



# **Trust: Living Spontaneously and Embracing Life (Osho Insights for a New Way of Living)**

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# Trust: Living Spontaneously and Embracing Life (Osho Insights for a New Way of Living)

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**Trust: Living Spontaneously and Embracing Life (Osho Insights for a New Way of Living)** Osho  
In *Trust*, the eleventh volume in the *Insights for a New Way of Living* series, Osho helps readers re-evaluate the idea of trust. We live in times where trust in old institutions and their relevance to our lives have evaporated. Religions, ideologies, political systems, morals, family, marriages?none of these traditional institutions are working anymore. Osho's insight is that the institutions of the past have used the false substitutes of "belief" and "faith" as control mechanisms of society. Whereas authentic trust comes from within, belief systems are imposed from the outside by religious and social institutions. Osho encourages readers to rediscover and reclaim the innate trust that is born with each individual. No more demands to trust in an "other." No more faith and belief, with their demands that we drop all questioning and doubt, but rather a willingness to honor our questions and doubts so fully that they will lead us to our unique, authentic, and individual truth.

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