

# THE JOY OF CONSCIOUS LIVING – Part I

## The Power of Grace

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The simplest and most fun way to begin this topic is to share a couple of recent stories from my personal life. One Friday as I was working at The Way To Balance, I felt absolutely compelled to spend several minutes sitting over a fairly new Ring of Oden configuration called “Grace” in our waiting room. “Grace” is so named because the spiritual Law of Grace transcends the Law of Cause and Effect (also known as the Law of Karma), bypassing our minds, emotions and even our physical bodies.



So, it allows our Creator (also known as God or One Source) to bless us in various ways that has NOTHING to do with deservedness, desire or duty. The “Grace” configuration creates the harmonic energy frequency of The Law of Grace, and by sitting in a chair over it, I was literally allowing a little “Grace up my butt”, so to speak. Yes, it’s okay to laugh... in fact I encourage it! It was a very pleasant experience...

I noticed that by Saturday morning, I was much more aware of the choices and decisions throughout the day than I had been recently. My mother placed a cantaloupe outside on our back patio to ripen further, jokingly saying to Aaron, “I hope Rosie doesn’t think this is a ball to play with!” Anyone who knows our love-in-action dog Rosie knows that her days are consumed with playing ball and finding a willing human play-partner. Well, sure enough, Rosie grabbed the cantaloupe in her mouth and trotted off with it! After the laughter, I said to my mother, “She read your thought forms...be careful what you think!”

In the meantime, our beloved Egyptian-energy cat Ra-Shait had been pestering me non-stop, and seemed insatiable no matter what I tried. When I “tuned in” and asked her what she really wanted, she asked me to lie down next to her on the floor. Despite the fact that I had a long “To Do” list, I honored her request. She asked that we do a mutual healing exchange, which we did, simply by “tuning in” with the EOL Process, step by step. When we were done she said “Thank you. You can go now.” as only a cat can do. And I honestly felt better for having spent the time as she requested. And I still accomplished what was truly most important on the “To Do” list.

Guess what? That’s conscious living! When we are fully aware of what we choose to do each step of the day, and allow ourselves to be fully absorbed in the moment, we don’t spend as much vital energy planning or worrying. Ironically, it makes us more efficient with our time, and we are less tired at the end of the day. That’s what I personally love about the EOL Process: it makes decision-making simple and straightforward.

One of the critical foundations we help participants in the EOL Intuitive Enhancement and Self-Empowerment Workshop Series create for themselves is each person’s unique personal “Ideal” for living life. Like a lighthouse or beacon, it makes finding your way “home” so much easier! That’s also part of conscious living.

Now, knowing we are all human, conscious living is both really hard, and really simple! So let’s make a deal with each other: the next time you notice that I might not be Living Consciously, please gently and lovingly bring it to my attention. I’ll try to do the same for you. Remembering we’re all human, please forgive me if I sound grumpy instead of loving. I forgive you too. I think I’d like to invite Grace “up my butt” a little more often! The Joy of Conscious Living. AAAAAaaahhhhhhh! I feel better already...