

## **The illusion of trust: How trust is no more than an imaginary belief system.**

When people speak about relationships one of the key words is the word “trust”. But what does trust actually mean when we break it down and look at it directly to see where it’s coming from? Basically trust is a form of projected expectation, it is also a kind of faith, belief, reliance or assumption that something is going to be a particular way, trust is something which we are wanting to be the case. So there can be the “gaining of trust” which means forming the ideas and perceptions about someone, and then the “losing of trust” when a person does something we don’t want them to do or feel in some way is “wrong”. They have “abused trust” or “injured trust” when they do something we really don’t like, but we might be prepared to “trust them again” if they change their ways.

All of this is totally in the head of the person who is the “trustee” here. It is an illusion with a belief system attached that is all about “what I want”, rather than what there actually is. Essentially it is wanting to make something “solid” and dependable, and therefore something that is identifiable and can’t harm “me” because “I know” what it is. Constantly associated with this is the idea that “you can’t trust a liar” or a person who tells “falsehoods”. The funny thing is that in itself a lie is an expression of the truth of something, for the attempt to deceive and take control for “myself” is no different from the attempt not to deceive yet still take control for myself. It’s just a different route to the same mad ideal.

Trust is often associated with “being transparent”, if someone is trustworthy then they who they say they are and will do what they say they are going to do; they are predictable, loyal and clear and in society this is very often considered as being the “salt of the earth”. However all this is about the fear of being deceived, of something being unsteady, and of the fact that the world is a chaotic place after all, although our reliance on it and assumption about it is that it is solid.

The requirement for a concept of trust and an ideal about it is all about fear, about being fearful of the world not being as we think it is and nothing being truly “steady”. When we have faith in a person and then they do something which causes this faith to be “lost”, we think we have every right to damn the person to hell. This forms the victim “self” of “I’ve been wronged, woe is me”. However this only perpetuates the madness that is the fundamental belief from which the fear emanates, the idea that “I am a real thing that is separate from “you”.

This lies at the very base of the belief about “needing trust”. How many times have you heard a person say “I need to be able to trust you/him/her before I can ‘let you in’” or “I just can’t trust anyone”. This is mainly because we have equated the way in which we wish a person to act, how we want them to respond, with “trust”. No matter what the constitution your particular brand of trust is founded upon, whether it be your own rules or of society as a whole, it will always be doomed to failure. This is because anything that is formed from the illusion and belief in the idea of “myself” will always be the foundation of dis-ease and will therefore fall apart.

Trust gets in the way of reality. It is based upon the idea that if I am separate from you, then I need to trust you in order to connect with you, which comes from a belief that “I am separate and I have the ability to merge or not on command”. The natural

reality is that there never was any separation, there always was connection and on top of this there is either a draw towards or a draw away. Trust doesn't need to come into it. Trust only occurs as a projected idea from "self". It is a postcard picture of what it might be like if x, y or z occurred. It is also a "will you play this game with me" but the trust and promises that go with that have no basis in reality. "I can't trust myself" is another such expression, the pure misperception of dualism being 2 aspects within. But even if you can "trust yourself" or even "trust" or have "faith in" nature, what does this mean? It is nothing more than an unnecessary belief system or an add-on to life.

Life is just happening as it is, it doesn't require anyone to trust or have faith in it, the energy that makes up the "trust or "faith" in the mental-emotional state of the human is life itself, which is a trust-less/ faith-less quality. Life has no outside observer, trusting it or not, everything is within it. In essence all there is, is our senses happening in this very moment. When one goes towards a person then it is simply because there is a draw that has no expectations attached. When we move away it is another energetic experience that pushes away. But there is no requirement in any of this for trust or faith or a belief-in. All of that stems from wanting there to be something, expectation and the duality of "me" and "you". The whole of life is a sea of energy, everything is one. There is no separation and as such any form of conclusion about there being trust comes fundamentally from a misperceived reality.

There is a cycle of trusting and mistrusting, or gaining faith and losing faith, of hoping and losing hope. In each death of the belief as it is lost at the root there is a realization that trust, faith and belief always fall short of reality, are always a disguise that we have created because of our firm and entrenched belief that we are separate from one another. It isn't that we need to trust each other or that we need to try to find ways of gaining trust or faith and not losing it, but rather that when there is a realization or there being no need for concepts such as trust, faith or belief this simply takes us to what there is right this moment, as it is, without the addition of expectation or the want for anything to be other than what is.

In this moment the senses are wide open and nature takes over. This occurs without judgment and simply responds to what is happening from total innocence of expression, in the same way a child or an animal would respond. Trust is a reaction from a blind faith in the illusion of "self". From outside this narrow box there is no-one and no-thing to trust, or not.

David Nassim  
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