

## Trusting in the Goodness of World by Joy Holland

**Disclaimer:** The materials presented are from my personal study and experience and are in no way intended to replace that of professionals trained in medicine and/or psychiatry or any other field. All that I present is supplemental material, meant to invite you to *create a conscious conversation* with your being and with World.

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## **Inner Work Exercises to Expand Your Understanding and Open to Possibility**

Before we explore 'why' you might wish to trust in the goodness of world and 'what' the personal and global benefits might be as a result of your choice, I invite you to do some inner work around the idea of trust, goodness and trusting the goodness in world.

I invite you to do this work from a centered space, with the intention of expanding your understanding and awareness of your current thoughts and feelings. This means, no judgment or criticism, please, of whatever comes up for you.

This is important because understanding what you think and how you feel will show you how familiar you are with the energy of trust, in general, and open your mind and heart to exploring the energy of trust, beyond that familiarity.

Each time I consider the energetic dynamics of an experience, I use a similar process. You may use this process whenever you are intentionally working with energy.

**One note:** I ask 'how does an energy feel in your body' because that's where you tend to receive energy into. Also, it brings energy into your physical realm of being, where you can work with it. I ask 'how does an energy feel in your life' because you might consider energies in external spaces, but not directly in your space. Again, this brings the energy into your realm of being, right into your daily life, where you can work with it.

### **Let's begin with an exercise with the energy of trust, in general.**

1. What does the word trust mean to you?
2. What associations do you have with the word and energy of trust?
3. What does the energy of trust feel like to you? In your body and in your life?
4. What does the energy of distrust feel like to you? In your body and in your life?
5. Is the process of trusting familiar and comfortable to you or is the process of trusting unfamiliar or uncomfortable to you?
6. I invite you to remember an experience where you personally chose to trust and it 'worked out' – meaning it unfolded peacefully and joyfully. How did you feel while in it? How did you feel after the experience was completed?
7. I invite you to remember an experience where you personally chose to trust and it didn't 'work out' – meaning there was tension, pain or loss in the unfolding. How did you feel while in it? How did you feel after the experience?

### **Let's do the same exercise with the energy of 'goodness in the world'.**

1. What does the phrase 'goodness in the world' mean to you?
2. What associations do you have with the word and energy of 'goodness in the world'?
3. What does the energy of goodness in the world feel like to you? In your body and in your life?
4. Is the practice of noticing and appreciating 'goodness' in your daily life and in world familiar and comfortable to you (meaning it's something you do consistently) or is the practice unfamiliar or uncomfortable (meaning you either don't notice or celebrate this 'goodness' consistently or you notice the 'badness')?
5. I invite you to remember an experience where you personally chose to notice and

celebrate the goodness in yourself, your daily life and/or world. How did you feel while noticing and celebrating? How did you feel after the experience was complete?

**Let's do the same exercise with the energy of 'trusting in the goodness of world'.**

1. What does the phrase 'trusting in the goodness of world' mean to you?
2. What associations do you have with the phrase 'trusting in the goodness in world'?
3. What does the energy of trusting in the goodness of world feel like to you? In your body and in your life?
4. Is the practice of trusting in the goodness of world familiar and comfortable to you (meaning it's something you do consistently) or is the practice unfamiliar or uncomfortable (meaning you don't trust the goodness in world)?
5. I invite you to remember an experience where you personally chose to trust in the goodness in world and it 'worked out' – meaning it unfolded peacefully and joyfully. How did you feel while in it? How did you feel after the experience was complete?
6. I invite you to remember an experience where you personally chose to trust in the goodness in world and it 'didn't work out' – meaning there was tension, pain or loss in the unfolding. How did you feel while in it? How did you feel after the experience?

**Thank you for doing this inner work!**

Even if you chose to read the questions without answering them, you opened your mind and heart to understanding and to possibility.

If you chose to take the time to answer the questions, you opened energetic doors for yourself!

**Please take a few moments to refresh your energy with a cleansing breath, perhaps a glass of water and a gentle physical stretch. And, please thank yourself for doing the work to be present to expanding your understanding and opening your being to possibility!**

## **Understanding Your Exercise Results and the Importance of Self-Trust**

As you can see from the above exercises, there are many layers in the concept of 'trusting in the goodness of world'. If trust in general is unfamiliar to you, or you aren't used to noticing and celebrating goodness, in general, you might find it challenging to trust in the goodness of world, even in peaceful moments. So, you can understand, then, that choosing to trust in the goodness of world, in less than peaceful moments, might be quite a stretch!

Likewise, if trust is familiar and easy to you, and noticing and celebrating the goodness in life is something you do consistently, you might find it easy to trust in the goodness of world in peaceful moments and from there trusting in the goodness of world in less than peaceful moments is less of a stretch for you.

Again, all of this is for understanding. We are each walking different paths. Awareness allows us to understand what we think and how we feel about an energy; from there, we can see what additional inner work or practices we may need to do to open to the idea (in this case, of trusting in the goodness of world).

### **The Importance of Self-Trust**

**General trust unfolds/pours forth from the foundation of self-trust.**

Self-trust is cultivated and amplified within your relationship with yourself. So, this is where learning to 'trust in the goodness of world' begins – with yourself.

#### **Your relationship with yourself includes:**

1. the way you speak to and treat yourself (your inner essence energy, your body, your heart, your mind).
2. your understanding and honoring of your learning preferences
3. your understanding and honoring of your personal pace
4. your understanding of your personal beliefs including how they were shaped and if they support your current intentions in life (and if they don't, doing the inner work to expand or change those beliefs until they are resonant with your current energy).
5. honoring your promises to yourself.

This is where self-love, self-gratitude, self-kindness, self-understanding, self-grace, self-joy come in. This loving relationship with self is an essential component to self-trust.

**When you trust yourself, expanding that trust feels more natural and quite easy.**

## **You Choose What You Trust**

When it comes to trusting, the gist is that you choose what you trust in.

It's not a matter of do you or don't you trust? Because *you do* trust.

**It's a matter of where are you choosing to place your trust.**

I invite you to feel into that with me. You can most certainly choose not to trust something but *as you are not trusting that, you are trusting something else.*

As it relates to our topic, you can choose to trust in the goodness of world *or* you can choose to trust in the 'badness' of world. It's your choice.

Let's flip that. You can choose not to trust in the goodness of world, which then places your trust in the 'badness' of world.

Your trust may waver. Your choice may change. Both of which are far different from trusting/not trusting.

**Please take some time to consider this:**

Since you understand that you are accountable for where you place your trust, what would you consider the potential personal benefits are for you when you choose to trust in the goodness of world and what would you consider the potential personal benefits are for you when you choose to trust in the 'badness' of world (or not trust in the goodness of world)?

If you wish to expand upon that, you might consider what are the potential community benefits for either choice and what are the potential global benefits from either choice.

## **The Labels of “Goodness and Badness”**

I practice presence to unfolding within organic growth and my intention is to live with my heart wide-open as I move through my daily life.

Within this context, judging something as 'good or bad' is not something that I think about or that is in my daily realm of being. For me, there are degrees of resonance from non-resonance through completely resonant and aligned.

**After many years of practice, I naturally view everything that is in my realm of being as an invitation to further understand energy and how it works in life and to open my heart to.** From this perspective, I understand that there is truly a blessing in everything (and I don't say that lightly – if you are not familiar with my past, you may want to [review my about page](#) on which you will see that my past has contained much that many people would not consider blessings).

I also have an understanding of the energy and flow of natural cycles and seasons and how they weave into and through our life experience.

My consistent inner peace and my choice to trust in the goodness of world naturally flows from my belief and practice that ultimately everything is an invitation to open my heart further and my practice of honoring natural cycles and seasons in they unfold in my (our) life experience.

This doesn't mean I don't feel pain, sadness, doubt or discouragement along with love, peace, joy, delight and gratitude. As an empath, I feel everything, sometimes more intensely than most people.

**It does mean that I feel peace even with pain, sadness, doubt or discouragement because I understand why they are present and I do the work to understand the message they are carrying and how to open my heart to it all.**

**To be clear:** I absolutely understand pain. While I naturally look for the blessing in something in my life, I would not immediately say to someone experiencing pain 'there is a blessing' because their path may not be similar to mine, it might be considered insensitive and may constrict communication between us.

I am sharing here, so that you have an opportunity to feel into my perspective, which might be a contrast to your personal experience and way of being.

I absolutely understand why something may be labeled 'good or bad'. So, I use the words in this document, on my site and in client work because the words are relatable.

If this way of being is unfamiliar to you, I understand. It's okay if you don't understand it or don't agree with it (and it's okay if you do!). *Thank you for reading and considering it.*

## **If You Choose to Trust the Goodness in World, Support Your Choice with Your Presence and Practice**

When you choose to trust (in anything), the first step is to notice and celebrate that which you are trusting – which, in this case, is 'the goodness in the world'.

The logic is that it's easier to trust something you know exists – your mind loves to have 'proof', so give it proof by noticing and celebrating the goodness in your day (and in world).

When you first begin noticing and celebrating the goodness in world, it might feel like it takes you extra time and attention to search for the goodness or to be open to noticing it. Please give yourself that extra time and attention, knowing that with practice, noticing and celebrating the goodness becomes easier, then with lots of practice becomes natural and takes little time and attention (\*grin\* unless you choose to savor that goodness, which might take more time and attention!).

**A practice I recommend in all of my Facets of Joy work is to celebrate each step as you take it.**

By 'celebrate' I mean to thank yourself for your choice and for your action. So, please, each time you notice goodness, thank yourself for your choice to notice, then for noticing.

(Even if you don't notice goodness, please still thank yourself for choosing to open to the experience.)

**This practice is naturally heart-opening and energy refreshing. It builds trust with yourself, in general, and in your choices, in general.**

*Noticing and celebrating is one part of the support of your intention.*

Since you are focusing on trust, you may wish to **spend some time with general trust building practices** (meaning your focus would be on amplifying your general ability to open to trusting).

Please, *choose practices that feel good to you* (because when they feel good, you will do them, with ease and joy – all making it easier to be present to trusting).

**Some examples of trust-building practices are:**

- centering into specific energy (like love, gratitude, courage, peace)
- connecting with Source in ways that are aligned with your belief (for example with prayer, meditation, rituals)
- journal writing – streaming out any doubt or fear to release it and/or writing about moments you trusted and it 'worked' out
- using external tools like crystals or a talisman to carry with you to amplify energies that support trust and support your comfort in opening to trust
- reading or listening to something that inspires you to trust
- speaking with people who choose to trust
- clearing and refreshing your energy (with something like chakra cleansing or

- smudging) to release doubts
- doing the inner work to notice your patterning around not trusting to understand the pattern, then either release the pattern or the non-trust

**Another practice is to place energetic boundaries around your intention to trust in the goodness of world.**

**To be clear:** Boundaries allow flow and also give your intention a space to flourish in. As long as you honor boundaries, they allow resonance in, keeping 'non-resonance' out.

When you are choosing something different (like trusting in the goodness of world), it's important to have boundaries around your intention, so that *you feel supported in your choice*. Feeling supported amplifies the overall peace and ease is continuing to honor your choice and in the experience of honoring your choice.

For example, it's easier to honor your choice in a room full of people who all choose to trust in the goodness of world; whereas, it might be more challenging to honor your choice in a room full of people all complaining about what they feel is wrong in the world. It's easier to honor your choice, when you have practices in place that support it; it might be more challenging to honor your choice when you either don't have practices or your practices are hard to do.

**Please note:** There may be people in your life who don't understand your choice – that's okay. There may be people in your life who criticize your choice. *This is where boundary work is helpful in supporting the flow and growth of your intention.*

Please also remember that choosing to trust in the goodness of world *is a practice*. Some moments might feel easier than others. Some moments you might be caught in a reaction – simply notice and choose again. *Please keep thanking yourself for your intention, awareness and presence.*

**It helps if you can choose to become familiar with practicing trusting in the goodness of world while things are calm and in order in your daily life, so you get the experience of ease and joy in the practice.**

Then, when something happens either in your space or in world, that could potentially shatter that trust, you are *already practiced* in trusting, so you can use your energy on your practices, instead of on convincing your mind of the logic of your choice.



## Understanding the Energy of Fear and of Natural Reaction with Fear

There are *so many* different energetic dynamics and intentions weaving into each moment of life.

Some will be resonant with your intention to trust the goodness in world, some will be non-resonant.

Choosing to trust in the goodness of world doesn't mean that 'badness' won't happen or won't be present in your space.

You might hear of something less than lovely in your personal space, community or globally in world. It might be shocking and you might feel personal pain and/or empathy for those directly experiencing pain.

As you feel that shock and pain, your body will have a natural, physical reaction of fear to the external variables. The words I'd like to stress are **natural, physical reaction**.

***This means the reaction with will most likely happen even if you are centered, heart-based, loving and kind.***

Understanding this will give you a bit of peace around the reaction, freeing up your energy to process the variables, instead of judging or criticizing yourself for this natural reaction or trying to eradicate or stop it.

My way of understanding and processing fear might differ from your way or what you have been exposed to. Mine is a gentle, peaceful way of being, and I include my understanding and processing of fear in that.

I ask you to consider this: if you are holding an intention of being and amplifying peace, but you are 'stomping out fear' how peaceful is that? Not very peaceful at all. A peaceful way is to do the work to understand why fear is present, hold space for it to be present and to shift from the reaction to a centered space, from which you can respond (if you choose).

Please remember, you can be centered in love and still be afraid. You can choose to trust and still be afraid. All of that is perfectly okay. The presence of fear doesn't mean you are doing something wrong!

**Actually, fear is naturally present when you open to new spaces or when new energies are in your space** (even if they are 'good' and you intentionally drew them in!). So, if you are choosing to live life with a 'heart-wide open', you energetically are consistently in new space, so you energetically may feel fear frequently, even if you are centered and connected with source energy.

If you are heart-centered and/or empathic, you tend to feel things intensely, as you are exposed to them – even if the feeling is not directly yours. With that, your body feels like it is personally involved, so your natural fear-reaction might kick in. Again, that doesn't mean being heart-centered or empathic is wrong, or you are wrong, it simply means something new is present which set-off your natural reaction with fear.

It might be that while you are in reactive mode with this external stimuli, you have a slew of fear or doubt-filled thoughts. That's okay, too.

Many people who are drawn to my work are heart-centered people who enjoy manifesting. So, thinking a thought that is less than lovely or 'positive' or even unintentionally causes pain is something they are careful not to do. However, it makes logical and energetic sense that when you are in pain, you might have a few pain-filled thoughts. That's natural. It doesn't make you a bad person, or less loving, or wrong in any way (let's be very clear, here, that we are talking about thinking a thought, not acting upon it!).

*You won't all of a sudden draw in something less than lovely, or change your entire base energetic vibration by thinking a few less than lovely thoughts.*

Judging or criticizing yourself or your natural gifts simply adds more pain to a pain-filled experience, which moves your energy from opening to trust, to being tangled up in processing more pain and probably temporarily dissolving trust (in yourself, source, world).

If you find yourself judging or criticizing, simply notice, while understanding you can choose love and compassion if you wish, which naturally amplifies peace and supports ease in centering and opening to external.

Again, to be very clear – none of this means that you are not choosing to trust in the goodness of world! It might mean that feeling that trust and acting with that trust is a bit more challenging than in your regular daily life.

**Please note:** I have done years of inner work, with the intention of amplifying peace in my body, being and life; as a result, my personal base reaction, now, is to center – the more I don't understand, the more intense the feeling, the deeper my body naturally centers. This reactive centering is nothing I think about – it just naturally happens (of course, I do think about and choose to center all throughout each day, I am just speaking about my new natural reaction). This took years of intentional practice. I share this here to reflect that it is possible and that it's probably not the norm. Unless you've been practicing years, your body is going to have that natural, base reaction with fear. Understanding that bring

## **Understanding the General Energy in an “Attack” so you Can Choose to Trust in the Goodness of World**

*Please remember that this is very general to give you a base understanding to feel into.*

In general, when a person or a group of people are attacked, it is *not personal* to the attacker. The 'attacker' is on a mission – for them it's about **the energy**, with a specific result in mind. Their goal is to disempower a person or group of people, with the intention of amplifying the attention and power for their cause.

So, for example, there have been events in the US where a shooter enters a public place (for example a school or movie theater) and kills people. That shooter didn't intend to kill *specific* people and the only reason they chose *people* as 'targets' is because that is what they feel draws attention to their 'cause'.

What happens, though, is that we, the people being attacked or observing the aftermath of the attack, see that people are involved and we usually feel some sort of emotion – typically pain - around the attack. *Seeing that people are involved and feeling emotion, makes the attack personal, although it is not.*

When we feel the attack is personal, that automatically triggers our natural fear response. At that point, most people feel disempowered. The attacker wants us to feel disempowered because that is the only point where they feel powerful.

**The antidote, then, is to choose empowerment by centering & amplifying source/love energy and continue trusting in the goodness of world as we do the inner and outer work to assist and support healing after the attack.**

**Let's use a simple example that most of us have experienced, so you may consider and feel into this concept to understand it.**

Let's take an 'attack' of criticism – when someone intentionally hands you a criticism, meaning to cause pain.

Handing a person a criticism meant to cause pain is not love-based, so it shows us the person is in pain and in reactive mode. That person is likely to be handing out criticism to multiple people as they move through their day, while they are in pain-filled, reactive mode. It might happen that the two of you cross paths and because you are in their personal space, feeling centered and beaming light, or feeling doubtful and attempting to make yourself smaller, they react to that energy and lash out with a criticism.

If that criticism matches any fear or doubt you have within, it will reach it's target of hitting your heart and causing pain. (If that criticism is that can't find a match within, the energy will just move right through you.)

When you feel pain, your own reaction might be triggered. Feeling pain makes the 'attack' personal – even if that person is moving through their day slinging criticisms everywhere. You may begin to doubt yourself in the area the criticisms hit.

It might be that you know the person, so that connection, coupled with the feelings you are experience makes it feel even more personal.

The person's goal is to temporarily make themselves feel 'better'/empowered, by taking your power. Now, you may understand that is not how energy works, but if you shift into disempowerment, the attacker believes they are right about energy flow. And, they may keep attacking.

**To be very clear:** there is a huge difference between someone slinging criticism and someone participating in global violence. And, many times there isn't logic or understanding to be found in an attack because it's not present, for many reasons. This is just about the *general energy* so you can understand it and perhaps find peace in the understanding.

Now you may understand that your choosing to center and beam back trust in the goodness of world and not engage in their 'attack', without putting up internal barriers but keeping your own heart open so that in your personal life you feel flow, is choosing to 'be the change' that everyone talks about.

**Because from your empowered, centered space, you can offer to share energy, presence and tangible support that assists people in healing; that healing restores peace to the world. That peace restores power.**

*I feel nudged to share that obviously, peace begins in your own heart, body and home so it can be readily and generously shared within your community and globally.*

## **Trust Naturally Flourishes and Flows from Peace**

When your physical body feels comfortable and safe (peaceful), your heart is able to open to newness, with ease and joy. From this space, trusting (in yourself, flow, world) is easy.

**So, part of supporting your intention to trust in the goodness of world is to make sure your physical body feels comfortable and safe. (This doesn't mean don't take risks or stretch – it does mean to do so with care, joy, love, compassion and gratitude.)**

Your physical body feels most comfortable and safe when **it's base needs are met**: lots of fresh water to drink, foods that provide nourishment, plenty of restorative sleep, physical movement that feels good and delights you, a space for your body to be in and fresh air, along with daily activities that appeal to your way of learning and being in world.

Your physical body feels comfortable and safe when **your energetic being feels comfortable and safe which happens when you feel loved, appreciated and connected** (with source, yourself, others, world). This is where **self-love** is incredibly important, as the base for connecting with others in resonance with love. Also, as we spoke about earlier, boundary work and discernment help to support the flow and direction of your heart energy.

This is also another reason why I recommend celebrating your steps – because your body and being feel appreciated, not 'used' and that amplifies comfort and safety.

Your physical body feels comfortable and safe when **your mind is at ease and/or engaged in processes that amplify the energies you *do* want to experience in life.**

## In conclusion:

Thank you for taking the time to read through this presentation. If you have any questions, please do email me at [joy@facetsofjoy.com](mailto:joy@facetsofjoy.com).

If you feel someone you know would enjoy the material presented, **please do share** this with them.



**Bio:** My name is Joy Holland. My web home is [www.facetsofjoy.com](http://www.facetsofjoy.com). I am an empathic intuitive heart healer, empowerment coach and clarity and energy facilitator. I specialize in understanding the energetic dynamics in an experience or space (for example, your physical body, relationships, career path, home, bank account) and feeling into it to find the openings so that you may experience peace and possibility in all areas of life – regardless of external. I also understand patterns well and offer my guidance and support to help you disentangle from ties that bind as you create new patterns that honor your intention and ways of being.

I do offer personal coaching, which you may review here: [Personal Sessions](#).

I have a [free resources page](#) on which I share a few: article links, audio links speaking about different topics, video links to guided meditations and free downloadable eBooks on a variety of topics.

If you are interested in joining the Facets of Joy community, you may do so here: [Joining the Facets of Joy community](#).

Many blessings and much peace,  
Joy