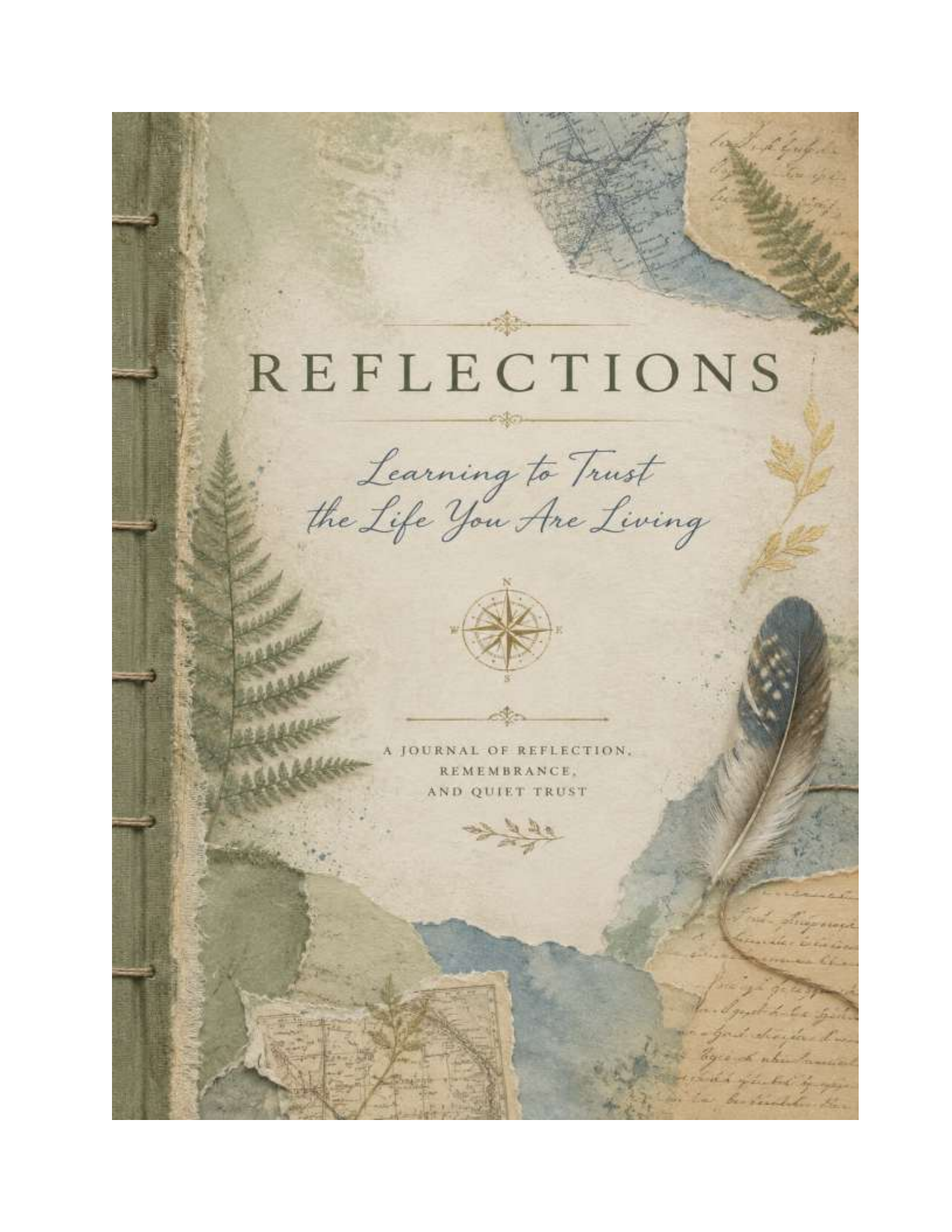




REFLECTIONS

*Learning to Trust
the Life You Are Living*



A JOURNAL OF REFLECTION,
REMEMBRANCE,
AND QUIET TRUST

I wonder...

There are times in life when
the path ahead seems
beautifully clear.

And then there are times
when it simply disappears.

We look for signs.
We ask for answers.
We wonder if the choices
we have made were the right ones.

Sometimes we try to see farther
down the road than life is
willing to show us.

Perhaps that is where
trust begins.

*Do you trust where
your life is taking you?*

PAGE TWO



I wonder...



There are times when the path ahead
seems beautifully clear.

And then there are times
when it simply disappears.

We look for signs.
We ask for answers.

But perhaps we forget something.

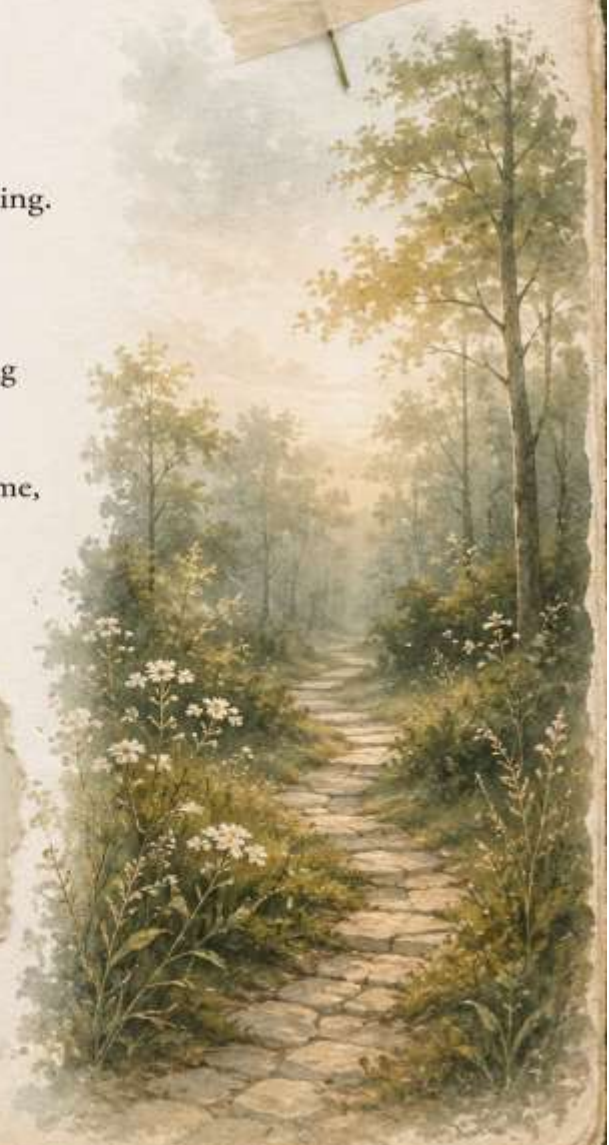
We have been here before.
Not on this exact road,
but in that place of not knowing
what comes next.

And somehow, one step at a time,
we found our way.

Perhaps trust begins there.



*Do I trust where
my life is taking me?*



PAGE THREE

Life often speaks in whispers.

A quiet knowing.

A gentle nudge.

A conversation that arrives
at just the right moment.

A door that seems to open
with ease.

Reiki reminds us that guidance
does not always arrive as a clear answer.

Sometimes it is simply a feeling that says,

Look here.

Notice this.

Take this next step.

Perhaps you do not need to know
where the whole path is leading.
Perhaps, for today, this is enough.

I wonder...

What might these quiet signs
be showing me?



PAGE FOUR



You knew what you knew then.



Sometimes we look back at a choice
and wonder if we should have
chosen differently.

But perhaps you do not need
to judge the person you were.

You listened.

You considered.

You followed what you knew
in that moment.

And life continued to unfold.

Perhaps trust is not knowing
that every choice was perfect.

Perhaps it is knowing that
you can trust yourself from here.

I wonder...



Can I trust myself, even when
I cannot yet see where I am going?



PAGE FIVE

Divine Time, not my time.

There have been times when
I wanted an answer now.

A direction.
A change.
A door to open.

And Reiki quietly reminded me:

*It will happen in
Divine Time, not your time.*

Perhaps trust is remembering that
Divine Timing sees what I cannot.

I may feel ready.

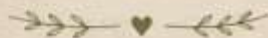
And still, there may be pieces
moving into place beyond
what I can see.



I wonder...



Can I trust that Divine Timing
knows when the time is truly right?



PAGE SIX



Let it go. Come back to now.

There are times when we have asked,
listened, and done what we know to do.

Then perhaps our next step is to let go.

Not because we no longer care.
But because we trust.

We allow Divine Timing to hold
what we cannot control,
while we return our attention to
the life that is here.

This moment.
This day.
This beautiful piece of life
already unfolding.



I wonder...

What is here for me now?



Learning to live from knowing.

There is a place within us that knows.

It does not always explain itself
or offer proof.

Sometimes it is simply a
quiet sense of *yes*.

And later, when what we have been
sensing finally appears, we recognize
something.

I knew.

Even when I questioned it.
Even when I wasn't certain how.
Some part of me *knew*.

Perhaps learning to trust our lives
begins with honoring that knowing.

I wonder...

What do I already know?

*There is
a quiet
knowing
within.*



M	T	W	T	F	S	S
		1	2	3	4	4
7	8	9	10	11		
14	15	16	17	18		
21	22	23	24	25		
28	29	30	31			

trust.

*I knew
even when
I doubted
myself.*



*The knowing
was not wrong.*

Sometimes I have followed a knowing
with absolute certainty.
And then life unfolded very differently
than I expected.

I wondered:

How did I get that so wrong?

But with time, I could see that I hadn't.
The knowing was right.

My understanding of it
simply wasn't complete yet.

Sometimes we are given only
the piece of knowing we need
to take the next step.

The rest reveals itself
when we are ready to see it.

I wonder...

Can I trust what I know,
even when I don't yet
understand what it means?

*I didn't have
the full knowing
yet.*

*Time and
experience
revealed what
I was not ready
to see.*



*Making peace
with what is.*

Sometimes life unfolds in a way
I would not have chosen.

I can wish it were different.
I can know what I would have preferred.

But when I continue to fight against what is,
I create suffering for myself.

Acceptance does not mean I agree.
It means I choose to stop pushing upstream.

I release the struggle.
And in that release, I give myself
a beautiful gift:

Peace.

I wonder...

What am I ready
to stop fighting
and make peace with?

*I stop fighting
what is
so I can
flow with
what is here.*



Returning to Coherence

There are moments when I can feel myself
pushing against life.

Wanting something to change.
Wanting someone to be different.
Wanting an answer I do not yet have.

Reiki does not have to change what is
happening around me.

It changes what is happening *within me*.

As I breathe, receive, and let go,
Reiki helps me return to balance and
coherence.

The struggle begins to loosen.
I stop pushing upstream.
And I remember the peace that was
there beneath it.

I wonder...

What changes when
I return to my center?

Reiki brings me
home to myself.



*The secret art of
inviting happiness.*



Perhaps happiness is not something
I have to chase.

Perhaps I invite it each time
I return to balance.
Each time I release what I cannot control.
Each time I make peace with what is.

Reiki reminds me that I can
return again and again.

Not to a perfect life.
But to a place within myself
where life no longer has to be perfect
for me to be at peace.

From that peaceful place,
happiness can gently find its way in.
It is already here.
I only need to invite it.

I wonder...



What am I inviting
into my life today?



*Peace is my
natural state.
Happiness is
always welcome
when I open
my heart.*



*This... or
something better.*



It is okay to have a picture of how I hope
something will unfold.

Reiki has taught me simply not to hold
that picture too tightly.

There may be another way.

And "something better" does not
always mean something easier.

Sometimes the unexpected path brings
growth, understanding, healing, or a
lesson my soul is ready to receive.

I can hold my hopes gently...
while leaving room for life to
surprise me.

I wonder...



Can I hold what I hope for
while remaining open to
something I cannot yet
imagine?



*It could be that
picture.
Or it could be
something better
in ways I cannot
yet imagine.*



PAGE THIRTEEN



*What if
I simply receive?*



Sometimes the next step is
not something I need to do.

Sometimes life is trying to
give something to me.

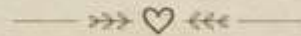
An opportunity.
A kindness.
Support.
Love.

Reiki has taught me that
receiving is an openness.

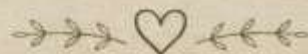
A willingness to allow something
good to arrive without deciding
how it should look or where it
should come from.

Perhaps I can simply
open my hands.

I wonder...



What am I ready
to receive?



PAGE FOURTEEN



*I do not have to
do it all myself.*



Sometimes what I need
arrives through someone else.

A helping hand.
A kind word.
An unexpected offer.
Someone appearing at just
the right time.

Reiki has taught me that allowing
myself to receive support is also
an act of trust.

I do not have to know how
everything will work out.

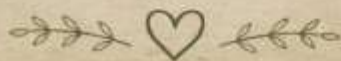
Sometimes I only need to
recognize when life is reaching
toward me...

and let myself say *yes*.



I wonder...

Where is life trying
to support me?



PAGE FIFTEEN



*I have learned
to trust myself.*



Perhaps trust did not arrive
all at once.

It grew quietly.

Each time I listened to a knowing.
Each time I followed a breadcrumb.
Each time I released what I could
not control.

Each time I made peace with
what was.

Reiki has been beside me
through all of it, gently
bringing me back to myself.

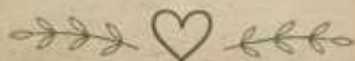
And perhaps I can see now—

*I have been learning
to trust myself all along.*

I wonder...



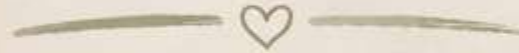
Where do I trust myself
more than I once did?



PAGE SIXTEEN



I have what I need.



Perhaps I still cannot see
the whole path.

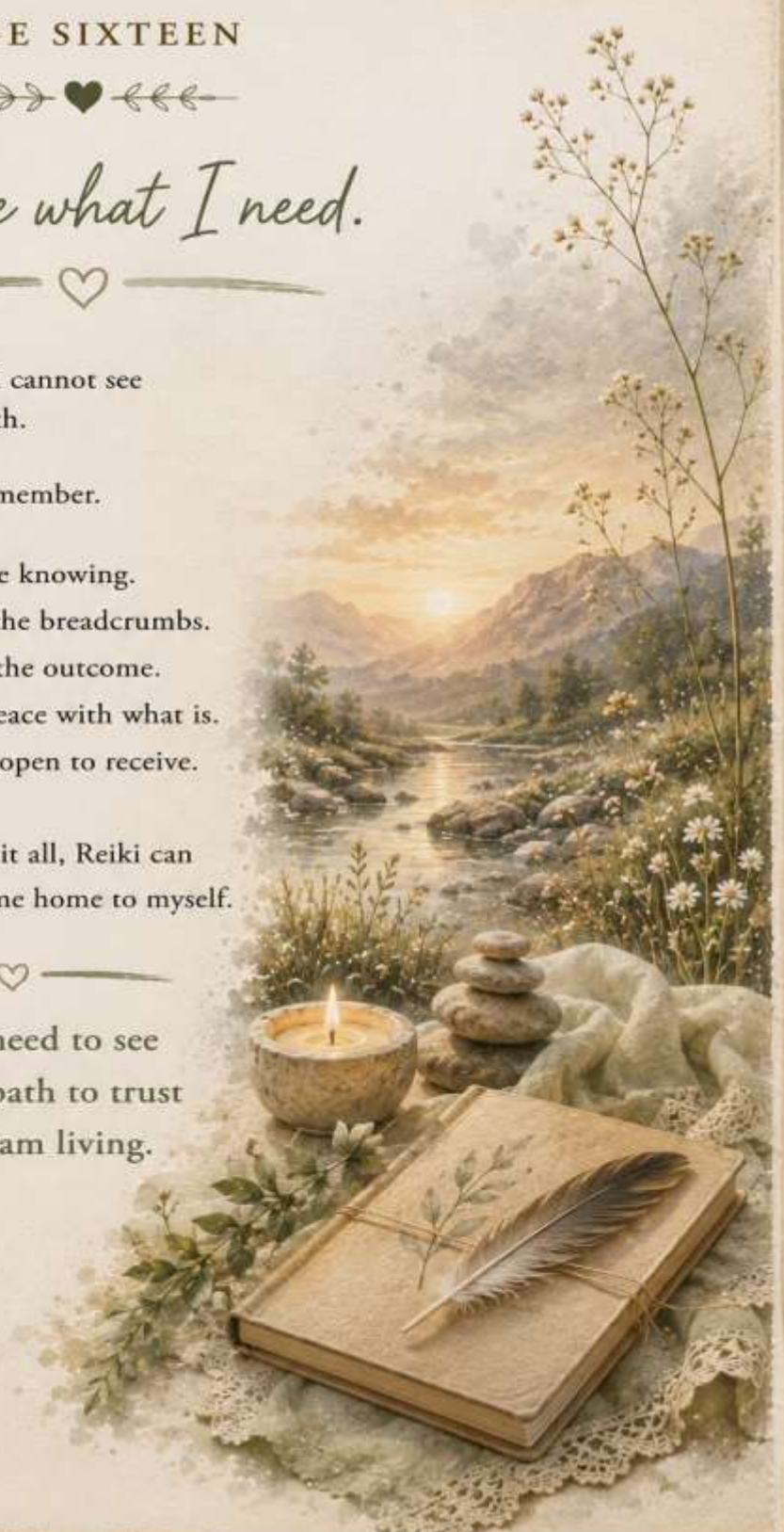
But now I remember.

I can trust the knowing.
I can follow the breadcrumbs.
I can release the outcome.
I can make peace with what is.
I can remain open to receive.

And through it all, Reiki can
gently bring me home to myself.



I do not need to see
the whole path to trust
the life I am living.



PAGE SEVENTEEN



And so I ask myself again...



*Do I trust where my
life is taking me?*



Perhaps I still cannot see what lies ahead.
I don't need to.

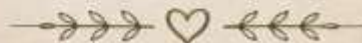
- ♥ I can listen.
- ♥ I can trust.
- ♥ I can receive.
- ♥ I can let life unfold.

Reiki reminds me
that I am never walking alone.



There is wisdom within me.
There is guidance around me.
And there is a greater unfolding
I do not need to understand to trust.

*I am learning to trust
the life I am living.*



*Breathe.
Listen.
Trust.
Receive.
Be.*



PAGE EIGHTEEN



Mikao Usui called Reiki

"The Secret Art of Inviting Happiness."



Perhaps, in the end,
trust is part of that secret.

Trusting the knowing.
Trusting Divine Timing.

Trusting what is.
Trusting what comes.

*And trusting
the life I am living.*



The Secret Art of Inviting Happiness.





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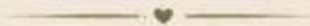
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