

Who do you Trust?

I will share with you two stories this morning.

There is Australian lady Belle Gibson who became famous because through her health eating diets. She told the world she suffered from terminal brain cancer but her cure was alternative eating habits. She had thousands of social media follower, became wealthy by writing a book and developed a App that was featured as the top Wellness App in the Apple iStore in 2015.

Another gentleman Oobah Butler became famous be starting a restaurant in his back garden which rose, after only 6 months, to number one restaurant in London as recommended by trip advisor.

So which of these stories are true?

In fact both of these stories are false, both because famous of the power of social media and willingness of people to believe their misinformation.

So who do you trust?

According to the wise there are 3 sources of wisdom.

There is the wise person. The qualities of such a person are common sense, patience, compassion, calmness and an attitude for of caring for all.

There are the books of wisdom. There are written by the wise, which have stood the test of time, with principles that can be applied today as well as thousands of years ago. Such books are the ancient scriptures.

And finally there is your self. This is not your small self of fear, pride and envy but your big Self that is complete with infinite knowledge, love and happiness.

So for the challenge for this week is:

Who do you trust?