

July 2014

“A Touch of Grace”

from Heather O'Hara



*“This sky where we live is no place
to lose your wings so love, love, love.”*

—Hafiz



IN THIS ISSUE

▪ LETTER from Heather O'Hara	02
▪ THE CRACKED POT, Author Unknown	03
▪ A NOTE FROM THE UNIVERSE, Mike Dooley	04
▪ JOY WANTS TO GET YOU GIDDY, Sanders & Sellers	04
▪ QUOTES: A Touch of Inspiration	05
▪ BE RENEWED, Alan Cohen	06
▪ FEARLESS BEAUTY, Heather K. O'Hara	07
▪ THE WAY OF LOVE, Heather K. O'Hara	08
▪ MORE GOD, Hugh Prather	09
▪ NEW BLOSSOMS, Rumi	10
▪ LOVING KINDNESS, His Holiness the Dalai Lama	11
▪ LEARNING COMPASSION, Marianne Williamson	11
▪ MY PRAYER FOR YOU, Rick Beneteau	14
▪ RESOURCES, Recommendations & Comments	15
▪ END QUOTE, Rumi	16
▪ LITTLE CUPS OF SUN, Heather K. O'Hara	18



Dear Readers...

It is so wonderful to see you all again! We have finally opened the new Quantum Grace website and from the center of my heart I wish to say, Thank you for your patience!

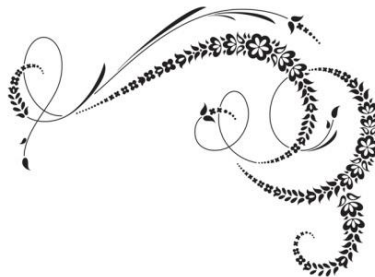
It was a wild journey, to be sure... but one that brought valuable lessons, many gifts and many new friends—and I am forever grateful for it all!

On our new website, www.QuantumGrace.net (formerly QuantumGrace.com), you will find many inspirational photo-quotes, articles, poems and videos. And, sometime this year, we will be adding a BLESSINGS page. Because there will be only four newsletters sent out each year, the new Quantum Grace site will be added to regularly and its content will be changed often. For example, the QUOTE GALLERY, where you will find the "A Touch of Inspiration" photo-quotes that we post on Facebook and Pinterest, will be updated on the 1st of every month so that you will always have new inspirational words to ponder. (This month the quotes will be changed on the 15th so that you will all have time to view them and save what you would like to keep or share with others.) The ARTICLES and POETRY sections will also be updated often; and new VIDEOS will be added as I find them.

And now, a new journey of grace begins; and I hope that all of you will enjoy it. This month's newsletter focuses primarily on loving kindness and compassion—two of the most beautiful attributes of the Beloved... which, of course, you are. To lead the way, I have chosen to give you once again "The Cracked Pot"—a story that I have included in two or three newsletters over the years, simply because everybody loves it!

Much Love & Endless Blessings,

Heather K. O'Hara





The Cracked Pot

A water bearer in China had two large pots; each hung on the ends of a pole which he carried across his neck.

One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot always arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, for it was perfect and always arrived full and brimming with fresh water. But the poor cracked pot was ashamed of its own imperfection and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, the cracked pot spoke to the water bearer one day by the stream. "I am ashamed of myself," said the cracked pot. "I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your perfect flaw, so I planted flower seeds on your side of the path. And every day, while we walk back, you've watered them! For two years I have been able to pick these beautiful flowers to decorate my table. Without you being just the way you are, there would not be this beauty to grace my house."

Moral: Each of us has our own perfect flaws. We are all cracked pots, but it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. We've got to love each person as they are; by seeing the good in them we will see it in ourselves as well.



A NOTE FROM THE UNIVERSE BY MIKE DOOLEY

Life is not what you see, but what you've projected. It's not what you've felt, but what you've decided. It's not what you've experienced, but how you've remembered it. It's not what you've forged, but what you've allowed. It's not who's appeared, but who you've summoned. And it's not where you've been, but where you're going.

And that should serve you well, beloved, until you find what you already have.

—Mike Dooley, www.tut.com



JOY WANTS YOU TO GET GIDDY BY M.D. SANDERS & T. SILLERS

JOY IS PURE, UNADULTERATED DELIGHT. Joy can fill your heart to the brim with a blissful sense of well-being. It comes from out of the blue sometimes, unannounced and unexpected, like a long-lost friend. And when that friend shows up for supper, you don't want to be reserved or restrained. You don't want to hold back your emotions when you're in the company of joy. You want to offer your wide smile, your shining eyes. You want to be able to freely express the song your soul is suddenly singing. When you're walking with joy, joy will make you feel like you're walking ten feet off the ground.

JOY WANTS YOU TO GET GIDDY over the magnificence of this fragile world. Fearlessly fall in love with life. Fearlessly believe that life will love you back. Thrill in the fact that you're moving, walking, searching, climbing. And, as you climb, thrill in the miracle you are, the miracle life is. Be amazed. Be humble. Be goofy. Be alive. Don't worry. If you're doing all these things, Joy will find you. Joy always finds the party.

JOY IS LIKE THE SUN. Out in the open. Step outside the fear and feel the joy. Throw off the shroud of denial and feel the joy. Let go of the regret and feel the joy . . . JOY REVELS IN YOUR KNOWLEDGE, YOUR EXPERIENCES, YOU LIFE; IN HOPE, IN PEACE.

—from *When Facing Life's Mountains... CLIMB!* by Mark D. Sanders & Tia Sillers, Authors of "I Hope You Dance"



A TOUCH OF INSPIRATION

Instead of a gem, or even a flower, we should cast the gift of a loving thought into the heart of a friend—that would be giving as the angels give.

—George MacDonald



Any thought of Love uplifts the vibration of the Universe.

—Marianne Williamson



Hold constantly as a deep, hallowed, intoned thought, that desire to bless, for truly then shall you become a peacemaker.

—Pierre Pradervand



Please join us on FACEBOOK and get “A Touch of Inspiration” every weekday morning through your newsfeed OR just bookmark our page and visit often—all quotes are on the wall AND in the “photos” section by date: www.facebook.com/TheQuantumGraceGroup



BE RENEWED BY THE RENEWING OF THE MIND

We want to be renewed and energized, but too often we seek to renew our soul, which is *spiritual*, with things and experiences which are physical. We have tried drugs, money, sex, power, relationship after relationship, traveling to exotic countries, and worshipping heroes (at least those are the things that I have tried), but after the initial wave of each new excitement dissolves, we find ourselves somehow a little more empty than before, a little more hollow, a little more frustrated. This is because we are attempting to satisfy *spiritual* hunger with *physical* experience, and because we are *spiritual beings*—akin to angels—we cannot be satisfied by earth experiences. *Spirit can be satisfied only by spirit.* Mind cannot be completed by matter—only by the renewing of: *the mind.*

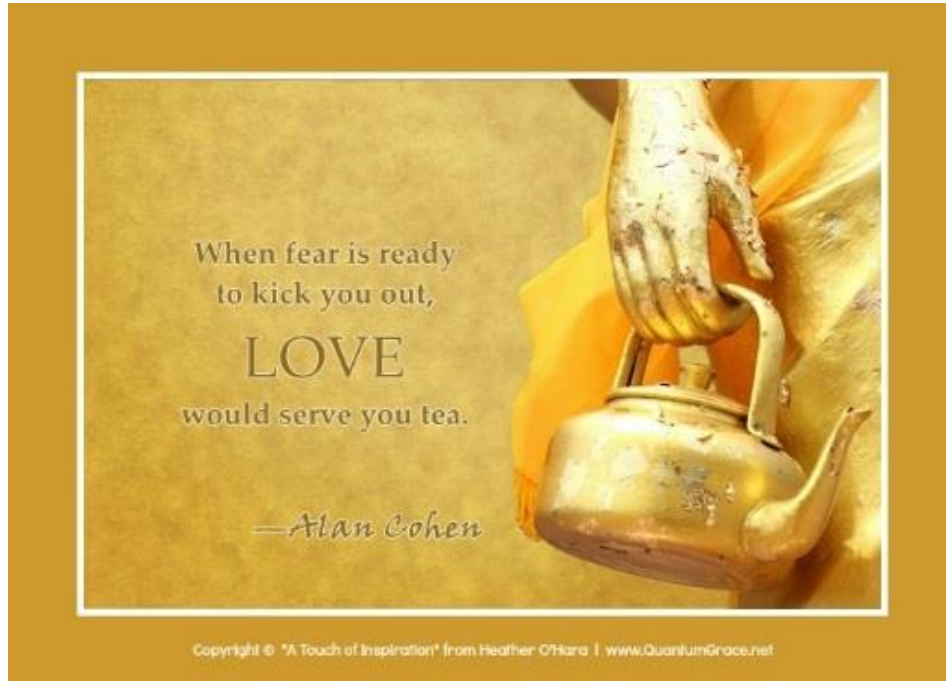
We are like voyagers who have traveled for eons over rocky hills and through green hamlets, up sharp crags and down gentle streams, braving our way through the bleakest winters and savoring the mildest springs. We have known the joys and sorrows of life in so many different ways on this fantastic adventure of awakening. Now our long journey through experience has brought us to a crucial point. We are realizing that our attempts to find lasting peace through physical experience have not borne the fulfillment we expected. Our efforts to know God through the body have brought us momentary flashes of pleasure, but in the long run they have left us unsatisfied. To some, life seems to be a cruel series of disappointments.

From the soul's point of view, however, these frustrations have actually served as blessings, each one pointing us inward, bringing us closer to our real identity, our Home in the Spirit. Verily we stand now at the threshold of a kingdom of riches and splendor that far outshines any gold our eyes have beheld. "*The Kingdom of Heaven*" that we sought in the outer world "*is within,*" and we can freely enter into it by the turn of one simple key: *the mind.*

This critically important mind has a dual potential: it can serve as a healer or act as a merciless slayer, depending on how we use it. The mind is like a switch that controls the lights in a temple. In the right position, the switch completes the circuit and the light reveals masterpieces of inspired expression that lift us into the sacred simply by our beholding them. Switched off, however, the circuit is incomplete, and the wonders of the temple are lost in darkness, invisible to those who long to be blessed by them. . .

It is but our thoughts that determine whether we enter laughing into the Kingdom of Heaven, or stand weeping at the gate. If our mind is cluttered with narrow “one-way-to-do-it” beliefs, we cut ourselves off from the help that could make our path through life so much clearer and easier. If, however, we are open to new ideas, bigger possibilities, and outright miracles, we literally invite God and all of His blessings into our life.

—Alan Cohen, from *Rising in Love; What God Can Do*; pages 98,99



 FEARLESS BEAUTY BY HEATHER K. O'HARA

There is so much love in this world that goes unspoken and yet it is our destiny to step forward in fearless beauty and let the Love we are made of leave its golden footprints upon every path, every bridge, every rainbow. The courageous soul knows there is nothing to be afraid of because it isn't about someone else receiving our love or accepting our love—it is about giving it, living it, and expressing it in the best way we know how. Listen to the voice of your own beautiful Spirit, seek that Voice, and when you are no longer afraid to “speak your love” through every thought, action and word, it will be you that is lifted higher—and it will be you that heals the world.

—Heather K. O'Hara, from *Beautiful Seeker* (Available October 25, 2014)



The Way of Love

To be who we are is to be divine;
golden, magical—
everything light is made of.

To look for ourselves
on the gray edge of any path
is to not notice
the starlit destiny within us;
safely kept,
where it leads forever
back to itself.

To walk within our own hearts
is the way of love;
spiritual sojourners on a timeless quest—
extraordinary, in that we are
the many faces of God,
going as we are meant to go,
knowing somewhere inside of life is found
Heaven's fiery romance
with the exquisiteness of Earth.
And as we turn in every direction
the carriers of greatness
unfold themselves,
finding the path remains the same
while it is only the journey
which changes.

—Heather K. O'Hara

from *AXIS, The Song in the Center of the Soul*

(Paperback; 2nd Edition; ISBN-13: 978-1938984037; English; 156 pages)

<http://www.amazon.com/dp/193898403X>

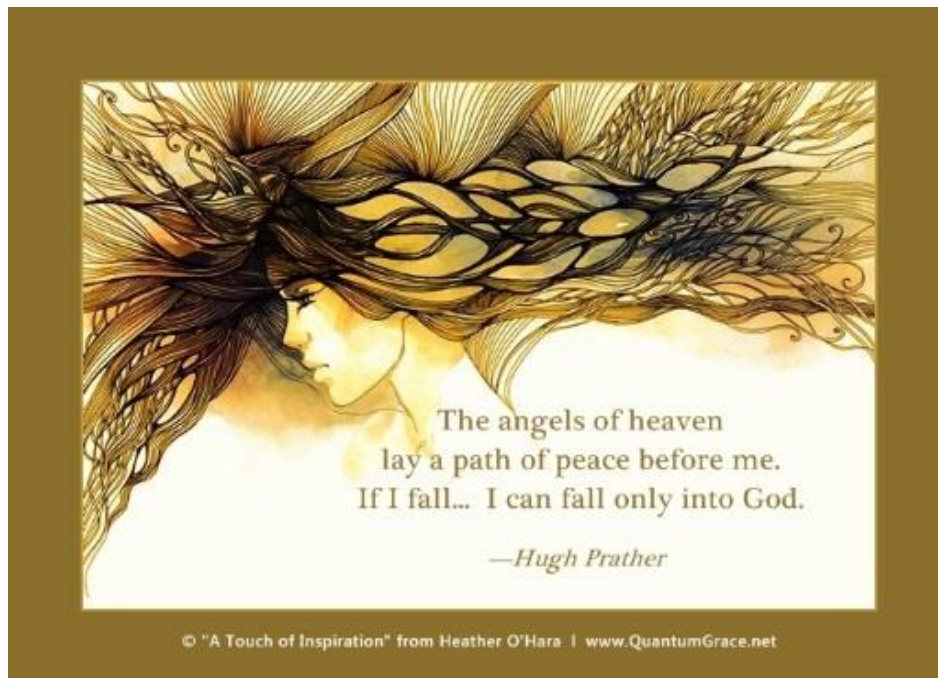


MORE GOD BY HUGH PRATHER

My mind shuttles between my inner spiritual efforts and the movie of my life that plays out before my eyes. Each time I turn to God, I quickly turn back to see if there's been any improvement in the script. Quite insanely, I am looking to my physical life for confirmation of my spiritual life! Somehow I think that because I try, people should behave and circumstance should shape up—and I am actually more interested in this than in God.

There is no reward in the world for our spiritual efforts. There isn't even a connection. The pay-off for turning to God is more God, not more world.

—Hugh Prather, from *Spiritual Notes to Myself*





New Blossoms

Sit near someone who has had the experience.
Sit under a tree with *new* blossoms.

Walking the section of the market
where chemists sell essences,
you will receive conflicting advice.

Go toward kindness.
If you are not sure where that is,
you will be drawn in by fakes.

They will take your money and sit you down
on their doorstep saying, I'll be right back.
But they have another door they leave by.

Do not dip your cup in a pot
just because it has reached the simmering point.

Not every reed is sugarcane.
Not every *under* has an *over*.

Not every eye can see.
Or it may be you cannot thread the needle
because it already has thread in it.

Your loving alertness is a lantern.
Keep it protected from wind
that makes it crazy.

Instead of that airy commotion
live in the water that gently cools
as it flows. Be a helpful friend,
and you will become a green tree
with always new fruit,
always deeper journeys into love.

—Rumi, translated by Coleman Barks, from *Bridge to the Soul*



LOVING KINDNESS BY HIS HOLINESS THE DALAI LAMA

If you maintain a feeling of compassion, loving kindness, then something automatically opens your inner door. Through that, you can communicate more easily with other people. And that feeling of warmth creates a kind of openness. You'll find that all human beings are just like you, so you'll be able to relate to them more easily. That gives you a spirit of friendship. Then there's less need to hide things, and as a result, feelings of fear, self-doubt, and insecurity are automatically dispelled.

—His Holiness the Dalai Lama, excerpt from *The Art of Happiness*



LEARNING COMPASSION BY MARIANNE WILLIAMSON

Learning Compassion

. . . Just as some people have a talent for art, and others for science, some seem to have a greater talent for compassion. Examples abound of humanitarian workers risking their lives for people living the ravages of war, of doctors giving of their talents and abilities to help those in poverty-stricken societies. But not every act of compassion is dramatic. All of us, in our own way, just by being more tender and loving, can open our hearts and make a difference in someone's life. Compassion is not just emotion; it is *force*. It is an aspect of the infinite power of God. Humanity's next great leap in consciousness will be the realization that love is a *power to be applied*—no less than the power of steam, the power of electricity, or the power of the atom.

What if all of us dedicated ourselves to efforts of compassion for people we will never even know, and who will probably never know us? What an extraordinary burst of light would pervade the world, should a shift in consciousness from narcissism to compassion become a common miracle among us. At what point does the heart burst open and commit itself to doing something, *anything*, if it will possibly make a difference in easing the pain of someone else?

There were ages when people sat on great powers, yet did not know how to harness them for practical purposes. We knew there was an atom long before we knew how to split it. People enjoyed the beauty of Niagara Falls long before its hydroelectric power lit whole cities. Today, we know there is love in our hearts, but we have only begun to

scratch the surface of how we can use it to restore and transform our world. It is the task of our generation to turn love into a social *force*. The most significant development of the twenty-first century will be the harnessing of the social potential of love.

Most of us don't lack compassion so much as we *avoid* it. We resist compassion in the United States with a peculiar hypocrisy, extolling the virtues of volunteerism, for instance, while making volunteerism more of a necessity by diminishing our budgetary commitments to the poor and powerless. We take away housing for thousands, then build a hundred houses for Habitat for Humanity and everyone gets to feel good. Our primary response to human suffering appears to be making sure it occurs on the other side of town or the other side of the world.

In the Buddhist religion, the search for God is synonymous with the realization of our most compassionate self. The Buddha, like Jesus, lived a life that personified the path to divine Selfhood. The Buddha was born a wealthy prince named Siddhartha, whose father wished to protect him from the cruelty and the suffering of life. To this end, he built walls around his palace, only allowing in the pleasures of the material world. But the young Siddhartha instinctively knew that there was more to life than what he saw within the confines of his father's palace, *and he also knew he needed to experience those things in order to become truly human*. He left behind his beautiful wife and child, journeying beyond the walls of the palace to encounter human suffering for the first time. And, with that, his journey to enlightenment began.

Ultimately, the Buddha would reveal that untransformed human life is suffering, and out of that revelation would come enlightenment for millions. From his recognition that the palace walls we build around ourselves are merely holding the truth and meaning of human existence at bay came his exhortation to recognize the suffering of the world. We must open our hearts before suffering, he claimed, in order to become genuine channels for its transcendence. We live in a prison—not a palace—when our hearts have not yet cracked open.

But when the heart does crack open—when humanity's pain and suffering moves us to respond to it as passionately as we used to run away from it—then we are on our way to enlightenment at last. We realize our oneness with the angels, as we offer ourselves to help them. Every time we say a prayer for someone, serve a meal to a homebound person with AIDS, hold the hand of a dying patient as a hospice volunteer, give a deserving, struggling employee another chance to get it right, or lobby our elected officials for more compassionate policies, we are tending to our own evolution.

That which purports to be spiritual growth but does not involve an active compassion is not really growth at all. Whether we are seeking to heal ourselves or our planet, we must commit acts of compassion that go beyond the individual, beyond what is convenient, and beyond the confines of the status quo. Individual acts of kindness and compassion will not of themselves provide enough loving energy to transform our civilization. Rather, we must make love the center of all our enterprises—collective, as well as individual. When harmlessness toward life becomes a personal, social economic, and political imperative, we will be on our way at last to the restoration and regeneration of our civilization.

We have an opportunity at this time in history to completely change the course of human culture. That opportunity is not simply an option anymore, it is a gauntlet thrown down by the forces of history, before a generation still not yet decided whether money and power or love and brotherhood should form the basis of our civilization. And we will decide, or life will decide for us. The human species *will* learn to become profoundly compassionate toward itself and toward all life. We will learn it through wisdom, or we will learn it through pain. But we will learn, because it's God's will that we become the people He created us to be. It's not up to us where we are going—but how we get there, and when, is determined by every choice we make, every moment of every day.

—Marianne Williamson, excerpt from *Everyday Grace*





My Prayer for You

May your eyes see goodness in all people and all things.

May you feel love toward every living creature.

May gratitude fill your heart and every thought and all your conversations.

May your positive attitude be infectious, and contagious.

May your smile make happy all hearts surrounding you.

May your joyful spirit fill the emptiness of others.

May your words be kind and your actions kinder.

May compassion be at the core of all you do.

May seeds of forgiveness find fertile ground in your soul upon which to flower.

May patience prevail.

May your generosity touch not only those next to you but reach beyond to those you may never meet.

May you be so blessed with absolute clarity of mind, and precious purpose.

May the fuel of passion burn ever so brightly in every task you undertake.

May courage and caution strike an even more perfect balance in your life.

May integrity and excellence be at the forefront of all your works.

May humility be at the foundation of your every accomplishment.

May you ask for, and receive from the Universe, the Divine Inspiration that is duly yours.

May the breezes of peace and serenity pass over you and fill your sails for the remainder of your journey.

May the light that is You burn as an even brighter beacon to illuminate all in the world that is right and just.

Above all, may your heart and hands be always busy building a better world.



RESOURCES, RECOMMENDATIONS & COMMENTS

If you've always felt you were put on earth to do something more with your life—something greater—but have no idea what that is or how to discover that passion-filled, purpose-driven life, you are invited to step through

THE DOORWAY

to a life of deeper meaning, greater happiness,
less stress and more fulfillment.

Founded by two of the most incredible men on the planet, Rick Beneteau and Julian Kalmar, THE DOORWAY is all about YOU "Living the Extraordinary Life through Conscious Mastery."

For more information, please visit: www.ModernDayMastery.com

You will absolutely love Julian and Rick... They are also the founders of "10 Million Clicks for Peace" and have been great friends of mine for many years. The work they have done (and continue to do), the love they have given and their tremendous dedication to helping others has touched thousands of lives and made our world a better place for all. I cannot think of two better teachers to recommend than the ones who have already done what they are teaching!



THE SECRET PROMISE OF AGING

Finding Meaning, Joy and Inner Peace as Years Fly By
by Christopher Foster

Buy the print edition and get the Kindle edition FREE! (Published by Singing Spirit Books; Paperback; 210 pages; ISBN-13: 9780971179622) Available at www.Amazon.com

This is such a wonderful book for anyone of any age... Filled with heartwarming personal stories, great insight and wisdom, Christopher Foster has again given us the gift of his own beautiful spirit. Every page of this book is filled with light and love and gentle Grace; and I highly recommend it to everyone.

"Perhaps the expectations we load on to 'big' events work against us sometimes. Reality has a difficult time living up to them. In any event, I find more and more that gold—the gold of joy, happiness and love—is in the little everyday moments of life. It's 'hiding in plain sight.' All it needs is our attention." —Christopher Foster, excerpt from *The Secret Promise of Aging*

You can also join Chris on his blog: www.thehappyseeker.com



THANK YOU AGAIN...

In closing, I would like to thank you again for helping QuantumGrace.net (formerly Quantum-Grace.com) become the highest example of people helping people. Only by inspiring, encouraging, and supporting each other will we evolve into a new and higher level of awareness.

Your loving energy and positive thoughts are not only the best gifts you can give yourself, they are also the greatest contribution you can make to the spiritual evolution of humanity. Know that you are important and that you count in a very big way. Live your love, trust your joy...

"Be the change you wish to see in the world." —Gandhi

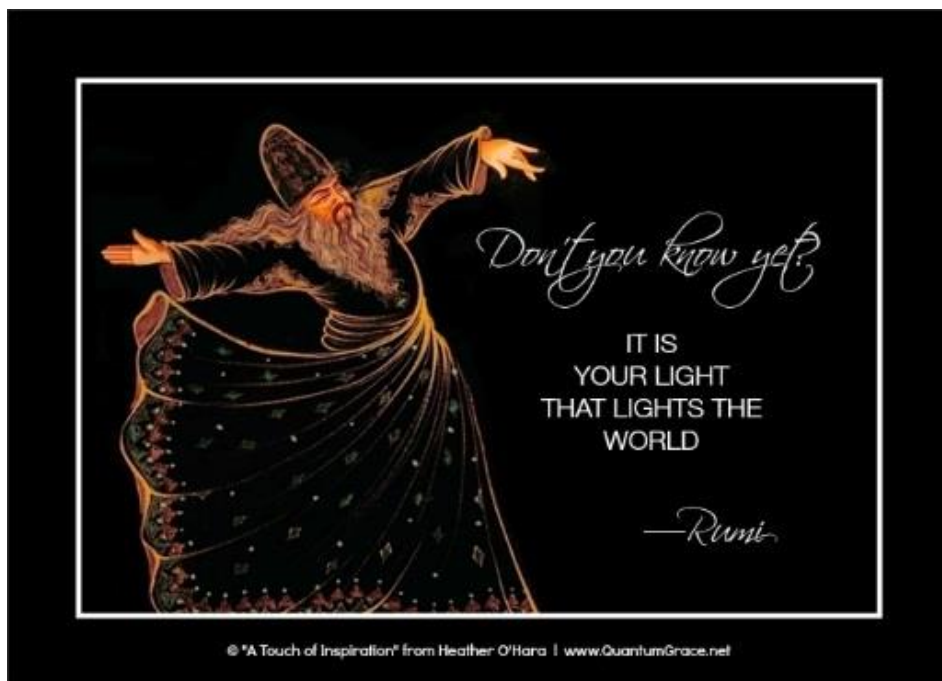
May you walk with impeccable grace, my good friends.

Much Love & Endless Blessings...

Heather K. O'Hara



END QUOTE BY RUMI





"A Touch of Grace" from Heather O'Hara is a worldwide ePublication brought to you by www.QuantumGrace.net (formerly QuantumGrace.com); where insight, inspiration, awareness, spiritual growth, transformation and flight are the treasured expressions of a life well lived—brilliantly, authentically, and overflowing with Quantum Grace.

If this newsletter has been forwarded to you by a friend and you would like to sign up for your own copy, simply click the following link to subscribe:

<http://www.QuantumGrace.net/FREE-NEWSLETTER.html>

IT'S INSPIRING. IT'S EMPOWERING. AND IT'S FREE.

PLEASE NOTE: I never sell, trade, rent, or give away your email address to others. Your information is always kept in the strictest confidence. That's a promise you can count on.

For questions or comments about this newsletter, please feel free to write to me at: hkohara@QuantumGrace.net

Copyright © 2014 Heather K. O'Hara — All rights reserved.

This newsletter is published exclusively by:

Heather K. O'Hara, Poet, Author, Publisher

<http://www.QuantumGrace.net>

<http://www.HeatherOharaPoet.com>

<http://www.WatermarkBookPublishing.com>

All original material included in this newsletter is copyrighted by Heather K. O'Hara and may not be reprinted without permission.

For reprint permission please write to: hkohara@QuantumGrace.net



Join us on our Facebook Page!

<http://www.facebook.com/TheQuantumGraceGroup>





We are but
vases filled with light—
little cups of sun, spilling over.



—*Heather K. O'Hara*