

# THE TRUST FREQUENCY

## TEN ASSUMPTIONS FOR A NEW PARADIGM

**Definitions - Assumption:** A core belief which we take to be true without question. **Paradigm:** A set of agreed-upon assumptions which create a consensus reality. **Humanity:** A collection of divine, autonomous, sovereign beings who have chosen to incarnate on Earth to learn and grow on their soul's journey to wholeness, each with an individual purpose and a unique gift. **Love:** The fundamental unifying and creative force of the Universe. **Frequency:** The vibratory "rate" that determines the characteristics of a particular reality. There is a wide range of frequencies, each with its own reality and its own distinct laws. **The Trust Frequency:** Where the soul's destiny awaits, with more abundance, balance, freedom and joy than we can fathom. Where the true nature of the Universe is experienced. **Free Will:** The right to choose one's frequency. **Circumstance:** The seemingly uncontrollable outward events that influence our decisions. **Consciousness:** Universal Consciousness: The primordial life energy of the Universe. Human Consciousness: The active and passive phenomena of Awareness, Assumption, Attitude, Attention, Alignment, Action and Allowing - which determine our frequency. **The Universe:** All-That-Is, both manifest and un-manifest, also known as God, Creator, Atman, and so on. We call IT the Conscious Loving Universe.

## THE TEN ASSUMPTIONS

1. WE LIVE IN A CONSCIOUS, LOVING UNIVERSE. THERE IS ONLY LOVE.
2. THE UNIVERSE LOVES US UNCONDITIONALLY. IT GIVES US EVERYTHING WE ASK FOR.
3. WE CREATE REALITY BY THE POWER OF OUR CONSCIOUSNESS.
4. THE 7 A'S: AWARENESS, ASSUMPTION, ATTITUDE, ATTENTION, ALIGNMENT, ACTION AND ALLOWING DETERMINE OUR FREQUENCY AND ARE OUR REQUESTS TO THE UNIVERSE.
5. FREE WILL IS AN ABSOLUTE LAW OF THE UNIVERSE. WE HAVE THE FREEDOM TO CHOOSE OUR FREQUENCY. WE ARE MASTERS OF OUR OWN DESTINY.
6. CIRCUMSTANCE GUIDES US ON OUR JOURNEY TO WHOLENESS.
7. THERE IS ONLY NOW, THIS PRECIOUS PRESENT MOMENT. LIVING TRUSTINGLY IN THE NOW WE EXPERIENCE THE TRUE NATURE OF THE UNIVERSE.
8. ALL OF CREATION IS ONE. SEPARATION IS A MAN-MADE ILLUSION. WE ARE THE CONSCIOUS LOVING UNIVERSE.
9. HUMANITY IS ON AN EVOLUTIONARY UPWARD SPIRAL LEADING INEXORABLY TO A HIGHER REALITY, THE TRUST FREQUENCY - "HEAVEN-ON-EARTH."
10. THE TRUST FREQUENCY IS A REAL PLACE OF UNFATHOMABLE JOY, PEACE AND ABUNDANCE THAT IS FREELY AVAILABLE TO ANYONE, ANYWHERE, ANYTIME.

THESE ASSUMPTIONS GIVE CLUE TO ALIGNING ONE'S LIFE WITH THE ABUNDANT, JOYFUL, NATURE OF THE UNIVERSE .

**Based on the book/workshop: *The Trust Frequency: 10 Assumptions for a New Paradigm* by Andrew Cameron Bailey & Connie Baxter Marlow [www.TheTrustFrequency.net](http://www.TheTrustFrequency.net) TRUST@TheTrustFrequency.net**