

# GRACE

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What is Grace

**Grace is God's power, as distinct from any lessor power. Because God is the only Reality, God also is the only power in existence. Seen in this light, our merely human efforts are illusory. It is God's power, even when we draw on it unconsciously, that accomplishes everything that we achieve in life. And our failures are due to lack of attunement on our part with the power. P. Yogananda**

**Grace is God's own life, shared by us.  
God's life is love. By grace we are able to  
share in the infinitely selfless love of God,  
Who is such pure actuality that God  
needs nothing and therefore cannot  
conceivably exploit anything for selfish  
ends. T. Merton**

**In the New Testament, grace is translated from a term meaning 'divine favor,' 'goodwill,' 'that which gives joy,' and 'that which is a free gift.' Grace is the undeserved gift of God.**

# **Abundance of Grace**

## **2 Corinthians 9:8**

**And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. (NKJV)**

**John 1:16**

**For from his fulness  
we have all received,  
grace upon grace. (ESV)**

# **Grace Is Sufficient for Every Need**

**2 Corinthians 12:9**

**But he said to me,**

**“My grace is sufficient for you,  
for my power is made perfect in  
weakness.” (NIV)**

## **1 Corinthians 15:10**

**But by the grace of God I am what I am,  
and God's grace toward me was not in  
vain. On the contrary, I worked harder  
than any of them, though it was not I,  
but the grace of God that is with me.**

**(ESV)**



## **Hebrews 4:16**

**Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (ESV)**

## **1 Peter 4:10**

**Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. (NIV)**

**MERCY**

**What is Mercy**

**Etymologically mercy means a heart for  
the affliction of another.**

**Or, as we understand it in English,  
it means compassion or pity.**

**Fr. Flader – Catholic Weekly**

**St Thomas Aquinas - "To say that a person is merciful is like saying that he is sorrowful at heart, that is, he is afflicted with sorrow by the misery of another as though it were his own. Hence it follows that he endeavours to dispel the misery of the other person as if it were his own; and this is the effect of mercy."**

**Mercy fuels compassion, providing promising glints of light in a darkened world. It is kindness, forward forgiveness, and empathy.**

**Mercy chooses not to be offended, and compassionately sees a hurting heart behind hurtful words... Mercy is an extension of and expression of love, an act of kindness, compassion, or favor. Mercy is a characteristic of the one true God. M. Bucher**

**For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sake He became poor, so that you through His poverty might become rich.**

**2 Corinthians 13:14**

**Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd.**

**Mark 6:34**



**Only the man who has had to face despair is really convinced that he needs mercy. Those who do not want mercy never seek it. It is better to find God on the threshold of despair than to risk our lives in a complacency that has never felt the need of forgiveness. A life that is without problems may literally be more hopeless than one that always verges on despair. T. Merton**

**To desire God to be merciful to us is to  
acknowledge God as God.  
To seek God's pity when we deserve no pity  
is to ask God to be just  
with a justice so holy that it knows no evil  
and shows mercy to everyone  
who does not  
fly from God in despair. T. Merton**

**The very contradictions in my life are in  
some ways signs of God's mercy to me.**

**T. Merton**

**The man who is not afraid to admit everything that he sees to be wrong with himself, and yet recognizes that he may be the object of God's love precisely because of his shortcomings, can begin to be sincere. His sincerity is based on confidence, not in his own illusions about himself, but in the endless, unfailing mercy of God. T. Merton**

**God, have mercy on me in the blindness  
in which I hope I am seeking You!**

**T. Merton**

**TRUTH**

# **Physiology of Truth**

**Excerps from David Hawkins "Transcending the Levels  
of Consciousness"**

# Map of Consciousness

Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
	Courage	200	Affirmation	Feasible	Permitting	Empowerment
Survival Paradigm	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination

**Consciousness level of 200 is the major demarcation that heralds reliance on power rather than force.**

**This reflects the increasing of spiritual energy.**



# **Spiritual Energy**

- **Progressive awareness and responsiveness to the energy of love**
- **Behaviors, emotionality and mentalization become increasingly benign**

# Brain Function

## Below 200

**Left brain dominant**

**Linear**

**Fight or flight**

**Stress-Adrenaline**

## Above 200

**Right brain dominant**

**Non-linear**

**Positive emotion**

**Peace-Endorphins**

# Function of Mind-Attitudes

Lower Mind cal.155

**Accumulation**

**Acquire**

**Remember**

**Maintain**

**Think**

**Focus-present/past**

Higher Mind cal. 275

**Growth**

**Savor**

**Reflect**

**Evolve**

**Process**

**Focus-present/future**

# Function of Mind-Attitudes

Lower Mind cal.155

Concrete, literal

Limited, time, space

Particularize

Pleasure, satisfaction

Impatient

Demand

Higher Mind cal. 275

Abstract, imaginative

Unlimited

Generalize

Fulfill potential

Tolerant

Prefer

# Function of Mind-Attitudes

Lower Mind cal.155

**Desire**

**Competition**

**Excess**

**Force**

**Callous**

**Critical**

Higher Mind cal. 275

**Value**

**Cooperation**

**Balance**

**Power**

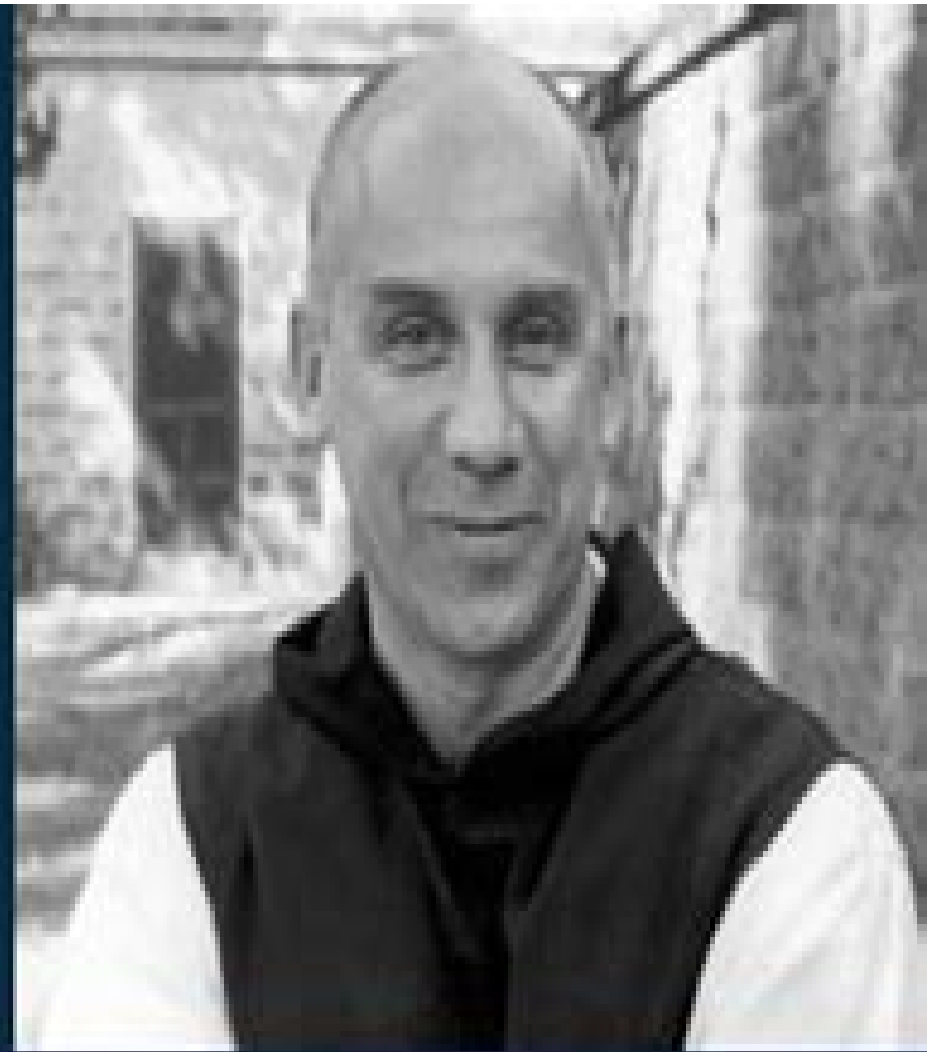
**Merciful**

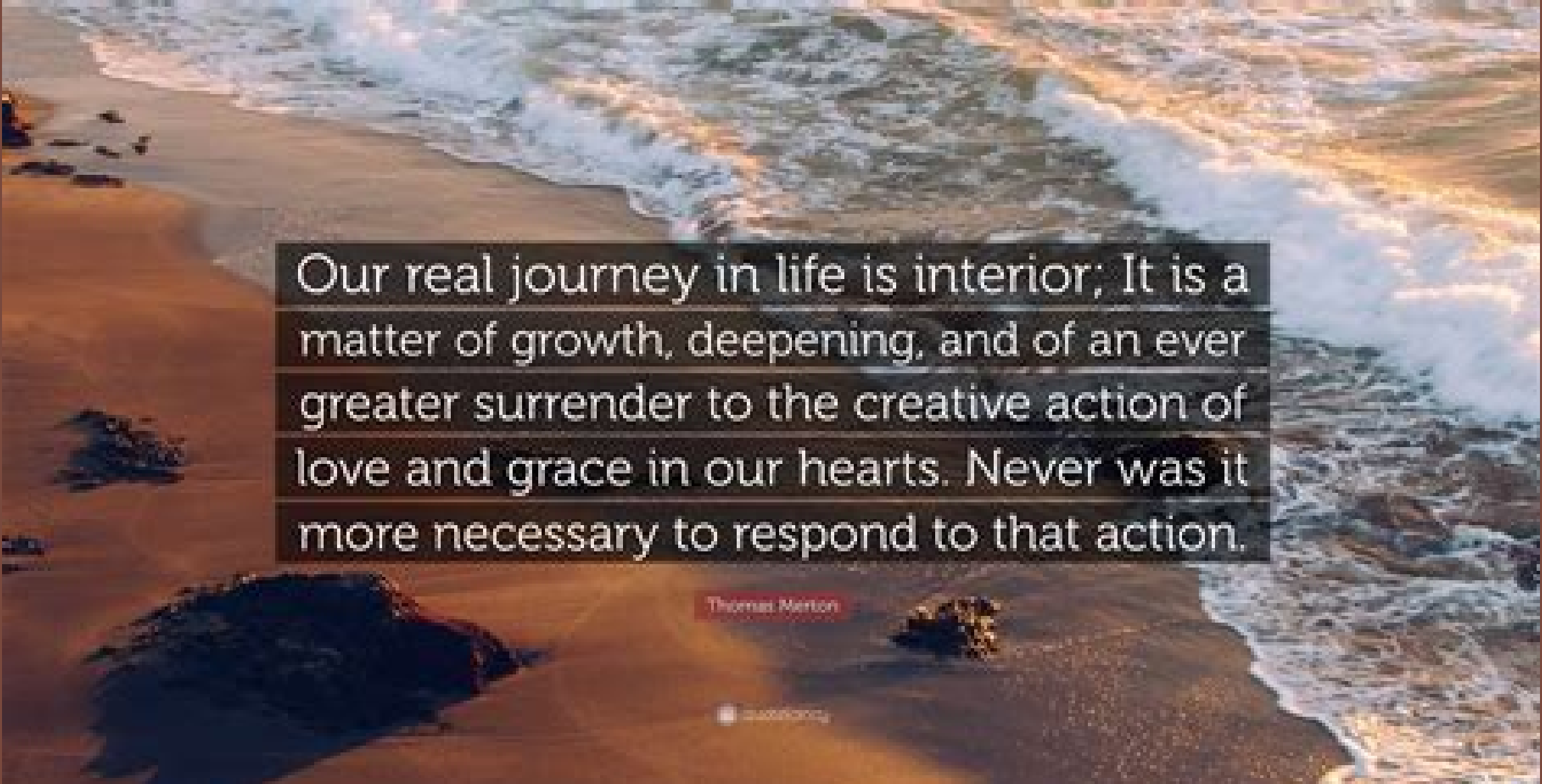
**Accepting**



*“A life is either all spiritual or not spiritual at all. No man can serve two masters. Your life is shaped by the end you live for. You are made in the image of what you desire.”*

*- Thomas Merton*





Our real journey in life is interior; It is a matter of growth, deepening, and of an ever greater surrender to the creative action of love and grace in our hearts. Never was it more necessary to respond to that action.

Thomas Merton

inspiration