

Trust in yourself

Morya Wisdom 4

Geert Crevits



Foreword

to the original Dutch edition

Self confidence is strange stuff. Nowhere in sight, impossible to breed and not for sale. If somehow you've been lucky enough to find it, doubts and hounds will most likely shred it to pieces and devour it all up as soon as you dare to take it out of your pocket.

To trust in yourself is a grace of God and when you invite and involve the Divine in your life then this trust comes very naturally. It surrounds you like an aura, makes you strong and powerful, and this all happens by itself. But who gives it a thought?

September 28th, October 12th and 26th, 1994, Master Morya transmits the insights of this book to Geert in the course of three afternoons, in Ghent, Belgium. Geert translates them into words and records them on three audio-cassettes, in the presence of a small interested audience. It would soon become many people's favourite book. Enjoy!

Lydia Crevits



1 - Transcending your doubts

Paying attention to your doubt

Whenever you doubt about something you should pay attention to your doubt. Don't directly brush it aside, for it is just by working through your doubt that a solution will come into your life. Whenever you are beset by doubts try to look at them from all perspectives. Try to see why a particular doubt is there, what exactly it is and also how often it comes up, because this is sometimes overlooked. A person may well look at his or her doubt but mostly fails to take note whether it is a recurring one or a single, once-only kind of doubt, because this makes a big difference. If you find yourself continually doubting about things, it means you should change something in your attitude. If you just doubt once about something, you should examine this doubt carefully because there could be a good reason for it. Let the hesitation you feel at this time have its effect in your life, deal with it,

because it could mean you are doing something in the wrong way and, consequently, you could then set it right. Often a person will not notice the reaction that always comes up from deep within him. Doubt can lead him to that which arises from the deepness of his life. People are very complicated beings and it is especially a person's thoughts that lend the doubt a symbolic aspect, for a thought can carry a great symbolic energy. So if your thoughts raise a doubt this may imply it contains a very deep and important meaning. Considering this, you can discover something of great significance in your life. But if you are constantly doubting about everything and unable to recall anything of what took place in your life, then you must take another look at this life of yours and make some fundamental changes. You must gain trust in your existence by taking a look at your ordinary daily activities and trying to see with what it is you are actually busy.

How can I gain trust in life?

Looking at those things that occupy your time and at how you work will lead you to realize you have been dealing with things too superficially. It would be good to deal with things more consciously. When you take something in hand, for instance a book, you should take a moment to examine it instead of directly beginning to read. Just look at it, see how thick it is, how heavy, see

what the pages are like and leaf through them, looking at the beginning and the end, the various chapters, the contents, read what is written on the flysheet. Really look at it, and by just looking at it in this way you are consciously engaged with the book and can notice a reaction arising within yourself: either you will feel a familiarity with it and find it a good book, or you will say, “Yes, it seems interesting,” or “I’m just keeping myself busy with this book because I don’t really feel like doing anything else,” or whatever else you could tell yourself; there may be a thousand different reasons why you might have taken this book to hand. But if you carefully go about it in this way you can discover the reason. Moreover, if you are alert, you can realize there are very many reasons to be occupied with a particular thing, and these reasons are significant. This is something you should notice, something you should be able to find in yourself. You should be conscious of the fact that if you really want something, you also choose for it: “Look, I now choose to spend some five minutes of casual time; I’m going to pick up this book, take a look at it, and so I am aware of how I’m spending my time.” Acting in this way is good and thereby your trust in life can grow, because you know on what you are spending your time and the way in which you are doing it.

Regularly doing things in this way will lead you to have fewer and fewer doubts since you will be more familiar

with what you are doing. Initially learning to do this with objects will, in time, lead you to also learn to do this with those persons to whom you give your attention.

Getting a new life

For this you need to look at the persons around you, without judging them. Don't say, "They are like this or like that," for then you are already doing more than looking. Simply watching is enough. Observe what they are doing, what they care about, how they work, what they say and also what they fail to say; there are all sorts of different things to observe. When you are together with people you must really dare to observe them without judgment, without trying to figure them out. Just observe them, somewhat in an absent-minded way, casually, almost in a distracted manner, enjoying yourself and – I repeat it here again because this is very important – not judging them. Refraining from judgment will give you a clearer impression of people.

When you interact with others in an easy-going way, free of the pressure of having to do or say certain things or demand anything from yourself, when you are relaxed in the company of others, then you can allow yourself to just be yourself and this is really important. By being yourself when you are together with someone – be it your husband, your child or another member of your family, a parent,

with whomever it may be – it might be that you are given a new life. This is quite an important statement that has a profound meaning. A ‘new life’ doesn’t mean you have to turn everything upside-down or run away and start everything anew. No, every day you can have a new life by dealing with things in a new way, and most certainly by relating with people in a new way.

Can I get along with people? Can I be myself?

Dealing with people isn’t always easy, which is why you should be able to be yourself. If you can be yourself under all kinds of circumstances, you will find it much easier to get along with people. This is because many causes of why you may find it difficult to deal with people simply lie within yourself. It might be that you don’t know yourself well enough because you go about with things too superficially, not deeply enough, and therefore cannot deal with things reasonably. You need to deal reasonably with everything, to try to maintain harmony even, for example, when dealing with people who may be very annoying or are very tired, who no longer know which way to turn, who are coping with problems, who are ill or overstressed from their work. These are all examples of situations people may be experiencing and you should be able to distance yourself from their problems and just be yourself. This is extremely important.

The West is experiencing a tremendous pace of expansion

Being yourself is not an easy thing to do in western society as it is today. The West is currently experiencing a tremendous pace of expansion in all fields and this pace will still accelerate. It might be difficult to keep up with this rhythm of expansion but, nevertheless, you should be able to do so. You should be able to keep up with all rhythms. You should be able to endure the pain of the noise that is there. You should be able to endure the pain of the daily grind that is there. You should be able to endure the pain of all those things that may seem useless but are nevertheless there and that you have to undergo and experience; distances that need to be covered in difficult circumstances, getting too little exercise or too much, for this, too, is possible. All kinds of things, positions you need to adopt in life during the day and sometimes also at night, for at times the rhythms here in the West are disrupted as people work at nerve-racking tempos, not only in the daytime but also during the night. When things go wrong you need to stand your ground, and by knowing yourself you can do this.

Staying calm under all circumstances

You need to observe yourself, to observe others, but to live from within yourself, daring to do your own thing, speaking for yourself and working on yourself. Accept the

circumstances for what they are, without constantly trying to change things. This will be a great relief. For instance, when people around you are angry, the first thing to do is just to let them be angry and not try to calm them down, because that won't work anyway. Secondly, you don't need to exert yourself confronting people who are angry or annoying. Often the tendency one has is to make every effort to fend off the anger coming from another but this is absolutely unnecessary. If someone is angry, they are angry; you can observe it, find it amusing, look at the manner in which they are angry and how long their anger is likely to last. These are the kinds of games you can permit yourself to play. Of course your attitude should not be irritating to the other person, just stay cool and calm and observe; please do this, even in the most difficult of circumstances. Even in circumstances of which you think, "This is no longer normal, this is really going too far;" still then, the fact of staying calm and simply observing will bring about a complete change in your attitude towards the situation.

How do you view the world?

If you can come to a certain restfulness in your life, it will be easier for you to solve even the most difficult problems. 'Easier' doesn't mean it will always be easy but that it will be more possible for you to see through certain things. Because a lot depends upon the way you view the

world, the way you look at things and at yourself. To look is very important. It's something you should do in a relaxed way, not straining yourself to look at things, but observing in a leisurely manner, and the way you can do this is by not thinking, by absolutely not thinking at all. This means not formulating words in your mind. Look at things without the words, but really look at things, not avoiding them, not daydreaming, not fantasizing, not letting go. This means: being aware of things, observing them from all possible perspectives, but without immediately coming up with words.

See the whole environment and you will enter into the vibration

Later you will be able to recall the scene clearly before your eyes and then formulate the words. In this way you will be able to have a much broader view than by just looking at the one thing. If you are looking at flowers, for instance, then the only thing you have to do is look at the flowers. Later you can try to recall the whole bouquet and to find the words: how was the lighting, where were they placed, beautifully in the sunlight or perhaps in a corner, or maybe they were wilted or whatever else ... You can evoke the whole atmosphere and then see much more than only the flowers. Then what you see is the whole environment, you can enter into the feeling, you see all the vibrations there, you notice so much more, and this is





Geert Crevits (1944-2012)

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Morya Wisdom series

This book is one of a series of nine books. Each book covers many diverse subjects and can be read on its own, separately from the others.

At the time of publication of this book, four of the Morya Wisdom books are available in English:

1. A deeper sense of life
2. Simplicity
3. God lives in your heart
4. Trust in yourself

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