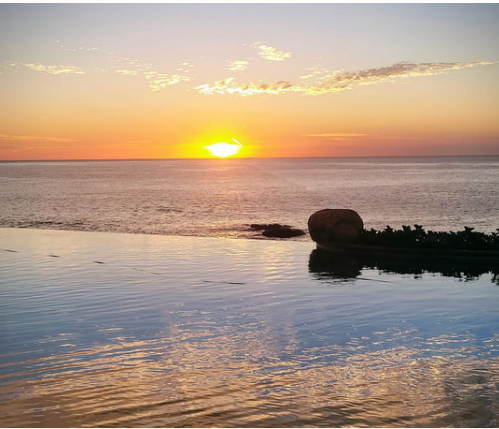


Living With Grace

Newsletter

Written by Tina Bishai

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I heard the most incredible thing from a mentor of mine the other week. It came at the perfect time when I felt tired of the grind. I was tired of trying to figure things out for myself. Have you ever felt tired? Or as if you're always trying to make things better, whether in your personal or professional life? Solving problems, looking for solutions. Does it ever end?

I finally understood that we can either live our lives in one of two ways - in self-righteousness or under God's grace.

When we live by our self-righteousness, we have an attitude and belief system that makes it seem we must make everything happen on our own. We have to grind and work hard for whatever we desire. It's more like we are not supported by God or a Higher Power.

We pull ourselves up by the bootstraps and believe we have to make things happen for ourselves. It's here that we say, "Look at all the things I've done, and I still don't have the results I desire." The energy behind this is lack, shame, fear, victimhood, and desire in the most negative sense. And if you happen to get the results you desire 'all on your own', then there is pride and ego at play.

When we live under God's grace, it means that we are covered by grace or "undeserved favor". We are taken care of. We look at every good thing in our life, and say, "God, look at what you've done. Thank you for blessing me." The energy behind this feels grateful and light, hopeful, and almost uplifting to know that it's not only up to us to make things happen. Yes, we do what we know to do, and our best is enough. God's love and grace take care of the rest.

If we look deeper into both ways of being and compare them to the emotions that Dr. David Hawkins studied the frequency of, he found that low-level vibration emotions such as shame, guilt, apathy, grief, fear, desire, anger, and pride are all low-level frequency emotions. These create the energy of FORCE.... when we sit in these emotions, we create an energy of "trying" to make things happen. And in case you weren't aware, FORCE negates....it doesn't work long-term and you end up feeling stuck. This is the self-righteous way of being.

When we look at the high-frequency emotions that Dr. David Hawkins found, they are willingness, neutrality, acceptance, reason, love, joy, peace, and of course, enlightenment. These emotions bring on similar feelings to living under God's grace. We are hopeful, harmonious, and satisfied knowing that we are taken care of, even if we don't see the results we desire right away. And when we do see the results we desire, we are grateful and give thanks. There is an inherent faith that is working here on our behalf. This is how we receive God's grace....through faith. Dr. Hawkins explains that these emotions create POWER. And when we create this power, we also gain momentum in our lives. We have movement in the direction we are hoping for.

As you read this, I invite you to think of the emotions and way of being that you've been sitting in most recently. Are you living in self-righteousness or are you living as though you are covered by God's grace? I've been consciously practicing living under God's grace, and it has given me a lightness and freedom that worry and fear had kept from me....up until now!

