

## Turquoise: Trust

by John and Micki Baumann

**Turquoise** is found in the southwestern part of the U.S. and is a familiar stone to many. It is sky-blue or greenish-blue in color. Since copper is one of the components of turquoise, it is no surprise that turquoise is often found near copper deposits, and is sometimes mined along with copper. Turquoise has been prized for centuries by Native Americans for decoration and jewelry making, and has been widely used by medicine men as a sacred stone.

The vibrations emanating from the crystalline structure of **Turquoise** interact with your personal energy in a way that strengthens the ability to **Trust**. Trust is having confidence in someone's intentions, and in his ability to carry out those intentions. It is believing in his motivation and competence, that he will do what he says he is going to do. Whenever you trust someone, you extend yourself to that person. This makes you vulnerable in an emotional sense, since you place yourself in a position to be hurt if it turns out that he is not trustworthy. It takes self-confidence to be comfortable about trusting someone and going out on an emotional limb for him in this way.

Trust has both a *doing* side and a *knowing* side. The *doing* side is being able to actually place your trust in a person or situation. The *knowing* side is recognizing what is trustworthy in life, that is, knowing what you can trust, both in yourself and in others. These two aspects of trust work together as two sides of the same duality. This means that as you develop the ability to recognize when someone is trustworthy, you also increase the ability to trust in general.

As you grow and develop your ability to trust, you must learn to use it wisely. Just because you have a strong ability to trust, does not mean you trust everyone to that extent. It would be foolish to trust everyone to the limit of your ability to trust. There is great wisdom in knowing who to trust, and who not to trust in any circumstance.

The ability to trust often seems almost instinctual. But it is not really instinct. It is a decision-making process regarding trustworthiness that occurs very rapidly at an almost subconscious level. If someone is trustworthy, he will always be at least adequately competent to do what you are trusting him to do, and his motivation for doing it will be what he shows it to be. If either of these things is not true, then he is not trustworthy in that particular area.

Being able to trust means trusting yourself as well as others. Trusting yourself gives you the ability to make decisions. If you don't feel you can trust yourself, you will always have difficulty making decisions.

If you are not good at trusting, you tend to be suspicious of people, and you find it difficult to take them at face value. You have trouble knowing who you can trust because you are not good at estimating a person's integrity, his reliability, or his dedication to what you are trusting him to do. You also have trouble trusting yourself in these areas, and you tend to be suspicious of your own abilities because you are unsure of them.



### Expanding the Ability to Trust

If you have trouble trusting yourself or others, work at changing your outlook in a couple of areas. Whenever you set out to do something, consider doing it in the most reliable and dependable way you can. By consistently operating in this way, you will begin to feel more confident in your ability to do things well, and you will start to trust yourself more.

Another way to develop trust is to practice standing behind your principles, and be strong in supporting what you believe is right. This will increase your ability to recognize integrity, both in yourself and in others, and become more aware of the fact that you can only trust people to the extent they are incorruptible and refuse to compromise their principles.

In addition, in deciding when to trust, practice judging how certain you are about a person or situation. Assess how complete your information is. This will help you recognize what you know to be true, and what you are only guessing at, and will improve your ability to make sound and informed judgements. If you become good at judging the likelihood of something being true or real, you will also become better at knowing who to trust, and when.

**Bonuses:** When you trust someone, you will invariably find that you also like him. You don't trust people you don't like. The surprise is that when you trust someone, it follows almost automatically that he also starts to like you better. From the other person's point of view, you empower him by trusting him. He knows he can count on you to trust him, and this draws him to you.

By learning to increase your ability to trust, you not only become better at trusting yourself and others, but you also become better at recognizing who and what is trustworthy in life.