

A Simple Exercise to Build Trust Through Clarity and Energy Movement

An Example of When I Would Use This Exercise

As I practice full presence within unfolding, I notice that there are some moments that seem to **require a depth of trust** that I hadn't yet experienced, a depth that requires a gentle stretch through vulnerability that *feels quite risky* in some way.

I can read, study, listen, and be held by the Universe and supported by all around me (and that is "best case scenario"), yet *the process of trust is fully dependent upon my willingness to *do it**.

The bottom line is: we open our hearts to live fully, we trust in organic growth and allow full creative expression and transparent connection, or we don't.

A Simple Energetic Movement Exercise

Affirmation: I trust fully in, and honor, the organic processes within connection and creation.

In the moments that my trust wavers a bit, I use this simple exercise to move my energy *through doubt to creation and connection*.

(Reflection: within energy movement, **simplicity is essential!** We don't need special tools or resources, only the willingness to be present to the "barrier" and to move energy through it and/or to be present to the abundance and amplify it).

I take one full, cleansing breath. *Right where I am, exactly as I am.* (This is significant--while a comfortable space is wonderful, if we *wait* for that comfortable space, perhaps we won't practice movement).

I say the above affirmation, thus **declaring to Source and Self** that I do indeed trust, *thank you for allowing me the space to practice presence to this affirmation.* (Simply acknowledging that *this is a practice* releases "criticism" and affirms faith—love and gratitude in action).

I follow my breath with one step of action. Not merely saying the affirmation, but *vesting my presence* with an action of creation and/or connection.

In such a way, we are learning trust *by practicing trust*. In the future, when doubt rises, we are able to trust, *because* we have experienced it first-hand.

Can you feel the refreshment *already*; as you read these words, *I bet you breathed in and felt the essence of the process!* We haven't changed external, we aren't waiting for perfection, we are practicing right here, in this now...in what areas might we apply this practice to?

My recent article "[The Waiting Game](#)" is a reflection from my own practices of "how" this works on a larger scale in my life. I take this simple practice and, with awareness, *move my being through that which I do not understand*, while **celebrating the gift of life in this moment**. Possible because I trust in, and honor, organic processes.

If you try this exercise, I would love to know how does it feel and what was the direct result that you experienced? And, what areas might you apply this to, do you have specific areas in which you feel "stuck"? When you share, I learn, so please, feel free to email me at joy@facetsofjoy.com .

Much peace and abundant love,

Joy

Presented by: Joy Holland, the founder of Facets of Joy (www.facetsofjoy.com) .

Joy Holland is an Intuitive Empath, Energy and Clarity Facilitator who shares "[The Gift of Presence to Magnify Your Inner Brilliance](#)". (Click the title to receive your complimentary guide offering techniques to *cultivate presence* using the tools of gratitude and love).