



Monthly Journal

Key Teachings on Grace

- Grace melts resistance within us, creating an experience of movement and flow.
- Grace is a state of love and an embodiment of Source.
- Our capacity to embody grace is one that can be cultivated. That cultivation can be had through such practices as movement meditation and other forms of deep meditative practice.

Questions for Reflection

1. Where in my life am I resisting?

Step into your role in the grand design

Questions for Reflection, cont'd.

2. In what situations have I witnessed the flow of grace, and where and when have I experienced grace most profoundly?

3. How can I incorporate new practices into my life to cultivate a greater capacity for grace?

Notes

Week 1:

Week 2:

Week 3:

Week 4: