

BUILDING TRUST INTERNALLY AND EXTERNALLY - FOR ETERNITY

Quote

"Family and community can and should be where we find belonging, care, and love. But they are often also the source of our deepest wounds and our greatest damage. So, it is not without pause that I praise and celebrate family and community as safety and salvation. We all have the capacity to hurt as well as the capacity to love, we have the power to diminish and lift up, to harm and heal. And inevitably, we run the spectrum of these intentions and actions, often with the same people (on the same damn day). Each person in our orbit has their gifts and growing edges. Each person is a variable that can change - shifting the makeup of the whole. Our trauma, wounds and baggage add volatility. So we must be present to the work of collective transformation out of pain and damage toward healing and growth. I've come to understand that the things I want to do to be my best self and live my best life are also necessary for me to be in workable relationships with others. That means self-care, self-reflection, healing and evolving. It means tapping into tremendous compassion - for others and ourselves - as we journey. It means committing to our own evolution, and supporting the evolution of our loved ones as they support us."

- Excerpt from Mia Birdsong's [How We Show Up : Reclaiming Family, Friendship and Community](#).

SELF-REFLECTION PROMPT

When we were born we all desired deep connection with living things - people, animals and the natural world. As trust was broken by oppression and by hurt we witnessed or experienced we began to unlearn it. Spend some time in meditation, noticing your body and your breath. And then begin to reflect back on the people in your life who have restored trust to you. What does that restoration feel like? Spend some time journaling or drawing or collaging about that restored trust feeling. Now, spend some time in meditation, noticing your body and your breath. And then begin to reflect on times when you truly trusted yourself. Perhaps it was when you trusted a "gut feeling" or trusted in a decision you made or even in a belief practice that you found life-giving. Spend some time reflecting on that internal trust. What does it look like? How does it feel? Spend some time journaling or drawing or collaging about that feeling.

ACTIVITY

Set aside a time that you can spend in nature - a favorite spot of yours, in the woods, by some water, in a park, maybe just in your yard. Jeffery Anderson writes, "We trust nature to know what it is doing, but we are not nearly so kind, understanding and trusting of our own rhythms and cycles. It's ridiculous that we are so hard on ourselves. Can we not trust that the very same forces that created the rhythms and cycles of nature created our own? Of course we can. We often don't, but we can, if we remember." Take some time to imagine how different your life would be if you trusted yourself/your community, just as you trust the rhythms and cycles of nature. Choose one item in the natural world that is in your view - and imagine this living being trusting in you the way we trust/know it will be there. Take or draw a picture of it. Let it be a reminder to you of the steadfastness of trust that is all around you even when it may be elusive in human relationships.