

ON WHOLE HUMAN WEBSITE

# BEING A WHOLE HUMAN



'SOUL' - diverse perspectives on the soul

TRUST TECHNIQUE BY JAMES FRENCH - YOUTUBE HOME  
<https://youtube.com/c/JamesFrenchTT>

TRUST TECHNIQUE WEBSITE  
<https://trust-technique.com/>

PDFS TO DOWNLOAD FREELY

January 10, 2023

*The revision date is the version number.*

## DESCRIPTION

The Trust Technique cultivates felt connection with oneself and others (including animals) by reducing thinking and sharing the present moment. It is based on the theory that deepening the connection between humans and animals can transform the lives of both.

It uses mindfulness and focused presence techniques as a basis for resolving problems for humans and pets or other animals.

Daily practice of the Trust Technique creates a shared peace of mind and reduces anxious over-thinking, one of the main causes for so-called "behavioural problems".

This dynamic approach does not objectify animals, but rather recognises all animals as sentient beings and transcends an unhealthy approach of dominance or control.

It promotes trusted cooperation, which leads to healing and communication that manifests in shared well-being.

## GARY'S OBSERVATIONS AND NOTES FROM 'THE TRUST TECHNIQUE' COURSE (A-Z)

A condition is how we leave a memory.

A still mind nurtures trust.

As soon as we make judgments, it gives permission to blame.

Connection is stronger than control.

Courage is having fear and doing anyway. It still contains fear.

Creative communication requires the ability to listen.

Emotions at the time of decision-making ultimately will bring more of that feeling into one's life.

Environment influences behavior.

Emotions - G, stops connection. Just over-thinking (and inner tension from stored emotions - G, stops connection.

Fast change happens by slowing down.

Fear of the known and unknown creates high levels of brain-processed thinking.

Feeling is our main source of communication.

Feeling listening, not intellect listening.

Intuitive feeling is being sensitive to each other's feelings.

It is a stunning dance that leads to a peaceful state of being.

Just Let Go equation: acknowledgement + acceptance - thinking = Let Go.

Mindful Regard is not just getting present, it is working with focused presence, which is reducing feelings whilst holding a deep listening state.

Non-reaction is a state of acceptance. Reduce high thinking levels at the moment of reaction.

Non-thinking supports a state of inner peace. A still mind nurtures trust.

Peace and un-peace cannot exist in the same space, so it is letting go of the un-peace.

Peace is always stronger than emotion.

Perceptions are based on how we feel. Change the feeling and it will change the perception to one with a more authentic outcome.

Realization learning reduces high thinking levels at the moment of reaction.

Reduce intellectual thinking levels, increase present moment awareness and intuitive feeling levels, and enjoy peace of mind.

Reduce thinking levels to stimulate self-learning.

Relating to oneself and others from a powerful place of peace of mind.

Right Now, Be Peaceful.

Sensitive gets transformed to sensitive-positive.

Strength comes from patience and persistence in a non-reactive state.

Teach trust and confidence which lead to a deep state of connection and cooperation.

The 'spirit of cooperation' is the voluntary arrangement in which two or more entities engage in a mutually beneficial exchange (or work towards a common end) instead of competing.

The more we think, the more disconnected we become. The less we think, the more connected we become.

The opinion of an animal we're working with comes before our agenda in The Trust Technique.

The 'other' experiences someone supporting and connecting with them, they feel accepted, listened to, understood and connected.

The peaceful feeling is being delivered at the pace of the other, which is compassion.

There's a big difference between thoughts and thinking. Thinking is processing and produces feeling (emotions).

There is a gap between how people say they feel about animals and how they treat them.

Thoughts are like bubbles floating through which can be acknowledged and dismissed.

Trust and connection are cultivated by being deeply peaceful, and delivering that peace with focused presence.

We create a feeling of trust in ourselves, and then share it with others.

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We need a wiser understanding that values trust over fear motivation.  
Whereas, when we're peaceful, it creates actions that do not contain fear. This makes a much stronger and more authentic learning environment.  
Working at another being's pace is compassion.  
Your mind is down, and you are leading into a peaceful state where you can feel each other.

"Making present moment stronger I believe was in the introduction course. Messages of Trust. Some people find it helpful to focus on a spot (visual) - listen to a steady noise like an air conditioner (hearing) - and be aware of the chair underneath you or clothing on skin (feeling). All bring focus to the body which is always right here, right now." - forum response by Cheryl

### Some Musings and Takeaways by Gary (Questions for the Higher Self)

#### Messages Of Trust Healing Energy Resources - MOTHER

November 30, 2022

In 2013, after returning to the States from a harrowing time on the Canaries, my partner and I had an appointment to be interviewed for the position of live-in houseparents. The interview was over 200 miles away and a robbery had impacted our finances to the point of questioning the cost of the drive. The evening before, I asked Higher Self for a message. That night in a dream, I was running on the bank alongside a kayaker in the river, who kept repeating '3539'.

The numbers meant nothing to us, the organization was very private about such things, and on the drive we kept looking for a connection but found none. The director who interviewed us turned out to be open minded, and I mentioned the dream. He was quiet but invited us to lunch and to see the house for the position. After lunch, he drove ahead, down a long driveway then stopped at the gate and got out. He said, 'I wasn't sure, but look at the house number.' It was 3539.

So I can trust messages from the Higher Self and that our time with the organization had a higher purpose. I called it not a job but a life assignment. Recently I made notes from current questions. The raw notes and inner responses that developed follow.

December 1, 2022

Desires lead humans into experiences. If I may speak for us from observation, oftentimes we realize the experiences are not what we want, but they always give us opportunities for learning. The journey for me is not about accomplishment or any measurement generally applied by society, but about applying the learning to my whole human evolution. If there's anything to take with me after this lifetime it would be some type of soul advancement. Here and now, it might not do much for outer comforts but my inner life is enriched.

#### Questions and Initial Notes

Peace and un-peace cannot co-exist. How can I be free of un-peace?  
The body anchors me in the present moment, yet thinking blocks my experience of it.  
If peace is blocked by over-thinking (and I add, stored inner tension from a lifetime of stress emotions), how can those barriers be removed?  
How can I ever be a constant sun of peace?  
How can I shift from intellectual thinking to living from pure awareness?  
Will simply lowering my thinking levels help another person enter the trust state?  
Can a mind habituated to overthinking learn to remain calm in formerly stressful situations?

#### Further Developed Notes

*Peace and unpeace cannot co-exist in a person. Un-peaceful thoughts can come in each moment.*

In each moment, I ask myself, 'which will I serve, peace or un-peace?' In each moment I have a choice to let the un-peaceful thought go, and be peaceful — or hang onto it and be un-peaceful.

Stored trauma can bring up un-peaceful thoughts or emotions which may not be immediately recognized because it manifests as numbness, contraction or other less identifiable sensations. So the work goes deeper, with greater sensitivity to the subtle. Just making the unconscious conscious can allow trapped un-peace to be freed.

A person may have a greater baseline of un-peace but with focused energy, the baseline can be shifted to ever-greater inner peace. The more I love and value inner peace above the un-peace of the world, the stronger will be the baseline of peace in my experience.

Present Moment ➡ Peace of Mind ➡ Pure Awareness

#### BITS FROM THE TT FORUM

##### Gary

Over the weekend, whilst practicing the technique for humans to get present, the thought bubble floated through to create a book ■ at least from 'Messages of Trust'. I am an experienced editor, have some creative ideas from my involvement with the Cardano blockchain community, and a purpose of this type could help me get through the challenging environment on the Azores this winter.

I wrote to the TT team and asked if there was openness for a conversation about it, in the spirit of cooperation. The response wasn't too surprising, that due to copyright © and other considerations, ancillary materials of this type are not in their scope. I practice having no expectations so had no disappointment. At their request, I removed the PDF and specific steps from my website. I was encouraged to share my personal experiences here (the TT forum), which I am glad to do, and that can be therapeutic as well.

##### Gary

In the spirit of sharing, and also as a type of journaling for my benefit, the essence of the Trust Technique applies for me across the spectrum of daily life. So far, there's not been opportunity

to apply it with the animals in my life due to circumstances which become complicated to describe. Simply, it feels that becoming more integrated with the essence myself is primary before attempting much with others. I'm also probably more motivated to develop an interpretation of the essence which can be applied effectively to all humans, as that seems to be the greatest and most urgent need.

It brings to mind a story from my experience. There are many sub-stories which fit with it, maybe to be told another time. In 2013-2014, my partner and I were live-in houseparents for six at-risk teenaged boys within an organization in the Bay area. The boys had to have gotten into deep trouble to be in the program which was run by therapists and funded by the state.

Over the course of time we came to see the larger view, which wasn't aligned with the program agenda. Also, the more parents or guardians we met, the more I realized that who most needed help were the adults even more than the boys. The boys really had no choice, and the adults weren't ready to face their own issues. But just this little snippet relates to how I feel about the TT course. Even after most of my 69 years of working on myself inspired by a passion for whole human evolution, I still feel the gap between what I know to be true and how I react in relationship situations. So, integrating myself with the essence of the Trust Technique comes first. I'm sure that as this happens, Valente, the strays we feed, and others will benefit as well on the journey towards a deeper trust relationship. Thank you for reading ☺

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**HOW TO STOP THINKING**

by Barry Long

<https://youtu.be/zekRtrwO4q8>

"Barry Long demonstrates that nearly all thinking is unnecessary; enables you to separate from habitual thought and worry. The ten lessons on this extraordinary recording undermine the thinker in you, to free your pure awareness."

For more information visit <http://www.barrylong.org>

(Note from Gary: some but not all of this resonates. As always, discernment is recommended.)

**WHOLE HUMAN POSTS ON MAN-ANIMAL RELATIONSHIPS**

MAN

AZORES SHEARWATER RESCUE

