



## Trust – Walking the Talk

By Denise Miller

Developing trust is like a deep lake that is beginning to freeze over. First when the weather gets cold, you feel very safe walking in the mud that used to suck at your boots. Then the waters edge grows firm enough to support you.

That is what it is like when you begin to trust that you and your creator manifest each day and that you are totally responsible for everything that occurs to you. You notice that suddenly you are easily doing something that would have been a real stretch last year. You notice that fears that dictated your life last year are gone. Certain people that used to push your buttons can't even find them anymore. You have grown. Your trust has grown. And so you step out a little further onto the ice. Yes, this world is here to support you however you choose.

There is a story I heard about a woman who had a cat named Oreo. Oreo would cry plaintively at the door to get in and then when the door was opened the cat would stay out and peer inside, mistrustful of a safe welcome. The cat's owner would often speak to the cat, encouraging it to come in. Saying things like –I've always been here for you, - I've never mistreated you. I care for you, pet you, feed you and love you. How can you not trust that? Why don't you step into this safe home fearlessly? After the cat had made up it's mind the owner can remember thinking "Who other than I would sit with such great patience waiting out useless and groundless fears?"

When she asked the question someone came to her mind. An image of whatever she pictured the Creator looking like standing at the door to the universe, waiting for us to step out of fear and into our glorious new life where everything is possible. "What are they so afraid of?" the creator might wonder. "Haven't I ever only given them total love and support in perfect balance with what they are willing to receive?"

That support is always there. We are only able to step out onto the ice as far as our trust will carry us. Remember also that even though you are only able to step out so far, that the ice is also freezing in from all around the lake. That is the universe and the creator reaching out for you.

Last year I was in a school in Slave Lake and after the storytelling session a teacher approached me and recommended that I look into grouse's pouch stories. I wrote that down and when I was home I looked it up on the internet and found part of a thesis by a man named Ian Sewall. It was very interesting and so I called the U of A department where the website originated, only to find that they had no forwarding address for him. So I let that idea go and it floated away.

A few months later I was at Beaverlodge at the beginning of a tour. After one of my concerts that day a teacher approached me and said “You really should meet Ian Sewall” I replied that I would love to but had no idea where to find him. So he wrote down the phone number and gave it to me. Wow, I thought. Synchronicity is so cool! I phoned him that night, he was expecting long distance call and could he call me later? Certainly I replied.

The next day was my last day in the Grande Prairie area and I was heading to Peace River to present a workshop to Residential School survivors and their children. When I book a workshop dealing with healing like this I look at the issues at hand. This time I felt that the prime issue would be forgiveness. This healing would be the focus of my intention and the focus of the workshop. I had a lot of activities and great stories to tell, but I lacked a really powerful story on forgiveness.

After I got back to the hotel the next day Ian Sewall phoned. The first thing he asked me to do was to help him out. He and his wife had a bet that I was to help them decide. “Betty thinks you’re from Amway, but I think it’s about storytelling” he said. Once I had confirmed that he had won the bet, he invited me out to their place for supper the next day. I told him regretfully that I was leaving tomorrow for Peace River. That’s when he told me that he lives in Dunvegan – on the way from Grande Prairie to Peace River. More lovely synchronicity!

I arrived and we had a glorious evening. So many wonderful stories exchanged. I told him my dilemma regarding the story that I needed for the next day. We walked around their land which overlooks the mighty Peace River itself. There were new calves and baby chicks and spring was in the air. When it was finally time for me to leave, he told me that there was a story that had been given to him by an elder and that he would like to pass it on to me.

I took that story with much gratitude and told it to the people at the healing workshop the next day. On that road trip to Peace River I was never really worried. I somehow knew that I was ready and that the story would arrive when it was needed. So as I learn to trust myself and to trust the Creator life becomes so much easier and so much more fun!

**For information or bookings call or email:  
1-877-905-7404    Denise@SwanSong.ca    www.SwanSong.ca**