

Grace Is All There Is

Written by Nirmala
Saturday, 08 October 2011 14:55

Q: Can you tell me what Grace is? I'm struggling to understand it.

A: Very simply, Grace is your essence, your true nature. Grace is what you really are, and Grace is all there is. Specifically and practically speaking, Grace is the intelligent, optimizing movement of life. This optimizing force is what unfolds every moment in the direction of greater truth and love and greater functioning and fullness of life. Grace is the nourishing Presence that holds us and supports us in the unfolding of our life. You have experienced Grace directly many times, when things just fell into place or you were touched by a deeper understanding and awareness.

While Grace is obvious in moments when the seemingly miraculous occurs or when a profound opening into the depths of Being happens, Grace also knows when a difficulty or obstacle has the potential to lead to a greater depth of awareness and a fuller expression of our limitless potential. This means that Grace can show up as a flat tire on the way to work or a broken heart or any of the minor and major difficulties we face in everyday life.

In understanding and appreciating Grace, the challenge and the opportunity is to see that Grace is always here and always bringing us the exact experience that is most useful and helpful. Sometimes only in hindsight can we see the Grace in our struggles and suffering, but Grace is always here. Recognizing the Grace in our challenges often allows a challenge to be resolved more naturally and effortlessly, or at least allows us to be at peace with it. The healing of our suffering comes when we see the bigger truth that even suffering is a part of the unfolding of Grace. When you see that there is Grace even in your own problems, then it no longer matters if some difficulty occurs as the situation is no longer as much of an experience of suffering, but just what is happening.

Understanding Grace doesn't require an intellectual grasp of what it is or even insight into how it works. Understanding Grace only requires that you be open and curious about your experience just as it is right now. Are you willing to see Grace as she is appearing right now this very moment? Can you recognize her even if she is artfully disguised as pain or discomfort? Can you open your Heart to the gift she is offering you today?

The understanding doesn't come as some final insight or as an answer to all your questions. The understanding comes as a felt sense of trust that life is safe and good and worthwhile. The

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understanding comes as the unfolding of life moment to moment. This is the miracle of Grace, touching you in every moment and always as close as your own breath. Because you will never be done discovering all the infinite ways that life and Grace can unfold and express itself, the complete understanding of Grace will take forever. What an adventure and blessing it is to be shown the many dimensions and possibilities of your true nature as intelligent, loving, infinite Grace.