

# How to Find Peace with Uncertainty



***“There is only one thing for us to do, and that is to do our level best right where we are every day of our lives; To use our best judgment, and then to trust the rest to that Power which holds the forces of the universe in his hands.” ~Orison Swett Marden***

## **Trusting the Universe Has Your Back**

One of the Four Agreements by Don Miguel Ruiz was to ‘do your best’ in every moment. It’s a great philosophy to practice. Always do your best and make sure you’re following your highest excitement – which simply means you have no resistance to what you are doing, and in most cases, you are actually having fun with what you are doing (singing while cleaning the toilet type stuff or getting excited about the lunch you just made).

Another key aspect to having a great life is to dream big and take action where you can. However, this does not mean that

you have to manipulate or control every step of your journey. There is a huge facet of 'letting go' involved.

Sometimes we think we have to be in charge of every minute detail but that only gets you bogged down and farther from realizing your dream.

### **Why?**

This happens because, in my experience, you only think you know how to get somewhere or how you want something to play out. In fact, you only have one tiny graphic or mental picture of what your dream is. The Universe (or quantum field/Higher Intelligence, etc) holds the blueprint and has the birds-eye view of what is going on. You, on the ground level, only perceive what is necessary.

Your job, ergo, is to take whatever action you can and then ALLOW for the Universe to do the rest. This hardly ever looks like what we visualize because we are usually directed to something even greater than our little pea-brain can conceive.

However, if we want to insist that the pea-brain version is what we want, we will limit ourselves and our manifesting prowess.

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### **Result: Uncertainty Rules!**

Don't sweat the small stuff. If you've dreamed up something wonderful and you've taken appropriate action to tell the Universe you mean business, then relax. Even if what you wanted doesn't happen in the way you think, it could be ushering you to something even better.

Uncertainty can be pretty cool. When you feel uncertain, play a game: see if you can get really excited about the unknown because you know the more positivity and expectation you

inject into your future, the more you're going to get out of it.

And when you think that way, you open up to receive so much more great stuff. Remember to inject gratitude even into the 'future' so that you can just snow-ball and enjoy the way your life unfolds. Be in awe when things go even better than you think.

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