

### **THE DIFFERENCE BETWEEN BELIEF AND TRUST**

*And the difference between belief and trust is simple. I am not talking about the dictionary meaning of the words -- in the dictionary it may be so: belief means trust, trust means faith, faith means belief -- I am talking about existence. In an existential way belief is borrowed, trust is yours. Belief you believe in but doubt exists just underneath. Trust has no doubt element in it; it is simply devoid of doubt. Belief creates a division in you: a part of your mind believes, a part of your mind denies. Trust is a unity in your being, your totality.*

*But how can your totality trust unless you have experienced it? The God of Jesus won't do, the God of my experience won't do for you, the God of Buddha's experience won't do -- it has to be your experience. And if you carry beliefs you will come again and again to experiences which don't fit the belief, and then there is the tendency of the mind not to see those experiences, not to take note of them because they are very disturbing. They destroy your belief and you want to cling to your belief. Then you become more and more blind to life -- belief becomes a blindfold on the eyes.*

***Trust opens the eyes; trust has nothing to lose.***

*Trust means whatsoever is real is real -- "I can put my desires and wishes aside, they don't make any difference to reality. They can only distract my mind from reality."*

*If you have a belief and you come against an experience which the belief says is not possible, or, the experience is such that you have to drop the belief, what are you going to choose -- the belief or the experience? The tendency of the mind is to choose the belief, to forget about the experience. That's how you have been missing many opportunities when God has knocked at your door.*