and actor for each one of our lifetimes and life experiences. So no matter what we experience we turn back home to the Light in that firm knowing that the soul is fearless.

You've talked in the past about karma. Can you discuss with us the types of karma?

There are several different types of karma:

Karma of past lifetimes, including family and lineage karma; the karma of this lifetime; and the karma of present moment going forward. Karma is the accumulation of the cause and effect across all of these lifetimes, the cause and effect of all of our thoughts, words and actions. We are now working through the accumulation of all of these causes and effects in this lifetime.

Can I choose to ignore this karma or not work on it?

No because it is automatic. The karma will play out automatically, the Lords of Karma will deliver it to us automatically. It supersedes the choices of our ego's control.

What about Free Will? Don't I have Free Will to choose and not choose?

You have free will to choose the karma that gets created in the present day (that will also be accumulating for future karma). But you don't have the choice to what karma you're burning through from the past, because that supersedes the Free Will.

Free Will is about the choices that we make in the moment. We can choose whatever we want, we will pay the price but you can still choose whatever you want. Past karma has to do with past choices that you made and their repercussions that will affect your future experiences.

How does karma fit into how we Trust in the Universe?

When you have to experience something to burn off the karma and learn the lesson. Even though you are protected things will still happen regardless, if that's what your soul needs you to experience.

Why do we often feel like we are walking in the dark?

Because the ego lives in front of the veil and doesn't see the whole picture, it's only able to see what is in the moment (and then only part of it). The ego is deluded and lives in a narrow conception of reality.

How does living in duality affect our trust?

We are separated from our Divine Self, and we are only revealed a limited amount of information. We are stuck in fear, worry and limitation. We are at a loss to know how to feel safe or orient or navigate ourselves through the world of delusion and separation.

How does one walk through the world feeling safe?

Knowing the protection of the Divine is there. And also knowing that sometimes we are not prevented from going through what we experience karmically. However, can use our Free Will to choose to do spiritual practices to burn up past karma, which will ultimately in a better life, better circumstances and moving toward feeling safe in the world.

How do I work on myself in my spiritual practices to open in Trust in the Universe? What do I do?

Build a relationship with the Divine, come to know the Divine, come to understand that the Divine is our Source, and let the Divine teach and guide you. The role of a spiritual teacher is to help you gain the relationship with the Divine, to help teach how to have a relationship with the Divine and to downsize the enormity of this task into step-by-step (bite-size) accessible chunks and to guide you along the way on this path in order to have a successful relationship in the overwhelmingly vast area in order to navigate the way.

Are there any prayers or spiritual practices that I can use to help me to open into Trust in the Universe?

Forgiveness prayers will indirectly help clear the karma by cleansing past karma and lineage which blocks us from accessing Who We Are.

Affirmation statements will change your subconscious belief systems and reprogram them into a more positive version of what you want to create through your subconscious mind, ultimately helping you by raising your vibrational frequency above the ego and its illusion. Prayers will call on the Divine Grace that will help to dissolve these specific blockages.