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your spirit

A free publication celebrating your evolving spirit • Issue Thirty Eight • January 2010

GRACE

I do not at all understand the mystery of grace—
only that it meets us where we are but does not leave us
where it found us. —Anne Lamott

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charitable donations!

Grace...



Beginning the new year with Grace!

Can it get any better than this?

In fact, we begin every year with Grace, don't we? Every day, every minute. I remember hearing a wise teacher tell a story that I love. She said that for her, the grace of the Divine felt like one

of those days walking with the wind at her back, moving her along effortlessly and so smoothly that she felt like she was just gliding along and enjoying a ride. Then she said that this beautiful grace was there, available and happening for everyone.

The one thing people sometimes forget is that they have to take the walk!

Such wisdom. And I still need to be reminded, which is why we need each other, right?

Taking the walk, in order to enjoy the effortless journey. Opening the window shades to allow the sunlight to stream into the room. We do need to participate in our good fortune, even if it is just being open enough to receive it! I think that's what being grace-ful means.

Full of grace. Flowing with what IS.

At times I know Grace is all around me and I'm not seeing it. Then, when I open my eyes and my heart, I don't find a place where Grace isn't...

I love the thought of this new year. 2010 just feels good to me thinking about it, and the wonderful potential that exists before me. I want to spread my arms wide and let it flow in, being present in each moment as we take this walk together in a time of enormous change. I know am taking this walk with as much awareness and grace as I'm able, and that the Divine is at my back, assisting to ensure a smooth flow.

Happy New Year to all of you, and many blessings to all as you take your walk into a new decade. Thanks for all of your great support and encouragement. I'll see you along the path!

A handwritten signature in cursive script, appearing to read 'Debbie'.

Debbie Mackall, Editor and Publisher

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Issue Thirty Eight, January, 2010

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We've got a great Calendar of Events up there (you can sign up to receive it monthly as an email!), all the past issues of the magazine that you can download, as well as info on how to sign up to have *Evolving Your Spirit* delivered to your home if you like.

The next issue of *Evolving Your Spirit* will be available March 15.

Our theme will be *Vibration*.

Please write in with your ideas and comments to debbie@evolvingyourspirit.com. Thanks!

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Letting go in Grace

by Susan Loraine Barber

"Grace isn't a little prayer you chant before receiving a meal. It's a way to live."

—Jackie Windspear

Just the mention of Grace makes me happy and serene. Grace, to me, is simply everything that goes right. It is the many ways everyday that my life is on target. It is the million ways in which I am held, loved, guided and protected. It is my constant connection to the Divine. I know I am not even aware of all the ways in which Grace works in my life, but that doesn't negate the fact that it is at work, always on my behalf.

I can feel Grace when I shift over to gratitude. Gratitude warms me with the inner glow of truth, peace and rightness. Sometimes my tendency can be to focus on what isn't right and ignore all that is. At last, I can make an argument, born of experience, that what seemingly isn't going right is still for my benefit. It is guiding me toward a new awareness, or to let go of something, or to make the space for something new. It is guiding me to go deeper within, to tune in to what is true for me, even when I may not want to acknowledge it, when it is inconvenient... which, let's face it, it usually is!

One of the wonderful things about acknowledging and living

in Grace is that I only have to tend to my path and I know that everyone is covered. I can't know what is best for others in the small picture. But I do know that Grace means that as long as I am in tune and in integrity, my actions are for everyone's highest good. This is how I can serve... by following my unique and perfect path, as I see it in the moment.

Often it seems that others don't like when I follow my path. Maybe it doesn't make sense to them or doesn't fit their agenda. I know it can be excruciating to let go of roles in my life that I know no longer serve me. Until I surrender, make the choice and take the action, I suffer. Once I have taken the leap of faith, the sweet relief that pervades my soul lets me know that I made the right choice.

I was in a twelve-step program for over a decade. It was a defining and life changing role for me. The program gave me a loving family of supportive friends, serenity, choices, love, freedom, and a relationship with a Higher Power of my understanding. For which I will be forever grateful. I thought I would be in program for the rest of my life. I left over a year ago.

It was one of the hardest decisions I have ever made. I knew for quite awhile it was time to go and yet I held on. The longer I held on the more painful it became. I sponsored many wonderful women and they

were my excuse for why I could not leave. How could I leave? How could I explain to them that it was time for me to

go when I myself had told them the program was for life?

I loved these women and loved being a part of their recovery. So— I tried smaller steps, like taking a break from meetings, but continuing to sponsor.

In the end, I had to give up my role as sponsor to stay in integrity. I had been a part of some of these women's lives for over a decade. This was no small decision. I tried to explain to them that I just knew it was time for me to go. I had watched people leave over the years and was always sure that disaster would ensue. The fearful part of me wondered if that would indeed be my fate. But my Truth was stronger. The Truth was that I knew there was so much more than program for me and I had been living that reality for so long. My Truth was that if I stayed I was out of integrity because my heart was no longer in it. The Truth was that I wanted to talk about the enormous power we do have as the creators of our personal world.

Some of my sponsees understood, and some have not. Ultimately, I know only good can come of my decision. I know that we are all taken care of by the loving benevolence of the Universe. That's Grace. ✕

Susan Loraine Barker is a Certified Life Empowerment Coach and founder of Mandalas by Loraine. You can reach her at 847-566-5884, empowermentcoach@comcast.net or visit her website at www.mandalasbyloraine.com



A Grace Story

This inspiring story was submitted by a reader, and is a beautiful illustration of Grace...

Dianne lost her son Erik 5 years ago. Afterward she was moved to plant a beautiful white rose bush in his memory, and has enjoyed the beauty of these flowers over the years, even a few times still blooming as the snow began to fall.

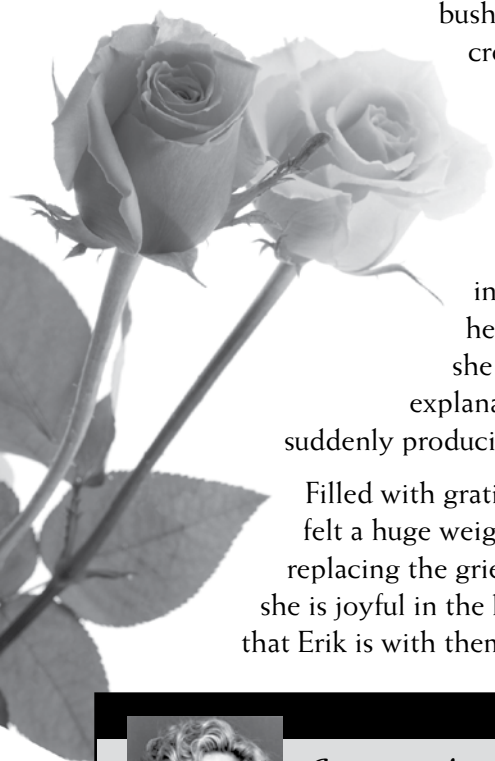
When her mother passed, it was another painful experience for her as we might imagine— they were very close confidants and best friends. She wondered if her mother heard her as she talked to her each day.

Several weeks later, while standing in the yard, Dianne noticed one perfect red rose bud tucked in the middle of Erik's rose bush. How could this be? One red rose on a white rose bush?

The following day, when she went to check the bush again to see if it had been her imagination creating a red rose among the white flowers, she was shocked to find that almost 75% of the flowers were red! All she could think of was her mother.

Her mother had known how unsettled she had been around Erik's death, and felt an inner knowing that her mother was sending her red roses as a comfort and knowing that she was near. She could think of no other explanation as to why her white rose bush was suddenly producing red flowers!

Filled with gratitude for the grace she received, Dianne felt a huge weight lifted as the comfort flooded her heart replacing the grief and sadness. While she still feels the loss, she is joyful in the knowledge that her mother is close, and that Erik is with them. ✨



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Definitions of Grace

1a: unmerited divine assistance given humans for their regeneration or sanctification **1b:** a virtue coming from God **1c:** a state of sanctification enjoyed through divine grace

2a: approval, favor (stayed in his good graces) **2b:** *archaic:* mercy, pardon **2c:** a special favor: privilege (each in his place, by right, not grace, shall rule his heritage — Rudyard Kipling) **2d:** disposition to or an act or instance of kindness, courtesy, or clemency **2e:** a temporary exemption: reprieve

3a: a charming or attractive trait or characteristic **3b:** a pleasing appearance or effect : charm (all the grace of youth — John Buchan)

3c: ease and suppleness of movement or bearing

4: used as a title of address or reference for a duke, a duchess, or an archbishop

5: a short prayer at a meal asking a blessing or giving thanks

6: *plural capitalized:* three sister goddesses in Greek mythology who are the givers of charm and beauty

7: a musical trill, turn, or appoggiatura

8a: sense of propriety or right (had the grace not to run for elective office — Calvin Trillin) **8b:** the quality or state of being considerate or thoughtful

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Be Happy You Missed the Bus

I know, that if you look for it, you just might notice when grace shows up in your life. For me, it was a Sunday, in the midst of winter; a gray, cold and dreary afternoon. One of those days when the snow in Chicago piles up for so long that it starts to look as if it is a permanent mountain landscape along the side of the road. That particular day, I had stayed inside, catching up on some things and, I will confess, wallowing in thoughts of negativity; really feeling sorry for myself, especially in the area of money and finances. For the news had been broadcasting a grim financial future and I got caught in the energy of it all. That day, as I watched myself begin to slowly slide down the rabbit hole of my negative thinking, I knew I needed some help and fast.

Several months earlier, I had decided to begin the practice of making some form of conscious contact with my higher power, which I call God, at least once each day. In other words, I made a commitment to pray daily. On this particular day, I had already completed my morning prayer routine. But, after finding myself wrought with fearful thoughts, especially around money, I knew I needed another dose. So, I prayed once more, although I would categorize this one simply as desperate begging, as I asked God for a sign, to show me that everything was going to be okay in my world.

About two hours later, I suddenly got a strong urge to go out for awhile, even though it was bone chilling cold and I really had no plans to do so. Heeding the urge, I bundled up to head out to the grocery store.

After all, there were a few things I needed anyway.

On the way out, I grabbed the bag of trash that had been waiting patiently for me by the back door. And, with boots on, I lugged it down the three frigid flights of stairs, over the narrow treacherous ice covered sidewalk next to my building and proceeded to climb over the once white mounds of snow, sometimes sinking into it, nearly doing a belly flop across the top. Finally reaching the alley, I was grateful to see that I was only about eight feet from the three large snow-covered, drab, green frozen dumpsters. I could not wait to release my heavy burden and walk freely back to my car, for my journey to the store.

At that moment, I was grumbling about everything, and gratitude was not a word that even existed in my vocabulary. Yet, with dumpsters in sight, something caused me to immediately stop, turn around and look down at a particular area of snow just behind me and out of my direct path. That was when I noticed a familiar color, something that appeared to be grayish green. A piece of paper folded in half and slightly buried under the wet snow. I saw a little corner sticking out and felt myself fill with the excitement of a child as I stumbled closer and bent down to pick it up. And, to my surprise, as I pulled it out, I saw that it was MONEY! I had come across two brand new dollar bills, folded together and peeking out from under the snow. Other people had walked past before I arrived, yet this money had gone unnoticed. I recall hearing a quote by my favorite teacher of prosperity, Rev.

Edwene Gaines, as she shared this bit of wisdom during a workshop. She asked, "Do you know who finds money most often? Then she told us, "Its children and rich people." Well, I found this, and I find pennies and other coins all the time. Was this simply another reminder that as a child of a loving Universe, I AM rich too? I was so excited and grateful, my face lit up like Christmas. I looked around quickly to see if there might be anything more hiding nearby, and to my delight I noticed there was! About a foot closer in the direction I was headed, was another brand new, crisp dollar bill, right there sticking half out from under the snow as if waiting for me to pick it up. And pick it up I did.

This surely wasn't a large amount of money, but there was something in my soul that knew it came with a larger message. Hadn't I just prayed for a sign? I knew this was it. This was my moment of grace. I stopped silent, standing right there next to the dumpster feeling my heart swell with gratitude and connection. I felt heard, I felt safe and I knew I was blessed. Right there, in the alley with a heavy bag of trash in my hand. It certainly was not the way I would have expected grace to show itself. But then again, that can be the fun of it all. How beautiful was that moment of grace. It seemed to me, a gift to let me know that I don't need to fear that I am handling my life by myself.

What is GRACE? Perhaps it is a moment when Life demonstrates its' love to us; reminding us that we are never truly alone— that we are always cared for, even if we don't see it right away. Some people might call

what happened to me a coincidence and say that I made it mean more than it was. That's possible. As humans, we can choose how we wish to view things. However, for me there was a strong knowing, that I had experienced answered prayer, or what some may call grace.

The interesting thing to me about grace is that I never know just how it will show up because all too often, I forget it is behind my most current problem, difficulty or situation. Sometimes, it can be that quarter I find on the street just when I need it for parking. Or maybe, it is the red Cardinal that suddenly appears on a fence near me at the moment I was thinking about a loved one who has passed on. It could be something a stranger says to me in line, or the man or woman who sits next to me on the airplane who becomes the most important love of my life.

It's so easy for me to sometimes forget that grace is always in action. Those people who never made it work on 9/11 probably see those little glitches that made them late much differently now. When we see life from the perspective of our humanity, rather than from the perspective of our Divinity, we think *we* are the ones who must find all of the answers and solve all of the problems alone.

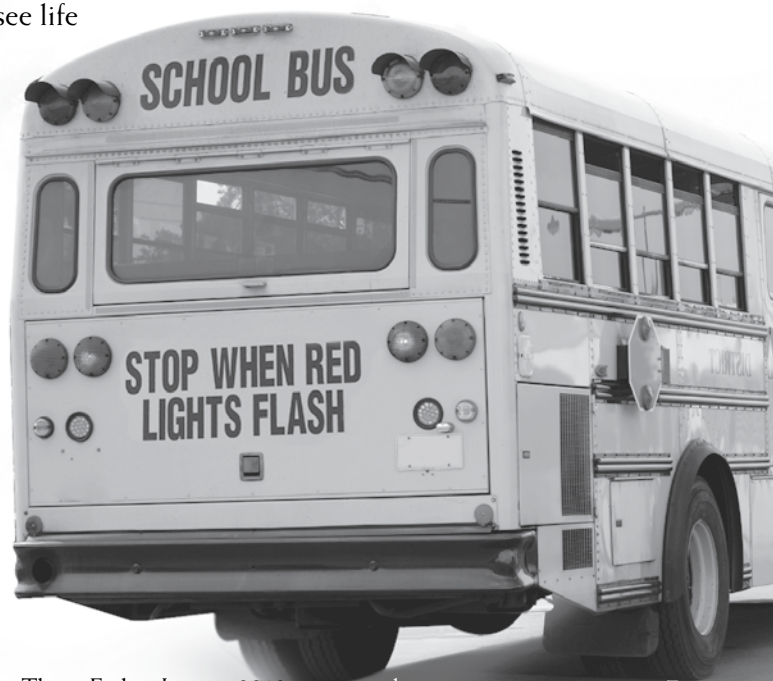
However, I know that when we look at our life from the viewpoint of our

Divinity, then we know that behind the upset, beyond the fear, when that person says 'goodbye' and we want to crumble; that if we can only trust and surrender to the knowing that there is a bigger gift for us at work, we will allow the grace in our lives to unfold. We will be reminded that we are loved and that life is filled with the little moments that get to show this to us. Perhaps the key to seeing grace in your own life is simply becoming open to it. ✕



Alyse Rynor, LCSW is the founder of Soul Choice Counseling, Ltd., a practice specializing in helping people

overcome patterns of behavior that cause self-sabotage in their life. With a Mind, Body, Spirit approach, Alyse offers sessions for Counseling, Integrative Life Coaching & Holistic Nutrition. She sees most counseling clients in her Evanston office & facilitates coaching over the phone. She can be reached at 847.840.0884 for information or to make an appointment.





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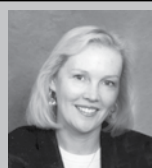
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EVOLVING Wealth

While thinking about the financial turbulence our nation faced this year, and with the New Year ahead of us, I think it is a good time to discuss the topic of financial grace.

I believe that financial grace is all about creating space in your life to live in the present moment and plan for your desired future— Being happy with where you're at and where you're going by aligning your finances in accordance with your life goals.

This, however, can be difficult when your cash flow and energy is spent on past choices, like credit card debt. Our lifestyles often pigeon-hole us into a position where we feel stuck. We are surrounded with feelings of stress, regret and worry because of the heavy pressure to make up for our past financial choices.

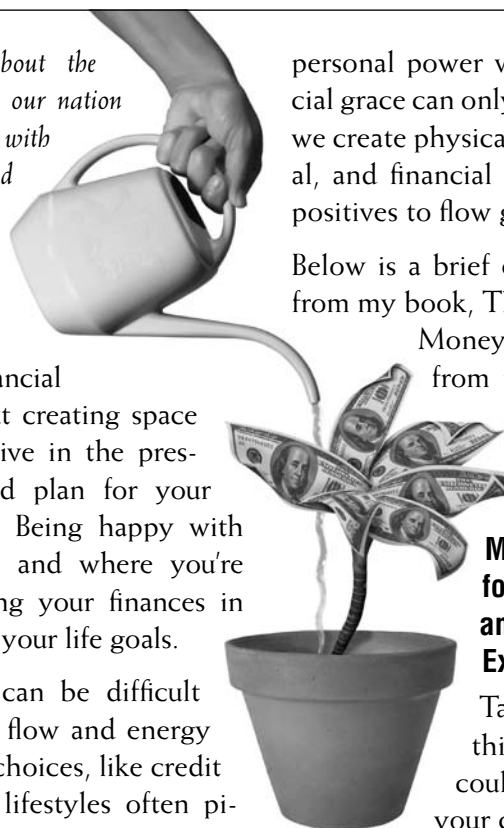
Moving into 2010, let's make it our mission to make choices that empower us and help us to regain our

personal power with money. Financial grace can only be achieved when we create physical, mental, emotional, and financial space to allow the positives to flow gracefully to you.

Below is a brief exercise, excerpted from my book, *The Emotion Behind Money: Building Wealth from the Inside Out*, to help you achieve financial grace in 2010.

Make Room for Financial Grace and Abundance Exercise

Take a moment to think about what you could remove from your current life to make room for your new life. In writing, evaluate your current reality regarding your work, family, financial, and personal life. Do these areas of your life align with your "inner wealth" or "life's purpose"? Now, Picture what your ideal world would look like in each area of your life. Write down these dreams and desires



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by Julie Murphy Casserly

from the heart without shame or guilt. It is not what you think others would want you to desire, it is what truly makes you feel happy in your heart space. Looking at your ideal life, make a list of what you could to make room for those things to occur. Ask your self, "What doesn't support my dreams?" It could be clearing out space such as clothes in your closet, unhealthy food in your fridge, a job you hate, personal prejudices or even friends that don't support your dreams. After you make that list, start small and pick one thing at a time and commit to clearing it out of your life. Soon you will find that the positive will begin to flow gracefully into your life and the light that surrounds your heart will burn brighter each day! ✨



Julie Murphy Casserly, CFP®, CLU, ChFC, is a 14-year veteran of the financial services industry and founder of JMC Wealth Management in Chicago. Julie

helps people understand how their emotional attitudes and behaviors affect how they earn, spend and save. To purchase her award-winning book, "The Emotion Behind Money," and to sign up for her weekly wisdoms for wealth e-newsletter, please visit <http://www.emotionbehindmoney.com>. A new workbook will also be available in January 2010!

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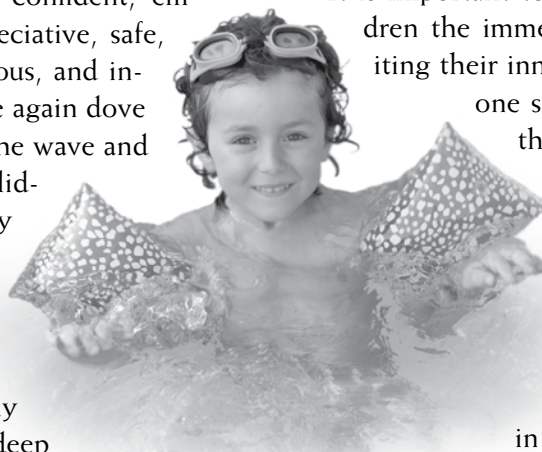
Grace and *the Family*

I experienced a dream last night where I was swimming in the ocean with my family. We were facing enormous waves, but enjoying the adventure because of the waves not despite them. I realized that while guidance to another on how to navigate the chaos of each crest was possible, it was ultimately up to each individual to chart her own path through the breaking waves. I felt in my deepest space the full responsibility that was mine to remain ever-present and available to each powerful wave. I intuitively chose to dive deeply under the crashing whitecaps rather than attempt to push through the surface. In doing so, I calmly glided in silence under the turbulent motion and felt barely a ripple on my back. In between each wave, I rose to the surface of the ocean and took a deep conscious breath of gratitude and exhilaration for the experience. As the inevitability of another massive wave struck, feeling confident, empowered, appreciative, safe, exuberant, joyous, and invincible, I once again dove deeply under the wave and experienced gliding gracefully through the challenge. The initial fear of the waves readily turned into a deep

faith in myself to embrace the opportunity to feel and ultimately own my true power.

I awoke from this dream understanding more fully the meaning of living GRACE. Through this dream, I experienced grace as a conscious balancing, an integration of both the outer and inner world. In life, we must survey and accept the reality of our co-created outside world, while simultaneously moving with ease into our own unique interior world to receive insight, guidance, and sustenance to relax into our next moments. Conscious spirit-embodiment requires the understanding that beneath the thunderous waves (external reality) lies a connection to a deep source, all-knowing, pure, and true (internal reality), and the realization that liberation and grace within a physical body stems from marrying these two perspectives.

It is important to teach your children the immense value of visiting their inner world often. If one simply remains on the surface of the wave, he will be continually pounded by the outside world. Indeed, there may be some calm space in between waves,





but eventually another wave always crests. Children can be taught at an early age to dive deeply into their own consciousness to dissect and explore beliefs, patterns, priorities, thoughts, words, deeds, perspectives, emotions, reactions, focus, expectations, intentions, habits, and overall energetic input and output to make conscious choices that are in alignment with who they really are as authentic, spiritual beings and enable them to live with grace. All parents can train their children to take full responsibility for their created reality. Through the deciphering of natural consequences, children begin to see that they are the cause not the effect of what is reflected back to them in physicality. The physical world mirrors the interior world of each individual consciousness mingled with overall mass consciousness, no exceptions. For our world to change, all participants, including our children, must learn through the example of other conscious individuals to become keenly aware of themselves as creative beings. It is important that they realize that while they do not solely create world events, they are soulfully accountable for their vibration entire that emanates at all times from them into the world at-large.

I feel Grace is a state of being. It is a conscious knowing that you are in this world, but not of it. Grace is the capacity to uncover the gems hidden

in your humanity coupled with the ability to utilize them to propel you toward your highest potential. Grace is the inner sensing that obstacles on your path in the form of setbacks, disappointments, and pain offer unparalleled opportunities to expand and evolve as a soul. In teaching your children that they have the capacity within them to exhibit every possible universal human trait and its polarity, you offer them a starting point to accept themselves as a whole being here to create from their own unique lens. In doing so, you invite your children to accept their divinity as a spirit-embodied individual and create their reality from the inside out. The merging of universal humanity

with a natural state of divinity leads to an expanded self-awareness and heightened perspective.

Ultimately, you can model for your children that GRACE is the freedom to live your truth, be your truth, and offer your truth to the world through your life lived. Children must be encouraged to value their own truth as they utilize what resonates with their soul to create future moments of their choice. Always encourage your children to release what does not serve them. Through continual open discussion in the family, children can be taught to listen to their inner voice to know whether to partake or to pass on a life experience, relationship, or situation that presents itself to them; no fanfare needed, simply an act of inner knowing and free will. Grace is modeled within a family when family members become fully awake to their infinite and eternal nature as an integral aspect of a divine whole so magnificent, so creative, and so unconditionally loving that it literally blows the mind wide open to create space for the ever-present invitation from the soul. ✨

For more of Annie's great wisdom and information, visit www.annieburnside.com

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Thoughts about Grace by Val Gee

I love the word Grace. I love the way it sounds, the way it looks on the page and the way it feels in my body; grace. It's pure and simple yet there are quite a few meanings. We say grace before a meal; may experience a fall from grace or in England where I'm originally from, use it to address an Archbishop, "would Your Grace like a cup of tea?"

For me, grace is an inner experience, a feeling of being happy, joyful, and peaceful, even in hard times. I don't want to bore you with all our personal details so let's just say, business is down and we get daily calls from banks and credit card companies asking when they're going to receive a minimum payment. Sometimes we can make it, and sometimes not. And yet when I listen to my husband on the phone with creditors I notice that he does it with a lot of grace. He's friendly and it surprises the heck out of them. He explains what's going on and they really appreciate it and become very helpful; some even give us a grace period.

It's not that they're going to let us off the hook; and we do expect to pay what we owe, but it's going to

take time. Our eventual plan is to not have credit card debt, or even a mortgage; is it possible? Absolutely.

We've been writing books and teaching about how to be amazing and having a great attitude for years, how can we possibly not do it ourselves?

Maybe you've heard the phrase, it's the teachings not the teacher, I don't believe that's true— if the teacher isn't showing by example, how do we know it works? As a result of this financial turmoil, my husband, Jeff and I have been forced to change our lifestyle, do things differently, and learn new ways of being. Every morning for example, we read a daily exercise from *A Course in Miracles*. The workbook for students, Lesson 348 talks about grace, "I have no cause for anger or for fear, for You surround me. And in every need that I perceive, your grace suffices me." It goes on to say, "what can I fear, when You created me in holiness as perfect as Your Own?"

I know every one of us has grace within and we can use it no matter what is going on in our lives. To me, it is challenging when we're in the middle of a difficult situation, and caught up in the worry, yet we

both believe we will look back on this time as one of the best things that has ever happened to us. Before, when we didn't get a contract or lost business, we would get anxious and upset. Now we support each other with grace and humor, "How are you doing?" we say, or, "Would your grace like a cup of tea?" Yes, grace can also be about having fun and not taking ourselves too seriously.

It feels so good not to be at the affect of what appears to be happening out there in the world. After all, maybe it's my fear about money that is stopping the flow! Yet, I believe that with the grace of a higher power we can do anything we set our mind to; we don't have to listen to the news or believe everything we are told if it doesn't resonate.

Today, Jeff and I do our best to use money with grace and love. Every day we talk about our feelings and connect with each other in a deep way. When we shop, we've been buying generic, we keep healthy by taking daily walks, meditating, building healthy relationships with love and compassion, and mostly avoid toxins by eating fresh, wholesome food.

Whatever is going on in your life, why not invite grace in, and allow the goodness that is already within you to be your driving force. Look for the next best thing; the better feeling thought and you may find yourself walking with the grace of God. ✨



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The Power *of Grace*

"The first glimpse of consciousness without thought happens by GRACE, without any doing on your part".

—Eckhart Tolle (*New Earth* pg 260)

It is only within the *now* that we can experience Grace. Grace is not something evolving from the past or future, it is happening to you *right now*. This grace is much like the sunlight holding the potent energy of infinite love that is endless. It is our thoughts and our ego which draw the shades—shutting out the light, moving our attention to the mind and away from the unstoppable power of Grace. Even when life feels painful and people seem to be unkind, Grace is at the core of it all.

It is the mind/ego that drives unkind acts and Grace that heals them.

We evoke Grace when we move our attention from thoughts which are based in the past and the future (the "what ifs") and allow *what is* to happen. Our life becomes *a walking in Grace* experience, shining with success and wellness in all that we do. In that moment, we let go of the years of conditioning that suppress our true essence of being.

When we experience ourselves as spiritual beings, each breath we take is seeded from Grace and filled with the joy of our life purpose. This personal expression of Grace is unique within each of us, our gift to be shared with all mankind.

Live Grace as the core of your life seeing it as the core of all things.

When you or someone you care about is having a hard time, Grace

can reveal that a change of action or attitude is needed. By moving the attention from the issue or pain and allowing the flow of Grace to embrace it, you invite an answer with infinite possibilities. One that the mind of space and time, on its own, cannot conceive. Grace brings miracles to move pain into peace.

Start with the simple things in life. Let's say something arises in your life that is uncomfortable—be still for a moment. Allow an answer to come from deep within you, rather than from your conditioned mind and past stories. Be available to witness how a response from Grace can evoke compassion, kindness, unity and love.

Grace is not deserved; it is given in every moment to all people.

If all things are Grace, the sunlight of God... my question to you is this: How wide are you willing to open your shades to receive your Grace? Will you release the mind story with all its conditioning and beliefs to allow Grace essence to be expressed through you NOW? ✨



*Maggie-Amari Wilkins worked with Eckhart Tolle as his personal assistant when he first published *The Power**

of Now. Maggie works and teaches in the Chicago area and in Vancouver BC, sharing her experience and knowledge in various groups and workshops. Reach Maggie at www.one-heart.net, or call 847-648-8955.

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Divinity in Action

by Laurie Buchanan

Grace. We all have it, but what is it? Some say it is Divine love; others say it is the protection of God. I define it as the immediate presence of Spirit. One of my clients puts it beautifully, saying that "grace is the breath of God." Regardless, because we've all been endowed with this innate gift—grace—I believe that each of us has an undeniable responsibility to the rest of the world to be the best we can be on any given day.

To do that, I feel it's vital to know what my life's purpose is. Once I understand this, all of the peripheral fluff—the dross—falls away and what remains is of true and lasting value. I see many people do not know what their life's purpose is; they say they haven't found it yet.

To me, the bad news is ... if you are waiting to find your life's purpose, you can stop looking now because you are never going to *find* it.

The good news is ... I don't believe you find your purpose—you *determine* it. It's a choice that you make; it's a conscious decision. Gandhi said, "You do not have to go out looking for your calling. It will be quite apparent to you once you have 'gotten yourself out of the way.' The very immediacy of the task, placed where you all but trip over it, will make it indisputably yours and no one else's." The lives of those who bear witness to this thinking are characterized by a wonderful, enviable serenity.

To me, passion is different from purpose. Passion is what fuels your purpose; the drive behind your purpose. My purpose is to be a living conduit for Divine grace; a mindful agent of positive change. The drive behind my purpose is compassion. It's been said that, "Love is an act of kindness, and compassion is its companion."

If love is an act of compassion, then grace is Divinity in action. The next time I see a person and think, "There but for the grace of God go I," I'm going to put my divinity into action instead and be the immediate presence of Spirit for that individual; giving them a smile, a word of encouragement, or lending them a hand. ✨



Laurie Buchanan, PhD, HHP, CHT, RMT is a Holistic Health Practitioner, Board Certified with the American Association of Drugless Practitioners. She is the owner of HolEssence in Crystal Lake. Her specific areas of focus are Energy Medicine, Personal Growth and Spiritual Awareness. Visit her website at www.HolEssence.com.

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The fact that children and adults alike adore her is no accident because she believes in encouraging each person's inner child to break free— modeling that behavior herself. Years as a hospital chaplain and hospice worker revealed through many mystical experiences shared with the sick, dying and their families, that life is eternal and our Spirit never dies. The message and her mission were clear. Live powerfully! Live fully now! Teach this to all.

Profound and authentic, yet warm and approachable, she has helped many to tap into their inner potential by her down-to-earth manner, her characteristic humor, pure love and joy. She facilitates an incredible spiritual awakening within those



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Reverend Patty has been called to lead people deeply into the Truth of who they are meant to be. She is an inspirational speaker, a caring and loving mentor, and someone who not only teaches the Universal Laws, but lives by them. She is an energy healer of mind, heart and soul.

To learn more or to talk with Reverend Patty, please use our online contact form, call Reverend Patty directly at 847-845-8818 or via e-mail at revpatty@revpatty.com.

Being Grace

by Debbie Mackall

Your words are blessings you give to another. Shower your grace to everyone.

Usually, when I think about Grace, I think about the Divine blessings and help I receive freely. To explore it a bit further, it stands to reason that *my words* are a blessing, and I can choose to use them as such, or not. The power behind the spoken word is great. We can use these words to uplift those around us!

When I was a little girl, my grandmother and my father used to say to me all the time, "You can do anything you put your mind to." I know that this is a popular saying, and so many have heard it. The thing is, I really believed them. I happily went around thinking that I could do anything I put my mind to, and so I did.

The biggest challenge for me was coming up against those who would tell me "No! You can't do that," or words to that effect. So I began to doubt for a while.

I'm happy to say that since I've become aware (again) I can remember and attest that this is true! I am powerful beyond measure.

I believe we are each individual expressions of the Divine.

I am committing here, with you as my witness, that I will do my best to remember this, and use my words as blessings. How wonderful it feels to be told how powerful, how dynamic and beautiful we are! Well, it's true!

It is my pleasure to share this journey with all of you, being part of this great community and being showered with the Grace that is. ✨

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- Sonic Entrainment
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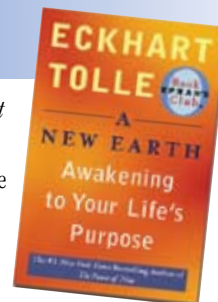
Living A New Earth Discussion Groups

facilitated by Maggie Wilkins

Don't miss this unique opportunity to take your journey deeper!

All are welcome to attend, it is not a requirement to have read Eckhart's books, yet it is helpful.

Join Maggie & friends and learn the gift of silence with the infinite wisdom that it evokes to enrich our lives NOW. These groups are fun, life changing, healing and enlightening.



Maggie Wilkins has been facilitating *Power of Now* groups and workshops since 2000, in Vancouver Canada and Chicago IL. As Eckhart Tolle's assistant, she had the opportunity to learn from Eckhart his unique teaching tools that guide us into joy even while pain is present.

Contact Maggie Wilkins: teachings@one-heart.net or www.one-heart.net

Wauconda Group

Honey Hill Coffee Company
107 S. Main Street, downtown Wauconda

January 6 and February 10

7:30pm to 9:00pm, \$20 per session

Deerfield Group

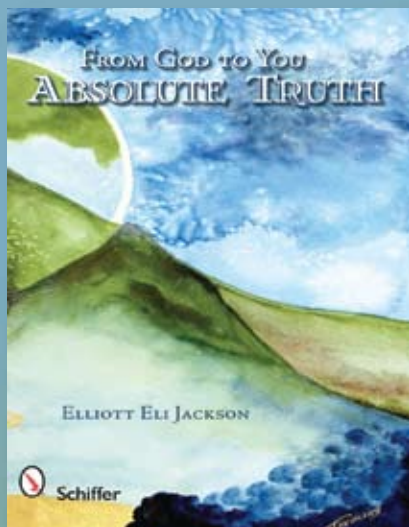
Borders Books, 49 S. Waukegan Rd.
Deerfield

January 4, February 8

7:30pm to 9:00pm, \$20 per session



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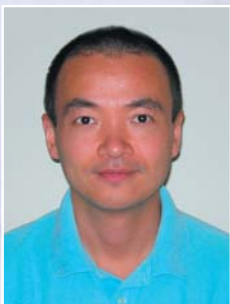
Other activities include:

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Guest Speakers
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Karuna Reiki® Seminar *by Masaru Kato*

Times and Fees:

Saturday , February 6	Karuna Reiki Level 1	10 am to 6 pm	\$160
Saturday, March 6	Karuna Reiki Level 2	10 am to 6 pm	\$160
Saturday, April 3	Karuna Reiki Level 3	10 am to 6 pm	\$160

The above Karuna Reiki® Seminars will be hosted by Ms. Moira O'Keefe, Yoga teacher. We will meet in the "Worry Free Zone" at her home studio in Lake Bluff, IL. A full payment should accompany with registration, because space is limited. You can take each class at \$150, if you sign up for all three in advance. For signing up, please contact Moira, at 847-975-9642 or E-mail: stretchmo@comcast.net. To know the meeting location, please visit her web site at <http://www.askayogi.byregion.net>.

Here is an opportunity for you to spiritually evolve as a compassionate being. The energy of Karuna Reiki® maintains the quality of Divine compassion, love and mercy. When you receive the vibration of pure compassion, you will realize that it resonates with the deepest essence of your being. You will eventually know that unconditional love is your true essence. As you acknowledge your inherent quality of love, having compassion for yourself and for others becomes a natural way to be. In this sense, Karuna Reiki® has a significant effect on your spiritual transformation.

If you are a healer practicing any hands-on healing technique like the traditional Usui Reiki, Karuna Reiki® is the next step to explore along with that modality. The initiation process of Karuna Reiki® has significant power to open your heart chakra. It enables you to embrace your client with a deeper sense of peace, as if she/he were held in the arms of Mother Mary. I would like to invite you to explore the benefits of Karuna Reiki® as you continue in your quest for enlightenment and for empowerment within your healing capabilities.

Karuna Reiki® is the registered trade mark of The International Center for Reiki Training, Southfield, MI. Masaru is a registered Karuna master at the center.

Karuna Reiki® will be taught only to those who have had Usui Reiki Master training. This is to ensure that you can easily adjust to the higher energetic potentiality of Karuna Reiki®, and can gain its full benefits.

**To sign up, please contact Ms. Moira O'Keefe
at 847-975-9642 or email stretchmo@comcast.net**

You can host this Karuna Reiki® seminar at your place.
For the details, please ask Masaru at 847-989-4261 or info@atmanwellbeing.com

www.atmanwellbeing.com