


SLOW DOWN & TUNE IN



MODULE NINE  
TRUST THE UNIVERSE & THE  
DIVINE PLANE

A person is sitting on a round, light-colored woven rug on a wooden floor. They are wearing blue denim jeans with a tear at the knee and a grey top. In the background, there is a white bed with a white lace blanket and a patterned pillow. The scene is brightly lit, suggesting a daytime setting in a bedroom.

**“TRUST THE TIMING OF LIFE AND  
BE PATIENT. THE UNIVERSE  
CONSPIRES TO BRING YOU  
EVERYTHING YOU NEED AT THE  
RIGHT TIME AND REMOVES THE  
THINGS YOU DON’T NEED. HAVE  
FAITH THAT EVERYTHING IS  
HAPPENING FOR YOU AND EVERY  
WRONG THING CAN LEAD YOU TO  
THE RIGHT THING.”**

*Osho*

# MODULE NINE

## TRUST THE UNIVERSE & THE DIVINE PLAN

Welcome to your next module in Slow Down & Tune In.

In this module, we will be exploring what it means to practise trust and to trust in the divine plan, how to navigate periods of unknown and uncertainty, and how to co-create your life with the Universe so you will always feel supported, held and guided.

### **In this class, we will cover:**

- + What it means to practise trust.
- + Why trusting will often require you to look within yourself and disregard what you see with your eyes.
- + How to place your faith in what you feel and know within.
- + The role of trust in manifesting.
- + Why practising trust will often require you to take risks and step into the unknown.
- + How to balance action with surrender.
- + Understanding the divine plan and how to balance it with your plan.
- + Why we sometimes experience roadblocks, challenges, delays or things not working out.
- + How to find the divine lesson, learning or growth opportunity in your life experiences.
- + How to manifest what you desire through energy, not just action.
- + How to trust and believe that life and the Universe is supporting you.

### **Tips for working through this workbook:**

- + I suggest watching the video classes before you dive into the workbook.
- + The questions in this workbook are designed to take you deeper into the course content and help you apply it to your life and personal situation.
- + You can complete this workbook by 1) Typing directly into the PDF document or 2) Printing out your workbook and completing by hand or 3) Writing the questions in your journal and answering them in there.
- + Do not feel obligated to answer all of the questions or complete the workbooks in full. It is more than fine to leave questions that do not resonate.

MODULE NINE

Where are you facing the unknown or uncertainty at the moment?

What feelings has this been triggering in you?



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What are you most afraid will happen? What are you worried about or what is your worst case scenario?

In what ways has your mind been wanting to take over and get in control in order to help you feel safe?

MODULE NINE

What is your inner guidance saying to you about this situation?

What would practising trust in this situation look like?

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In what way are you being asked to release your plan and surrender to and trust in the divine plan in this situation?

In what way can you see that this divine plan might be guiding you to what is truly right for you?

 **MODULE NINE** 

Think about a time from your past where things didn't unfold according to your plan yet they still worked out as they were meant too. Describe what happened below.

In what way can you look back now and see that through your plan not working out, life was guiding you to something better? What did it guide you too?



Which practices from today's module would you like to integrate or focus on this week?

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A person is sitting on a round, light-colored woven rug on a wooden floor. They are wearing blue denim jeans with a tear at the knee and a grey top. In the background, there is a white wooden bench with a white crocheted blanket and a patterned blanket. The scene is bright and cozy.

**WELL DONE! YOU HAVE  
COMPLETED MODULE NINE.**

**SHARE YOUR EXPERIENCES:**

Come on over to our [Facebook community](#) and share about your insights, realisations, learnings or practices from this week.



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