



Module 7. The Nature of Grace and How to Cultivate it in Your Life

There can only be one word for a life that is lived in the flow of divine love, and that is Grace. Needless to say, it's a challenge to stay focused, balanced and harmonized in a world that is so focused on doing but grace can only be recognized by the being that you are. Grace is what lifts the spirit and the happenings of life into a whole new realm of possibility. Grace instills a sense of magic within us and evolves into the prevailing heart set for living life in flow mode. Some may even say that grace is the cause of miracles, the kind of spontaneous gift that cannot explained by any other means.

In this session, you'll learn what grace is and how to stay fully open as you move forward in your life. It's also a time to consider what no longer serves you and truly let it go by establishing new set of priorities that move the needle away from doing and more toward the realm of being. In short, it's time to refine and retune your life perspective so that you can fully enjoy and appreciate the flow of grace in your life.

The skills you will learn are how:

1. The embrace of the divine feels
2. Refining and defining your priorities from doing to being transforms your ability to sustain oneness as a new way of being.

Concept 1: Grace

Allowing for the embrace of the divine

Grace transforms your life by moving you out of the paradigm of separation and lands you squarely into the knowing that we are all one. The paradigm of oneness finds you discovering and even delighting in the knowing that you are loved, honored and guided by the divine because you can feel that you are in the flow of grace. It's an energy field that is always all around you and flowing from deep within you.

The divine flow feels miraculous. It's an energy that envelops that you as you are diligently working to transform your reality from life happening to you to life happening because of you. You are a creator of your reality and know that you have lots of help.

Allowing for the flow of grace finds you in a state of awe and wonderment as synchronicity becomes a daily delightful surprise. You can't dream this kind of stuff up.

A strong sense of belonging to something greater than yourself becomes your middle name. You recognize that you are a part of one very large family of humanity. You also understand that you are a being of light who has taken up residence and partnered with the human consciousness. You are both light and human, soul and matter. At a very foundational level, you appreciate your life here on the planet and feel a connection to your very source. You, as an embodied being of light, love your life and allow yourself to be loved and honored by others. As you do, you are receiving the ultimate blessing of the divine: the experience of embodied oneness.

Grace is the ultimate high because it transcends any growing pain and lifts you up. Grace is the gift that just keeps on giving. In oneness, you realize that you are not to take life so personally, that is not about you but what you are learning that counts. Grace flows when you let go of your need to control and allow the divine to guide you.

Key: Grace finds you seeing your life like a drop in the ocean of love. Just imagining the vastness of the ocean is beyond your imagination, which is in and of itself awe inspiring, yet you are the droplet as much as you are also the ocean.

The blessing of grace comes after you stop the struggle and the doubting subsides. You begin reshaping your life by allowing yourself to see the good that has been around you and supporting you all along. The act of allowing for love is what unravels your life puzzle. Slowly but surely when gratitude begins to settle in, grace finds you wherever you are.

Once you have received the blessing of grace, you'll never forget it. In fact, that one special feeling will forever and irrevocably change your life because grace is the miracle of the divine and that's who you are.

Exercise 1:

Describe the feeling that comes over you when someone does something that is both spontaneously positive for you or on behalf of you. As you do, you might connect to the feeling by remembering a specific situation that turned around so quickly and so spontaneously that you were over come with both surprise and gratitude. These are the acts of un-expected kindness that come your way. As you describe this experience in terms of the feeling, note the internal space you find yourself in that shifts your energy away from the problem or challenge and toward a spontaneous feeling of well being:

Exercise 2:

Now describe in feeling terms how you have felt compelled to help, do, offer, respond to someone else and how it took you out of your current day reality for that moment. I'm not asking you to describe the outcome or the reaction of the other in terms of how you felt afterward. Look back to the feeling that prompted you to take action and describe it here:

Key: Grace is the amplification of gratitude that flows when one is engaged in a spontaneous act of kindness, and is the closest resemblance to your soul as felt through your five senses.

Concept 2: Oneness

Oneness as a sustainable way of living

Each of us has a cover, something that we say we are here to do. It's like a shingle that we hang out for the world to see. We describe ourselves that way, we educate ourselves to fit the definition of *that* and what we say *it* is. In general, we strive to create a life around a set of priorities that would have us believe that *this* is why we are here. We are here to do X, Y and Z.

In your life so far, you may even find yourself measuring your life purpose by your version of that X, Y and Z until something happens or you awaken to the true you, the light being within you. Then suddenly you find yourself peeling away at the very meaning of those doing priorities and start looking more into the value of you, and with a new set of eyes, you start looking at your life from the being perspective of your life.

Without that goal, that challenge, that striving, who or what would you be? Once you have experienced the miracle of oneness in your life, you suddenly, or not so suddenly, realize that your priorities have shifted. No longer are you so focused on your doing list. You become more focused on your very being.

In this awakened state, new questions arise: How I am being today? How can I create my life from this state of being? How aligned am I to this feeling, this knowing that I am that guides me? is another question that comes up. As you have been working your way through this process, and internally reorganizing your life, the answer to all this musing is found within the heart of who you are. And we haven't even gotten to the external reorganizing that is a better match to the inner being state yet.

On that note, I might ask you this: If everything about my life and what I currently am doing was stripped away, who and what would I be focused on? What am I?

Big clue here: Who you are is what sustains you through all the ups and downs, all the ebb and flow of your life happenings.

Exercise:

So, let's go there now: What sustains you? Who are you as a state of being? How do your doing priorities change with this new information? Do the people in your life see this about you? Support you? Do you honor yourself this way?

Your Practical Life Assignment

Between now and the next time we meet for an interactive dialog, I'd like you to describe yourself in being terms and compare your doing roles against this description of yourself. How does your life now support who you are? This is one of the most important answers to any one of the questions thus far knowing that this is your journey and you get to decide how much you wish to feel honored, and blessed to be in your life.

Notes:

Questions:
