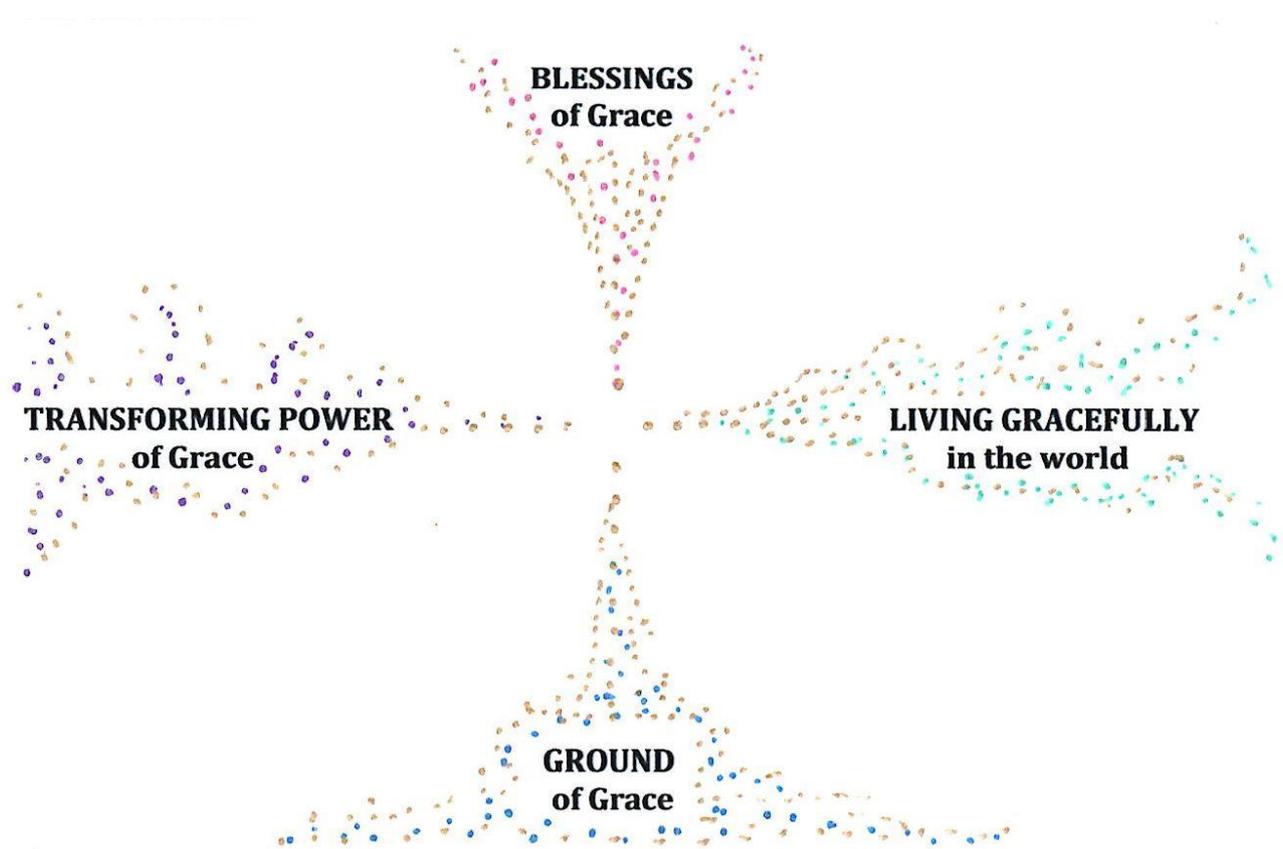




The Four Dimensions of Grace

Grace is the palpable presence of the sacred coming alive in your direct experience. Grace connects us to the truth of what you truly are and what ultimately is. Since Grace emerges out of infinite emptiness (the void) it comes alive as we learn to surrender. This is not the same as collapsing, self-rejection or being passive. Grace dances with our trust, honesty, devotion, curiosity, compassion, humility, willingness and patience, all so that our ego can let go of the reins. As we learn to be present and undefended with what is, Grace comes alive, bringing forth the essential qualities of your true nature such as boundless love, strength, peace, power, majesty, compassion, forgiveness, clarity and much, much more.

Grace manifests in these four dimensions:



The GROUND of Grace:

Ultimately, Grace is the Ground of our Being and the ground of everyone and everything. It is a constant impersonal loving fullness at the basement of everything and everyone. Yet it is the human condition to fall out of the awareness into the state of separation where it feels like the support, love, and qualities we need are not here. Yet the Ground of Grace is still the unchanging



basement of your being, even when we do not feel it. It is only our *awareness* of Grace that comes and goes. The more we learn to practice ego relaxation, allowing a melting of our constructs of self and world, our presumptions, our ego fear and control, we recognize that loving fullness is the non-dual ground of Reality and ourselves. We exist in and because of Grace – always.

Thus, we are never out of its operation. Awakening to the Ground of Grace gives us the true foundation we need to substantially relax and deepen on the path exponentially.

The BLESSINGS of Grace:

Since Grace is infinitely generous loving presence, it also manifests in very personal ways that bring into our lives the precise situations, circumstances and qualities that help us to evolve and thrive. Sometimes this manifests as the warmth of good friendship, the gift of a beautiful intimate love connection, the blessing of being brought to a teacher, path or practice that meets us deeply. Sometimes the blessings of Grace feels like synchronicity, good fortune or being in a shower of light. Sometimes being guided or protected from harm. Sometimes it comes as setbacks and challenges that although might not feel like a blessing at the time, actually provides us with the precise ingredients that grow us in important ways that we later see was Grace at work.

The TRANSFORMING POWER of Grace:

Grace is interested not in placating our fears, but liberating us from them, and it dances with our sincerity and dedication on the path. For grace to transform us, we need to engage spiritual practice that orients us to turn within, bring our hurts, our self-centeredness, blindness to the light of awareness. This means cultivating the virtues that mature our soul.

However, ultimately it is Grace that brings the liberation. It is the power that lifts our veils and ushers us into deeper experience of what truly is. We cannot make transformation happen, just be impeccable in our dedication and practice as we learn to surrender - recognizing we are in the hands of Grace always.

LIVING GRACEFULLY in the world:

The point of all spiritual endeavor is for us to be more transparent – receptive for the Grace to live through us and express the Divine qualities into this world. Ultimately, your mind, body, heart, voice and life are not YOURS but GODs. Your purpose is to be a Grace delivery device and we are only truly happy and fulfilled when we give ourselves back to the origin of our being.

Living gracefully involves living your life as a continual practice of presence, openness, curiosity and prayer. Thus, we become less reactive in how we speak, relate and act, and more



responsive. This Grace brings us into right action in daily life. As we awaken it is not simply for personal liberation but so divine intelligence, love, clarity can express into this world in ways that liberate and serve. Ultimately Grace becomes a WAY to live in this world, from a consciousness not bound by it.

*Be still, and lay aside all thoughts of what you are and what Reality is,
All thoughts you hold about what you are.
Empty your mind of everything you think is true or false,
Everything of which you are ashamed.
Hold onto nothing.
Do not bring with you one concept you learned before about anything.
Just open, here, wherever you are, and
Come with wholly empty hands unto the Presence.*