

# THE GRACE PROCESS: PUTTING IT INTO PRACTICE



EXCERPTED FROM:  
THE GRACE PROCESS GUIDEBOOK: A PRACTICAL  
GUIDE FOR TRANSCENDING YOUR EGO AND  
ENGAGING THE WISDOM OF YOUR HEART

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# The Grace Process: Putting It into Practice



Excerpted from: *The Grace Process Guidebook:*  
*A practical guide for transcending your ego  
and engaging the wisdom of your heart*

*You are intimately connected to all things in the universe.  
You do make a difference in the world.  
By harnessing the transformative power of Grace  
you become a beacon of light and healing  
for yourself and our world.*

*Now envision a world in which everyone  
is living his or her divinity.*

## The Grace Process Formula

The Grace Process (TGP) is based on five elements of healing: conscious choice, releasing judgment, forgiveness, heart resonance, and receiving and harnessing Grace. In the pages that follow you'll learn how each element works, why it's so powerful, and how you can choose to incorporate all of them into your daily life. Once you do, you will begin to heal in ways you never thought possible, more quickly than you imagined you could, and you'll discover how you can finally live the life you came here to live.

Why is this practice so powerful? TGP creates a new paradigm for transformation because it addresses what I believe are the most essential wounds that all of us—individuals,

communities, and our world—need to heal. For each of these essential wounds TGP offers an alternative that you can choose in place of your woundedness, an alternative that resonates with the energy of Grace.

The following table lists the essential wounds we all share, and the healing that is available if we choose to embrace it.

THE ESSENTIAL WOUND	WITH TGP YOU CAN CHOOSE TO:
<p><b>The wound of separation</b>, the feeling that you're alone, disconnected from yourself, others, and the world.</p>	<p><b>Open your heart to your divinity</b>, and experience your connection to the Divine One Heart.</p>
<p><b>Living in the “suffer and struggle”</b> mode, believing that you must simply endure life's challenges no matter how difficult they seem.</p>	<p><b>Heal with elegance and ease</b>, and find the healing available to you within each challenge.</p>
<p><b>Self-abandonment</b>, ignoring your needs and wants in favor of what you believe others require of you, or because you believe you are unworthy.</p>	<p><b>Love yourself with healthy boundaries</b>, and learn to recognize and honor your emotions as valuable guides to your own healing.</p>

<p><b>Religious wounds</b>, the misguided teachings and practices that lead you away from your own divinity</p>	<p><b>Allow your spirituality</b> to come alive in every moment of your life.</p>
<p><b>Chauvinism</b>, the judgments of yourself, others, and your circumstances that make you a victim of your ego</p>	<p><b>Open your heart</b> to cooperation, harmony, peace, and abundance for yourself, for others, and for the world.</p>

TGP “Technology” is a roadmap for you to follow in making your personal and collective shift to apply new healing paradigms to these essential wounds. There are three steps in the process:

1. Make a fundamental choice to heal with Grace by practicing the five elements of the TGP formula.
2. Develop strategies that will keep you on the track of transcending your ego so you can experience more elegant, heart-conscious healing.
3. Incorporate the principles of TGP into your everyday life so that your spirituality infuses every moment, every choice, every miracle, and you experience the transformation that will bring about peace in your heart and peace in our world.

## The Fundamental Choice to Heal with Grace

Choosing Grace as your path toward healing marks the beginning of your journey. The most powerful and elegant way to receive Grace, and resonate the energy of Grace each and every day, is to choose to be in gratitude, love, joy, and wonder in as many moments as possible. From that place, everything you perceive and everything you encounter has the potential to be a miracle or a gift in service to your healing and fulfillment as a spiritual adventurer.

### What Is Grace?

Grace is the transcendent experience of remembering your oneness. That sense of oneness or connectedness can be with yourself, other people, nature, and the Divine One Heart. When we are in Grace we are aware of the divine truth, goodness, and beauty in whatever we are experiencing, and in that moment the ordinary becomes extraordinary. We experience Grace when we are at one with our divinity. In Grace, our ego and sense of separation dissolve into a resonance of harmony and peace with the Divine One Heart.

We have been taught to believe that Grace is beyond our control, and that it's an unmerited favor from God that we don't deserve and can't earn. All of this leads us to believe that Grace is an uncertain experience that we can never anticipate. Before I discovered the power of gratitude, love, joy, and wonder, my own experiences of Grace occurred in elusive moments of deep

despair and fear, in prolonged states of meditation or prayer, or in transitory communion with nature or another person.

Looking back on those moments I can say that Grace occurred because I dropped my ego defenses and, through exhaustion, complete confusion, or a return to innocence, I opened my heart to receive.

After working with The Grace Process, I now know that Grace arises with certainty when we meet the Divine in the field of the Divine. What is the field of the Divine? I believe it is a field of resonance that, as humans, we experience when our hearts vibrate at the highest possible frequencies. We generate those frequencies when we experience gratitude, love, joy, and wonder, and together they create the attractor resonance for Grace. In that state we connect with the same resonance in the Divine One Heart and become divine co-creators of the miracles and gifts we want to bring into our lives.

When we live in and from our egos, when we resonate with negativity and judgment, we block experiences of Grace. TGP offers a way to move beyond our egos and resonate with the energy of Grace—whenever we choose to do so.

In my life and work I have found experiences of Grace to be unique to each individual and yet connected by some common threads that weave those experiences together. Grace can feel transcendent in different ways. Sometimes it is joyful, energetic, and active—more masculine or “spirit-full.” At other times it may be quiet, yet expansively touching and tender—more feminine or “soul-full.” Or, it can simply be a deep sense of knowing, perhaps more “higher-self-full.”

There's a difference between having an experience of Grace and allowing those experiences to inspire healing that is transformative and life changing. The difference lies in your ability to choose to allow the miracles and gifts of Grace to be real. Transformation comes about when you:

- acknowledge with gratitude, love, joy, and wonder that your intention/choice for healing is unfolding;
- allow your perception of yourself to change, so that you see more of your divinity as a result of that healing;
- act from that place of healing in your heart.

The more you experience the transformative power of Grace the easier it will be for you to experience the dream of what this life can be. As you learn to find gratitude, love, joy, and wonder in every present moment you'll come to know how truly supported you are by the Divine One Heart. You will know how to trust the wisdom of your heart for answers, and your relationships, your passions, your creativity, your abundance, your work, your health—everything will flow more easily and elegantly.

Each time you choose to receive Grace and be transformed by it you are co-creating new maps for healing yourself and our world.

## TGP Formula for Choosing Grace

The TGP formula for harnessing the energy of Grace is relatively straightforward. It begins and ends with the choice to make the following five elements of healing part of your everyday life:

- 1. Choice/Intention:** Choose to live in the beauty and wonder of what this life was meant to be, and create the most expansive intentions for manifesting the healing or miracle you desire.
- 2. Releasing judgment:** Become aware of any and all judgments you may have about yourself, others, and the circumstances in which you find yourself. Pay particular attention to those that relate to your intentions.
- 3. Forgiveness:** Forgive yourself, others, and the circumstances in which you find yourself. Pay particular attention to issues that are related to your intentions.
- 4. Heart resonance:** Hold within your heart the highest resonance of gratitude, love, joy and wonder (GLJW) in as many moments as possible as you co-create your intentions. These are the highest frequencies for attracting and harnessing Grace.
- 5. Receiving and harnessing Grace:** Receive and honor the miracles and gifts all around you as you live in the energy of Grace. Welcome the transformation of your healing and the realization of your intentions.

**C ↔ (-J+F) (GLJW) ↔ GRACE**

## Choice/Intention

Whether you call it a prayer, an affirmation, or an intention, the underlying purpose is the same: to focus your awareness and call into your life something you choosing to heal and/or receive. You can set healing intentions for every aspect of your mental, emotional, physical and spiritual life—for your relationships with yourself and others; for your work, health and finances; for what you want to achieve, experience, and know; for the healing of others; and for the healing of our planet. All intentions are healing intentions. Even when you desire to achieve something like financial success you are essentially asking to heal anything in your ego that is blocking you from that achievement.

Start simply, with just one or a few intentions that are a priority for you. As you become familiar with the process your heart will lead you to continue in the right direction. The more you live in your heart and the more Grace you experience, the more intentions you will want to set for yourself and our world.

To facilitate the realization of your desires, it's important to focus on the evidence that your healing is unfolding. As you work with the TGP formula you'll see more and more hints and clues that your healing has already begun. You may find yourself changing the focus of your intentions as you drop your judgments and open to forgiveness. Keep a journal of the miracles and gifts that show up in your life in general and as they relate to your healing. It's a great way to recognize how your healing has progressed, and whether it's time to set a more expanded intention or create entirely new ones.

As we know, science has now proven that we are active participants with the universe in co-creating what we desire. How does it work? The real secret to co-creation lies in these two simple steps:

- Focus on what it is that you truly desire.
- With gratitude, love, joy, and wonder, feel that what you desire is already on its way to you.

**Focus on what you truly desire.** Oftentimes when we set an intention for healing, our language is focused on what we don't want in our lives rather than on what we do want. For example, your intention might be *I want to heal my depression*. This puts your attention and feeling state on your depression rather than on your healing. If you put your focus on what you do want, you might state your intention/choice this way: *I embrace hope and happiness*.

A critical component of setting an intention is to identify the difference between the *form* of what you desire and the *function* it would have in your life, and then build your intention around the function rather than the form. Let's look at an example. Most of us want more money, and are focused on having it so we can buy what we desire. But money is just one form, one avenue for manifesting what we desire. If you understand what you want money to do for you, its function, and build your intention around that, you may find that what shows up is far more elegant than you could have imagined.

To discover the function of what you truly want, ask yourself, "What do I want the money (or a bigger house, or a better job,

or a spouse) to do for me?” Do you want it to make you feel successful, or safe? If that’s the case, then focus your intention on achieving success or safety. You might discover that you receive opportunities that may or may not bring you more money, but that bring you far more success, confidence, self-esteem, and feelings of inner safety than you ever hoped to find. Of course, once you receive what you desire, it’s up to you to recognize the function of what you asked for no matter what form it comes in.

Let’s look at one more example. This one demonstrates the difference between asking for what you want versus what you don’t want, and also how to ask for the function rather than the form of your intention. Consider the intention *I release my addiction to food (or alcohol, shopping, melodrama)*. This might be a good place to start, but it is focused on what you don’t want instead of what you do want, and also on the form rather than the function of your intention. Ask yourself, “What will I have the freedom to experience when my addiction is healed?” Then ask, “What do I want the freedom from addiction to do for me?” Your answer might be, “I’ll have the freedom to enjoy being in my heart in the present moment.” And so, a more positive intention, with a more expansive heart resonance, might be *I embrace being in my heart in the present moment*.

As you can see, in this case we’ve examined whether you’re seeking *freedom from* something or the *freedom to have* what you desire. When you focus on the freedom to have what you desire your heart feels joyful, open, expansive, while focusing on a wish to be free from something you dislike makes your heart feel negative, dark, contracting. You can also see how releasing

the form of your intention invites something far more expansive than a smaller-sized pair of jeans. It opens the door to receiving the gift of being heart-centered in every moment—and all the healing that can emerge from that.

**Feel that what you desire is already on its way.** As we're learning from quantum physics, we communicate with the Divine field through our emotions. Positive emotions connect with positive energy in the Divine One Heart. As you connect with the feelings of already having what you desire, you begin the manifestation process. You can trust that your healing will continue to unfold as long as you avoid the distractions—judgments and resistance to forgiveness—of your ego.

Imagine how you will feel when you have the healing you seek:

- What will you feel?
- How will you act?
- Who and what will be in your life that isn't present now?
- How will you spend your days?
- What miracles and gifts will unfold in your world?

As you practice feeling these things in your body, pay attention to the miracles and gifts that appear. Can you find the clues that your healing is already unfolding in your reality?

## Releasing Judgment

The stories and dramas our ego plays out for us are generally a form of judgment. The essential wound of separation—the illusion that we are alone and disconnected from our divinity—leads us to be critical of ourselves, others, or the circumstances in which we find ourselves. In all cases we objectify that which we judge, perpetuating the illusion of separation and interfering with our ability to take responsibility for ourselves. When we are in judgment of ourselves, it carries the added burden of self-abandonment. Ultimately we become our own abusers.

It's helpful to recognize that judgment is a form of chauvinism, which encompasses any attachment to being right or being perfect, and any motivation or effort to control, manipulate, exploit, dominate, gain power over, blame, shame, or withhold forgiveness from ourselves or another. The feeling of entitlement, or of being “better than,” is an indication of chauvinism against others, while feeling “less than,” or unworthy, indicates chauvinism against ourselves.

In order to understand the impact and limitations of chauvinism or judgment we need to understand that they create a very powerful physiological reaction in the body. Any time we operate from that illusion of separation, we generate fear that activates our lower reptilian brain, putting us in survival mode as hormones such as adrenalin, cortisol, and other steroids are pumped throughout the body. Activation of our reptilian brain also interferes with our ability to be heart-centered. As a result, we are unable to manifest our true desires.

Any time you feel a contraction in your body or in your breathing, chances are you are moving into judgment. At that moment you can choose to stay in the ego's world of grief and trauma—or you can choose to connect with your own divinity, release your judgments, and begin to heal. When you do, you create a space for Grace to enter, and for your intentions to manifest.

- Remember that just as each of us is divine, each one of us also has the capacity for every human thought, feeling, and behavior. The most troubled individual you know has the capacity for deep love and compassion, and a desire for peace, love, and happiness. And you have within you the capacity to think, feel, and act in the most disturbing ways. Our world is a level playing field in which all of us share the same gifts and limitations—because within our human experience we are all connected to the Divine One Heart.
- When you feel a contraction in your body, take a few healing breaths and place your consciousness in your heart. Become aware of your feelings of judgment, and allow yourself the humor of being human. Remember that you are safe and loved. From this place it will become easier to drop your judgments.

## Forgiveness

Just as holding and releasing judgment is a function of the ego, forgiveness is a gift of the heart. Without it you can never truly

be free of judgment. Forgiveness transforms the negativity of judgment so that it simply no longer exists.

Resistance to forgiveness holds our judgments in place and keeps us stuck in any number of ego defense patterns including victimhood, martyrdom, self-pity, shame, and domination. As with our judgments, when we resist forgiveness we choose grief and trauma over our ability to be divine co-creators of our intentions.

There is always a need for self-forgiveness. Without it we become our own abusers, continually berating, shaming, or otherwise putting ourselves in unhealthy situations. Any situation that triggers you to hold onto the illusion that you are separate from the Divine is an opportunity to choose to forgive yourself.

Without exception, realizing any intention requires some measure of forgiveness. Surprised? It's simple, really. If there was no need to forgive, the object of your intention would already be yours. When you forgive, you clear the lower frequencies that bind you to a person or situation in negativity, and generate a higher resonance that makes it possible for you to change and grow, and for your dream to become real.

Forgiveness also:

- expands your imagination beyond what you can know and expect,
- triggers compassion and transcendence,
- makes your choices more free and powerful,
- helps you to take responsibility for yourself,
- brings peace to your heart so you have the power to see how peace can unfold in our world.

If you still sense some resistance to forgiveness, these techniques may help:

- Ask yourself this question: What if everything you have ever done—no matter how illogical or extreme—was an effort to feel the connection, safety, and love we all long for? From this place can you be gentle enough with yourself to forgive yourself for the times you were not acting from your divinity? Are you willing to recognize your own divinity?
- Now consider someone else you need to forgive. What if everything he or she has ever done was also an effort to feel the connection, safety, and love we all long for? Can you see yourself in the person who has hurt you? Remember that you, too, are capable of every human thought, feeling, and behavior, just as he or she is. Even if you have never hurt another in the way you have been hurt, acknowledge that under certain threatening circumstances you might be capable of doing the same thing. Are you willing to see the divinity in the other person? Can you soften enough to allow yourself to forgive?
- Remember that forgiveness is the key to your freedom to heal and grow. Begin to see the situation you need to forgive as an opportunity for healing and growth, and allow your heart to find gratitude for that opportunity. As gratitude fills your heart allow love, joy, and wonder to arise.

- What do you want more than your grief and trauma? How firmly can you stand at the edge of your imagination and dream a new, more expansive dream for yourself? Can you allow forgiveness to help you realize that dream?

## Heart Resonance

Our judgments and resistance to forgiveness, and the ego stories that arise from them, separate us from our divinity and are too often the focus of our thoughts and energy. As a result we generate a lower vibrational frequency that interferes in a powerful way with our ability to receive. Your human gift of choice gives you the power to choose to lift out of your ego stories and release beliefs that do not support your healing.

When you are free of your stories and negative beliefs, you can begin to choose higher and higher states of resonance through gratitude, love, joy, and wonder. When you notice the things you have to be grateful for, the energy of love begins to fill your heart. joy inevitably follows, and then the wonder of discovering the many miracles and gifts that surround you flows easily.

Any time you find yourself caught in the negative energy of your ego stories, take a moment to focus on your heart, and turn your attention to the things you have to be grateful for. Notice how your heart expands as it fills with love, and celebrate the energy of joy and wonder that follows. If you find you are unable to feel joy in any given moment, try to at least find the wonder in knowing that your healing is already unfolding.

## Receiving and Harnessing Grace

When you connect to your own divinity through gratitude, love, joy, and wonder your heart vibrates at the highest resonance, and you become an attractor of Grace. It is yours to claim, receive, and embody any moment you choose to do so.

Sadly, many of us have been indoctrinated with the notion that it is better to give than to receive, or that we are unworthy of receiving gifts from other people or from the Divine. We may have experienced some kind of trauma around receiving that left us feeling deeply hurt, abandoned, or humiliated. Our experiences may even have led us to believe there's a price to pay when we receive good things from others; we assume that nothing is offered without strings attached. Often in the face of this kind of wounding we attempt to protect ourselves from pain by choosing not to receive at all.

The first step toward expanding your ability to receive is to notice that feelings of unworthiness are a form of judgment toward yourself. When you can make the choice to step out of that ego story and into your own divinity, you will be more open to receiving Grace and all the other gifts life has to offer.

It's also important to understand that receiving is the critical link in the infinite cycle of love and abundance. The truth is that without a receiver there is no true giving.

As you increase your capacity to receive you will discover that the line between giving and receiving begins to blur, until you come to know that there is no distinction in the unending circuit of giving and receiving—there is only the energy of love.

Developing your ability to choose your inner experience moment by moment is an essential part of receiving and harnessing Grace. Being fully present in the journey of being a spiritual adventurer means that you honor your choice to be in your heart in gratitude, love, joy, and wonder in as many moments as possible throughout the day. In these resonance states, receiving and harnessing Grace becomes more and more certain. The more you choose those higher states of resonance, the more you will be connected with the Divine One Heart and able to receive the miracles and gifts of connectedness, transcendence, and manifestation.

## Choose to Heal: Enhance the Power of The Grace Process

**T**he TGP Formula is the foundation of your journey to heal with The Grace Process. What follows are strategies you can use to deepen your understanding of the formula, and help make your spiritual practice an integral part of your daily life.

### Place Your Consciousness in Your Heart

There are many beautiful writings about the importance of living from your heart. It's widely acknowledged that it's an essential component of healing and growth. Even the scientists agree (well, many of them do), as neurocardiologists have now

demonstrated that our hearts have their own intelligence. I have found that whatever healing I need to do, if I consciously set my intention to be in my heart, it will do the rest.

But sometimes it's difficult to shift your energy from your brain and your ego to the softness of your heart. Whether you are engaged in everyday activities or working with your meditation practice, the following questions will help you identify where your energy lies.

- **Is my breathing contracted or expanded?** When you are breathing shallowly you are more likely to be triggered by your ego. When you are breathing deeply from your diaphragm it is easier to be in your heart.
- **Do I feel contracted or expanded in my body?** When you feel tension or contraction in your body, chances are you are in your ego. When you feel relaxed and expanded in your body, chances are you are in your heart.
- **Am I in judgment, or resisting forgiveness?** When you are judging or resisting forgiveness for yourself, another person, or the situation in which you find yourself, you are in survival mode and your ego is in charge.
- **Am I living in my ego stories?** If you find those stories replaying themselves endlessly in your mind, you're living in the world of your ego, not in your heart.
- **How easy is it for me to find gratitude, love, joy, and wonder in this moment?** The easier it is to experience these states of being and feeling, the more grounded you are in your heart. Practicing gratitude, love, joy, and wonder activates the highest resonance of your heart.

- **Am I experiencing heart stillness?** Try to find that quiet place inside, not only when you're meditating, but at any time throughout the day. If you're unable to find it no matter what is unfolding around you, your ego has taken over.

If you find it difficult to be in heart consciousness whenever you choose, whether you are performing a task or interacting with another person, take the time to be fully present in gratitude, love, joy, and wonder for your circumstances or for the person in front of you. Your experience of heart consciousness will be accelerated. In your meditation practice, calling up those emotions is like a conduit for attaining heart consciousness more quickly. From this place it is much easier to become quiet, to drop into the silence, and to listen to the wisdom of your heart.

## Look for Miracles and Gifts throughout Your Day

Every day, bring your intentions for healing into your awareness and ask the Divine One Heart to enchant you with miracles and gifts throughout your day. When you see them arise, you will know for sure that you are supported in manifesting what you desire. Remember, though, that you are the co-creator of everything you experience. It follows that you are also the co-creator of miracles and gifts. The Divine One Heart is eager to match your highest resonance. Your job is to choose to:

- keep your consciousness in your heart;.
- experience the divinity in every person, situation, and circumstance you encounter;.

- embrace *everything* you experience as a miracle or gift supporting you in the knowing that you are seen, heard, and connected with the Divine One Heart.

What do I mean by “miracles and gifts”? They’re the unexpected moments of beauty that you take time to notice, or the surprise happy endings when you thought you were headed for trouble. A gift can be as simple as a puppy bringing you a ball to throw, reminding you to take a break from your computer; a miracle can be the love, joy, and wonder you feel when you remember to be grateful when your favorite song comes on the radio while you’re stuck in a traffic jam. Miracles and gifts also come in the form of what may at first appear to be adversity. When we look deeply, beyond our ego stories, we can choose to see our greatest challenges as our greatest opportunities.

Here are few examples of the miracles and gifts I recently received in a single day. I started the day feeling the pleasure of taking time to stretch, breathe, and connect with my divinity before I got out of bed in the morning. I entered the bathroom, chose an angel card from the shelf, and laughed out loud at how appropriate its message was. Seeing the toothpaste tube almost empty, I praised the toothpaste fairies for helping me squeeze out just enough to brush my teeth. As I waited in a long line when I was rushed for time, I took the time to really see the divinity in the people around me, and was surprised by a sweet exchange with another shopper—and then found that I had all the time I needed to get where I was going. Feeling a bit stuck in my writing, I looked outside my window to find a mother seagull teaching her offspring to fly; when I allowed myself to

notice the wonder of the scene, I was inspired to continue my writing. In the midst of an ongoing state of emergency due to raging fires overtaking my community, I was able to remain calm and centered, grieve for the devastation, hold compassion for the victims, and be in wonder about the opportunities for healing that might unfold for each of us and our city.

As you honor the miracles and gifts that emerge all around you, you'll find that your resonance remains steady and your sense of connectedness, well-being, and Grace will flow.

## Remember that *Everything* You Experience Is an Opportunity to Heal

When you find yourself facing a challenge, and notice you're feeling angry or sad or frustrated by it, bring your attention back to your heart and know that everything that happens to you, without exception, is an opportunity for you to heal. It may appear that your circumstances are proof that your intention for healing is not, will not, and can never be manifest. But that simply is not the case.

Remember the research on the holographic field? Your intention and what you desire is reflected everywhere in the universe. Through your work with your intentions you know that your healing is already unfolding—what you desire already exists. And so, those challenges you face are simply the Divine One Heart showing you where you need to heal an old pattern or an old way of being in the world. It's up to you to look at everything you experience as an opportunity

to release those old patterns, those old ego stories, and move instead into heart resonance.

Albert Einstein, a mystic, genius and scientist, said, “There are only two ways to look at your life. One is as if nothing is a miracle. The other is as if everything is a miracle.”

His friend, Nobel laureate Rabindranath Tagore, offered this teaching on faith:

A spiritual master in India wanted to build a temple and made plans to do so even though the master had no funds for the project. One of his anxious students pleaded, “Oh Master, but where will the money come from?”

The master replied, “From wherever it is now, of course!”

When you question whether what you are experiencing is serving your healing, consider this: What if the Divine One Heart has heard your request, and is offering something that looks like an enticement into an old suffer-and-struggle pattern as a way of asking you, *Are you really, really sure you want to change this pattern in your life? Because if you are, here’s an opportunity right now to embrace your intention, drop your resistance, and receive a new way of being, healing, and growing.*

## Find Humor and Cosmic Winks in Your Day

Humor is an elegant tool for transcending your ego and shifting your resonance to gratitude, love, joy, and wonder. When a challenge arises, the sooner you can find the humor in it—no matter how ironic the situation might be—the sooner

you'll be able to release the ego story you've attached to it. When you move through your day with the light energy of humor, your intentions will manifest more easily—and you'll be more prepared to recognize them when they show up.

Here's what I do when I find myself believing that things are not going the way they should. First, I bless myself in gratitude that I am aware I'm caught in an ego story, and that I've managed to bring my attention back to the present moment. Then I bless my ego in gratitude for giving me a red flag that I might be resisting my healing. Most of the time I can find humor in the irony of how uniquely and exceedingly clever my ego is in distracting me.

For example, sometimes I hear that ego voice in my head saying, "Hey, I already healed that issue in my life. This must be the other person's fault, not mine!"

That's when I have to laugh and realize that what's showing up in my reality is a cosmic wink from the Divine One Heart saying, "Your intention has been heard, but you still have more to learn. Here's an opportunity to get your attention and speed you on your journey."

That's right. If it's showing up in my reality it's another opportunity for me to learn more forgiveness and deeper states of GLJW on my healing journey—and an opportunity to have a good chuckle along the way.

## Love Yourself with Boundaries

The formula for harnessing Grace requires that you love yourself with boundaries. It's essential that you make a commitment to take care of yourself by putting your own healthy emotional, physical, and spiritual needs first. That includes setting personal boundaries. However, many of us are still strongly programmed by culture, religion, and codependency that love requires self-sacrifice, putting others' needs before our own.

Setting boundaries comes from honoring the gift of your emotions. When you accept your emotions with an open heart, and avoid clouding them with judgment, they provide a wealth of signals that will help you take care of yourself. Loving feelings let you know that all is well and that you are taking care of yourself in the moment. Angry feelings tell you that either you, another person, or a situation may not be meeting your needs for respect, self-determination, or reciprocation of your love. Fearful feelings warn you that you may need to protect yourself in some way. Sad feelings are a signal that the form of something you valued has been lost to you in some way. On a deeper level, every emotion is a form of either love or fear. Love is a sign you are living in your heart. Fear, in the absence of true danger, lets you know you are living in your ego.

Whatever your emotions are signaling to you, when you feel them arise it is important to use your breath to help you stay grounded in your body and remain in heart consciousness. From that place you can use the wealth of information available in those emotions to make healthy choices about the boundaries you need to create to love yourself well.

Asserting your boundaries is a great manifestation tool for co-creation. It clears away negative attachments and circumstances that interfere with calling in what you desire for yourself. Boundaries are your vibrational language for saying, *I am taking responsibility for myself. I am supporting my needs and desires. I matter, and what I desire matters.*

## Stay on the Path Toward Receiving Grace

Much of the energy of the ego is devoted to maintaining the status quo. It seeks to maintain control over your life, keep you from living in heart consciousness, and block you from receiving the function of your desires. Judgment and resistance to forgiveness are powerful tools the ego engages in to accomplish those goals. And they're very effective—if you allow them to distract you from your path toward healing.

Choose instead to remain focused on the healing you desire. Each time you find yourself feeling unworthy, unlovable, better than, less than, entitled, depressed, anxious, or any other sign that the ego is invoking the illusion of separateness, choose instead to bring your attention to your heart, and call upon feelings of gratitude, love, joy, and wonder.

It's important not to demonize or separate yourself from your ego, but simply to be aware of its distractions so you can easily shift into your heart when you feel judgment and resistance to forgiveness arise. If you do, you will remain open to the energy of Grace.