

## **Trust and Love**

Trust is, more often than not, a deeper, more deep-rooted, and more permanent value than love. Love can be expressed through words, it can be promised; it can easily be demonstrated in moments when emotions intensify. People express their love to one another, construct beautiful sentences, and render this visible through momentary sacrifices.

Yet trust is not like this. Trust is not proclaimed loudly; it is formed silently, unnoticed, and by filtering through time. It is built by remaining consistent over days, months, and even years, by never deviating from honesty, and by being the exact same person even in moments when nobody is watching.

Love is often based on emotions. Emotions, however, are mutable; they strengthen, weaken, and sometimes change direction. Trust, on the other hand, is based not on emotions, but on character. When a person feels trust, they believe in the stance of the person before them rather than their words; they look at what is done rather than what is said. Because trust is a profound conviction formed regarding who a person is.

A human being finds peace where they trust. They do not feel the need to defend themselves. They do not seek alternative meanings behind words, nor do they have to search for hidden intentions behind behaviours. Because they know that the person before them is not someone who changes according to circumstances. They do not turn their face away when difficult times arrive, they do not shape themselves according to their self-interest, and they do not change direction according to the wind. Indeed, the true test of trust is difficult times.

It is easy to demonstrate love when everything is going well; but being able to remain the same when circumstances grow heavy, when interests conflict, and when patience is tried is the true indicator of trust. Trust manifests itself not during comfortable days, but within stormy days. For this reason, trust is a rare and exceptionally precious human bond. Trusting someone is the result of faith placed not in that person's words, but in their character. And this faith is not easily formed; once formed, it is not easily destroyed either. This is precisely why gaining trust is no ordinary thing. It is the name of a value kneaded with time, proven through behaviours, and sealed with character.

The famous author Eileen Caddy (1917–2006), who reflected deeply upon humanity and society, and endeavoured to throw open the doors of the human inner world, states the

following in one of her writings within this context: *"When the cupboard is full to overflowing, the doors burst open and the contents pour out, and nothing can stop them. When the floodgates are opened, the water rushes forth with tremendous power, sweeping everything before it. So it is when you once become aware of the spiritual power within you and let it come forth; no power on earth can stop that flow. As it flows, it sweeps aside all negativity and discord, putting peace, love, harmony, and understanding in its place. It is love that will win through in the end; it is love that will unite all mankind. Therefore, the quicker you release that tremendous love within you and let it flow, the quicker you will witness world peace, harmony, and the oneness of all mankind. When you hold love in your heart, you draw forth the very best in others; for love sees only the best, and so creates the best. Fear not; open your heart, hold nothing back, and let it all flow freely."*

Yusuf Beğtaş