



Suggestions for getting the most out of “A Course in Trust”



I invite you to make this a weekly retreat with yourself. **Give yourself a beautiful time.** Before you read your lesson or listen to the meditation, light a chosen candle that you will use exclusively during your time with this material. This is your time with the power and the promise of the sacred within you. Say a prayer or intention or sit quietly and ask for the Highest Love Intelligence and Brilliant Good to come to you in this time.

Do not worry about doing this course right or wrong. Everything that happens during the next 8 weeks (*or however long you devote to the course*) is part of your chosen journey. Some coincidences or unusual situations may occur. **Pay attention to your feelings, your dreams, your observations, and your circumstances.** Everything is speaking to you because you are igniting your full capacities.

By taking this course, you have signaled to your Spirit that you would like to go deeper and realize more of your true potential. Everything that happens from here on in, is here to serve that purpose. **Welcome to your journey.**

I'd suggest you devote an hour a week to studying the lesson and doing some of the practices. You may desire to give yourself more time with the material. You may give it less because of time constraints in your life. Do what feels right to you. **Everything you do is beneficial.**

- **Please use the audio meditations daily.** Each meditation is approximately 6-7 minutes in length. There is a meditation that corresponds for each lesson of the week. Using the meditations daily will help you integrate the lesson and take it past your conscious mind.. If you want even more benefit, you might use the meditation in the morning and the evening.
- **Please do this course at your own pace.** This is your pilgrimage. This is not school. There are no grades. I encourage you to do only that which attracts you. I designed this course to have many layers. For example, I've included at least 4 exercises for each lesson. I wanted you to have an abundance of choice.



I offer you many toys from which to choose. I do not want you to feel as though you need to do all the exercises - (even if you are an over-achiever.) I only want you to do the one (or more if you like) that speaks to you. You might choose to do the others at another time or not at all. The same thing goes for the lesson. There are many concepts presented each week. You do not need to digest it all. *Find the line or passage that really speaks to you.* Let it be your guru and guide. Be with that.

- **Let your heart guide you.** This is a heart path, so let go of your demands of yourself and follow your instincts. Some days you might not have time to do the audio meditation as suggested. Please do not make yourself wrong for this. Every effort you apply goes somewhere wonderful. Every effort you do not make, simply does nothing. I am not asking you to do this course perfectly. I am asking you to play with it, to enjoy it, to trust your experience just as it occurs. The less you judge yourself and your experience, the more juice you will receive from this journey.
- **Let yourself receive rather than take away from your experience.** Let go of your linear, critiquing mind that is often measuring how you are doing or what you are getting. This is a different experience. Here's my ultimate suggestion for doing this course. Ask your Inner Teacher or Spirit to guide you every step of the way: let your instincts choose the exercise to do, the lines to focus on, and the experience that you are meant to have. Let yourself experiment, dabble, dive in, or dare. I promise you, you will have the experience you need to have.

Enjoy this journey. This is your time. You've chosen it. And it's chosen you.

