Lack of Trust in own Feelings makes Trusting difficult - 24 Jan 08

Schwabmunchen, Germany **24th January 2008**

We had a good conversation on a quite serious topic today: trust. It is not easy to trust here. In this way I had many bad experiences. You cannot be sure that someone who is your friend today is still your friend tomorrow. People are so quick in changing their mind! And for no obvious reason, without anything special happening.

Why are there so quick changes? It is because someone grown up in this western society has learned to work with the mind and not to trust the own feelings. The mind is like a chameleon, changing the colours fast. It is not stable, depending on expectations, be it own expectations or those from others. This is why people are disturbed quickly and have many doubts if a decision was right. Of course, lack of self-confidence plays a major role, too. There are so many factors to this; I will go deeper into this subject in the next days. For the beginning I want to say you: Please trust your feelings and listen to your heart more often. It will help you to take decisions and to be stable in your decisions.