

Supersentience Teaching of One Essence #28p

The Wonder of Grace



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*Grace is so available and so simple
that the mind misses it
in its intellectual need to know,
to understand and to think through.
Grace comes to the innocent and trusting
because it requires no knowledge,
no work, no effort and no need for love
because it is, Itself,
all the love and beauty inherent in the Heart.*

“Isn’t grace that which brings awakening or a realization of our true nature and it just happens?”

Grace is the very nature of our being and the so-called ego has no power over it. We can’t make grace happen anymore than we can fly by flapping our arms. There is no control in grace. Grace is the epitome of surrender. Grace is that sweetness, warmth and love that we feel when we are egoless. It is the pure state of being. I see grace in my cat’s eyes when it’s mellow. I see grace when a puppy can’t stop wagging its tail with joy. I see grace when someone looks with tender love.

Bhagavan Ramana Maharshi said, *“Grace is always present. You imagine it is something somewhere high in the sky, far away, and has to descend. It is really inside you, in your Heart, and the moment you effect subsidence or merger of the mind into its Source, grace rushes forth, sprouting as from a spring within you.”*

Grace is a surrender of the controlling ego and an abidance in that sweet trust of the divine in you known as Heart. It enriches you with its gentleness, its touch and makes you ‘see’ how everything is one Source. Grace is so trusting that it sees no

separation and therefore it is fearless. Grace is the reality of your being, in fact, it is who you are. When we stop figuring out, weighing everything, comparing, judging and just fully relax in our heart, people and objects are seen as interconnected. We are automatically filled with compassionate understanding of how things are without any mental figuring-out.

In the Shanti Christo newsletter it covered Grace as following: *“Grace, I offer this unto you. In any situation from this hour, in which you are tempted to think with the thoughts of the world, and you notice that it doesn’t feel very good, remember that simple word...Grace. Gently let it come to the mind, and it will be your willingness to send me a telegram. It will be your willingness to open the place of the heart, and I will not fail to come to you. And, as you gently abide with it, certain things that have been said in this evening are going to come to you as if you are hearing them for the first time, and you will swear, “That didn’t get said then.” And a feeling will come, a certain little resonance, much like that has touched many of you in this hour. For remember, I’m not in this body. For all you know, I’m right behind you.”*

The above are the words of Grace spoken through a man. These words of Grace emerge from an open heart that expresses the Source. Grace speaks through anyone who is surrendered in the Heart. The Heart is often referred to as Christ, Bhagavan, I AM or just Being.

Grace is so available and so simple that the mind misses it in its intellectual need to know, to understand and to think through. Grace comes to the innocent and trusting because it requires no knowledge, no work, no effort and no need for love because it is, Itself, all the love and beauty inherent in the Heart.

Bhagavan also said, *“Grace is within you; Grace is the Self. Grace is not something to be acquired from others. If it is external, it is useless. All that is necessary is to know its existence in you. You are never out of its operation.”*

The reason most people do not experience grace is because they live in their mind and everything they feel around them is judged by the mind whether it is good or bad, right or wrong. Grace is this moment itself when time is not relevant and a Silence descends upon us that makes us see with new eyes – the eyes of the Heart.

Grace happens unexpectedly when the ego temporarily is non-existent. It is like a breath of fresh air when the windows had been closed for a long time and finally opened. It is that moment of clarity when things are seen as they actually are and a weight had been lifted.

Many satsang teachers had awakened unexpectedly during moments of grace and saw clearly how things actually are. After such an experience they are filled with love and joy and want to share its beauty. Yet people who listen believe there is something to learn, something to attain, something to overcome such as ego and so miss the mark repeatedly, oftentimes for many years. Many seekers are under the impression that

enlightenment can be sought like some hidden treasure somewhere else. There is only the awakening from our sleep of egoic conditioning when we see that only NOW exists. Please LISTEN carefully – only NOW exists – everyone knows this great truth if they just sit still for a moment and LISTEN.

Surrender to the moment is Grace

You can't make Grace happen simply because it is beyond control – that's its beauty! It showers upon you when you surrender, when you give up the struggle to understand or seek answers, and, instead become very still in the moment and listen with an open heart to what-is with the willingness to SEE what actually IS without the mind's conditioned interference.

The question often arises from the above statement, "*How do we stop the mind from interfering?*" To try to stop the mind from interfering is more control. Why try to stop the mind with the mind? **All control is conditioned mind anyway. Just see what-is as it actually is – which means that the mind only interferes when you believe you are the conditioned past.** You are this NOW itself – how else can it be? Just relax in the moment and when the mind's activity comes in, just see it as mere thoughts from the past and that's it. You are HERE-NOW!

Grace is the eternal ever-present and glorious LOVE now, which is joy and satisfaction too full to make us look backwards and forwards. 'NOW' is all there is and even when tomorrow comes it is 'now' – even when we think about the past it is still 'now' but then get 'caught' believing it is then. Just be aware there is only NOW eternally.

"*What about when we are suffering?*" Suffering exists in past and future such as "*I wonder what's going to happen?*" "*Am I going to die?*" (future) or in the past with such thoughts as "*Why did they do that to me?*" "*I feel guilty for this...*" "*I wish I was better.*"

True knowing awakens when we surrender our suffering and then through Grace find peace from all fears and suffering. When we reach the conscious awareness of the only one REAL and existing Power expressed in ourselves, we will realize that suffering has been the means of the unfoldment of the awareness, and then suffering ceases.

How to surrender!

"*How does one surrender?*" Surrender happens when we are willing to see that life lives us. Be still right now and observe how life is doing everything through you -- *Who is breathing you? Who is beating your heart and circulating your blood? Who is deciding your birth and death?* Then move deeper than your body and enter the biggest question of all – "*Who is being aware of all that?*" "*What is awareness?*" "*Who am I?*" Your mind will scramble for answers and we **fall from grace by intellectualizing.** So just remain still with the questions and let your heart respond with its clarity. It is ALL being done by Grace. GRACE WHO!/? Then stop and see that there are no answers but the obviousness of what-is. Just as we know gravity exists and yet do not know what it is – just as we know Life exists in objects and people but do not know what it is – we know Consciousness exists but no living person has ever been able to know what it is. Just be innocent in your awe of Life.

Now having this awe and wonder, you also begin to know intuitively that it is Intelligent and all-powerful and you can TRUST it.

You start surrendering when you understand the above (to trust the power in you). You surrender all personal and material concerns or even spiritual concerns until there is not even a subconscious desire to see the fulfillment of that for which we pray. This in itself will energize anyone we include in the thought of surrender. We must even surrender the desire to heal or even the desire to serve. Just surrender to this perfect now just as it is. Complete surrender to now is surrender to God, to Love, to Grace.

The state of Grace needs you

You are a human being. The human is conditioned by the past and the world, but the Being remains pure and untouched by our indiscretions, addictions and fears for it is Grace itself. The state of Grace needs a recipient in order to be complete. In other words, the human, in its willingness to surrender to its love nature, integrates and completes the ‘work’ of Grace.

When we can look at anything negative and fearful as a movement of mind and LISTEN to it (see satsang CD #27p ‘Listening’) then in that allowing and listening the state of Grace ‘enters’ and we feel the peace, love, glory and ecstasy of Being that we had missed before. Any negative emotion is the contraction of our Being, paradoxically, it is not ‘bad’ but an exasperation, confusion and the tiredness of trying to be what we already are and didn’t know we are. The human part is always striving, seeking, wanting, needing, resisting, overcoming and struggling with existence and it’s all futile – there is only BEING. The moment we start to see and allow our Being to ‘just be’ another part comes alive in us called ‘Grace.’ It is through this Grace alone that final awakening happens.

Let’s look at it another way – you are held in the hand of God (Grace) and totally loved. And when that love can be received with open arms, through its recognition, the circuit is completed.

There is an overall ‘plan’ of which, you as human, are not aware and to which you can only contribute by being who you are, doing your sincerest best and listening to your Being (Heart).

When one moves closer to the Source, there is a moment that is difficult to describe in any language. The receiver becomes the giver and the receptacle becomes the source and then dance of eternity begins.

Grace is the tender Heart

Grace looks around and sees only itself – pure crystalline light, beautiful, soft, gracious and open. It sees rainbow colors all around. For example, the colors of doubt and fear are seen as a greyness and when that fear becomes depression or hate, it turns into darker colors.

All emotions carry their own auric colors but when the emotions lead to total acceptance and forgiveness then all colors lead to the glow of white radiance – pure love. Although love expresses as an emotion, it is NOT an emotion at all but a oneness.

So, although pure white light is love yet Grace accepts the whole rainbow as different expressions. Grace is ever-present when we, as humans, accept without resistance all our humanity and see that the rainbow in all its colors is beautiful. The beauty is not in overcoming the darker colors but in the innocent vulnerable surrender combined with an inner knowing that despite appearance there is only love in all its forms and expressions.

So, how do we open to Grace in our life? Allow yourself to see that you are being lived and that, in itself, starts the ball rolling. We do have choice and it is confined to seeing and listening to love. This means that even fear and hatred are a frustration of our love nature and therefore created by the need for love, which becomes the need for control of others and ourselves. Everything is a catalyst for our growth of consciousness if we allow ourselves to see that LOVE (peace, oneness, joy and happiness) is all that matters.

Therefore, what all this means is that love of the Source in you (Your Beloved) becomes your greatest love. This is easily done by LISTENING to everything around and in you and how it is all a seeking and yearning for this Source. Once this becomes clear, then Grace is around the corner waiting for your inner Silence to bestow its awakening of your clarity where all questions, doubts and fears fall away like leaves in Autumn.

This whole journey is an adventure of experiencing until we find, in every experience, its link to the divine in us. It is this link to the divine source that is Grace itself.