

April 2007

“A Touch of Grace”

from Heather O’Hara



“Wheresoever you go; go with all your heart.”

—Confucius

✦ IN THIS ISSUE

- Poem: Live With Intention by Mary Anne Radmacher
 - Letter from Heather O’Hara
 - Questions to Ponder
 - Article: Flung from the Edge by a Master
 - Poem: You Mustn’t Quit!
 - If I Had My Life to Live Over
 - Quotes to Ponder
 - Lotus Notes
 - Resources, Recommendations & Comments
 - End Quote
-

Live With Intention

Live with intention.
Walk to the edge.
Listen hard.
Practice wellness.
Play with abandon.
Laugh.
Choose with no regret.
Continue to learn.
Appreciate your friends.
Do what you love.
Live as if this is all there is.

— Mary Anne Radmacher

✦ LETTER FROM HEATHER O'HARA

Dear Readers...

Ahh . . . it's Spring; and how wonderful is that! I like to think of it as the "sweep out the old and bring in the new season" or the "just do it! season." Everything in nature is fresh and new; everything is colorful and bright; and everything seems to be happily encouraging us to "just do it!"

If you feel the need to apologize to someone, now would be a perfect time—just do it! If you need to forgive someone—just do it! If you've been thinking about calling someone or visiting someone or writing to someone—just do it! If there is a book you've been meaning to read or something new you've been intending to try—just do it! . . . It's the message of the daffodils: "Just do it! Just do it! Just do it!"

There isn't a daffodil in this world that's worried about what somebody else is gonna think. They just seem to pop up out of nowhere, laughing and smiling and doing their thing! And that is their message to you . . . Do what makes you feel good about yourself. Do what enhances your life. Do the fresh and new tango; forget about what everyone else wants, and do what makes your life colorful and bright right now!

It's time to think new thoughts, feel new feelings, try new things—and more than anything, it's time to feel good, to feel happy . . . and to feel alive! At this very moment, all of nature is singing the "just do it" song; and it would love for you to join in!

Play with abandon and choose with no regret!

You are loved! ...Heather O'Hara

❖ QUESTIONS TO PONDER

What are you thinking about right now?
How do those thoughts make you feel?

Whatever your predominant thoughts are and whatever emotions are attached to those thoughts is what your world is made of . . .

Look around you . . . whatever you see is what your predominant thoughts and emotions have created. The Universe is run by the law of attraction; and, whether you believe in it or not, this law works for everyone, equally, in an amazingly perfect way. Like attracts like. It's that simple. There are no exceptions. Ever.

If you are constantly thinking about lack (predominant thought) and you are worried about it (emotion), you will find yourself surrounded by more lack and more to worry about. If you are more often thinking about abundance (predominant thought) and you are grateful and appreciative of it (emotion), you will find yourself surrounded by more abundance and more to appreciate and be grateful for. If you are constantly thinking about roadblocks and problems (predominant thoughts) and you are feeling stressed out because of them (emotion), you will find yourself surrounded by more problems, more roadblocks, and more things that cause you to feel stressed out. If you are more often thinking about opportunities and solutions (predominant thoughts) and you are excited about them (emotion), you will find yourself surrounded by more opportunities, more solutions, and more things to be excited about.

Whatever you give your attention to through your thoughts combined with how those particular thoughts make you feel (emotion) is what makes up your vibrational energy—and your vibrational energy is what speaks to the Universe. It is the "like" that attracts the "like." And it is those constant thoughts and powerful emotions that become your world, because the law of attraction makes no exceptions . . . it's a consistent, precise, constantly working law and it doesn't take time off to contemplate what would be best for you—it simply delivers—and what it delivers is that which you are focused upon.

This is why every book ever written about the law of attraction encourages you to think only about what you like and what you want; and to feel good about it! A thought with no emotion doesn't go very far . . . however, a thought sent out on the wings of powerful emotion, whether that emotion feels good or feels bad, takes off like a rocket—and that rocket returns EXACTLY as it was sent out.

Constantly think sadly about lack and, sadly, lack will constantly come to you. Constantly think happily about abundance and, happily, abundance will constantly come to you. It's why the rich get richer and the poor continue to attract conditions of poverty. It's why the happy get happier and why the constant complainers of the world constantly get more to complain about—It's called "free will," otherwise known as the freedom to focus on whatever

you choose to focus on; and you are absolutely free to focus upon whatever you want to include in your life experience. With this in mind, I ask you again . . .

What are you thinking about right now?
How do those thoughts make you feel?

✦ **ARTICLE: FLUNG FROM THE EDGE BY A MASTER**

by Heather K. O'Hara

FLUNG FROM THE EDGE BY A MASTER

A great teacher
is someone who inspires you to broaden your horizons
and encourages you to walk to the farthest edge of the highest cliff,
because he knows you can touch the sky.

A great master
is someone who comes along
and hurls you over the edge of the cliff,
because he knows you can fly.

The saying goes, "When the student is ready, the teacher will appear." And I can assure you that they do appear; in exactly the right place, at precisely the right time—and they appear with a lesson plan amazingly specific to the individual student. I have seen this happen so many times in my life that I don't even think about it anymore, but there is another part to the saying that I had never heard until recently, that goes, "And when the teacher is ready, the master will arrive."

The first time I ever heard this, I couldn't imagine how I had lived my entire life without ever knowing there was a second half to this well-known, ancient saying. I had heard it said, possibly hundreds of times, so why hadn't I known there was another part to it? Perhaps I wasn't ready to reflect upon the many levels of divine education or, perhaps I was not yet prepared to believe in the existence of a master—a living one, no less.

When I did finally become aware that there was a second half to the saying, I began to wonder what the difference was between the one called "teacher" and the one called "master." How was I to know one from the other? What exactly does a master look like anyway?

I have to admit, upon asking myself these questions, I was bombarded with visions of "he who sits upon the mountaintop and chants beneath the stars." And my immediate thought, should the master ever arrive on my doorstep,

was, "Please God, don't let him be wearing a robe and sandals. I just can't do the robe and sandals thing, not in this lifetime anyway."

To tell you the truth, the mere thought of a master being available upon a potential teacher's readiness scared me to death. Maybe I don't really want to be an inspiring speaker-poet-author, I thought. Maybe I don't really want to teach; I could just as easily develop a passion for basket weaving or something much less apt to bring about the dreaded arrival of the master!

To say the least, I was worried. Very worried. After all, I haven't eaten granola since some time in the mid-'70s, I'm an award-winning java junkie and I can't, for even one moment, ever imagine myself chanting. So please, I thought, whoever, whatever, or wherever you are—let us never mention chanting!

And then, of course, there were additional questions, as my mind is famous for all sorts of intricate ponderings. But the question, "How will I know if one arrives?" seemed to be my most pressing concern at the time. Come to find out, though, masters don't actually "arrive," per se—they just nonchalantly leave their doors open as if they're expecting you, and if you happen to be in the neighborhood and find yourself intrigued by the one door that isn't closed, you can be reasonably sure that a master is inside waiting for you. It's quite a mysterious thing, but I know it's true, because not so very long ago, I walked through just such a door—and there really was a master waiting on the other side.

Of course, I didn't know he was a master at first. No robe, no sandals and (thank God), no granola! As a matter of fact, he is more "human" than one would ever imagine. This master, the one who left the door open for me, is a brilliant businessman, a best-selling author, an Internet genius, an extraordinary father, and a wonderful friend and guide. This master is an intuitive consultant, a poet, a lecturer, and a summa cum laude graduate with degrees in chemistry, an MBA from Rutgers, and a doctorate in Life.

He is compassionate; he is humble; he is intelligent, kind and wise. He has a love of great literature, a fascination for beautiful music, a penchant for birds and a passion for helping others. This master is excellence walking, brilliance talking, a soul with a mission—a man who, in a small village in South America some years ago, was given the name John Harricharan.

Is he perched upon a mountain top? Nope. He lives in Atlanta. Does he chant? I think not. Is he really a master? Yes, he is. And how do I know that? I know because I believe I have finally figured out the difference between a master and a teacher. A teacher appears with a lesson and a lesson plan. A master arrives with a message and an action plan. And sometimes he arrives wearing a three-piece suit.

What was John Harricharan's message for me? To fly. Was I afraid? Yes. Terrified, actually. What was his action plan? He flung me from the edge of a cliff. **He what?** He flung me from the edge of a cliff, but first he made sure I understood the whole message. And what was the whole message? Never look down. Only up. When you look up, there's no longer anything to be afraid of. You can't fall up, so there's no thought of falling—only flying. And

then? He did it. He flung me from the edge of a cliff—and you know, he was right. I didn't fall. I spread my wings and I flew! You must have known all along you could do it. ...No, I don't think I did know, but apparently—he did.

Thank you, John Harricharan; thank you for believing in me.

— Heather K. O'Hara



Sometimes all it takes is someone to believe in us—someone who sees our potential, our gifts, and someone who sees our courage even though we haven't seen it yet ourselves. Surround yourself with these people. They are the daffodils of the world.

 **POEM: YOU MUSTN'T QUIT!**

Author Unknown

You Mustn't Quit!

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest! if you must—but never quit.

Life is queer, with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won if he'd stuck it out;
Stick to your task, though the pace seems slow—
You may succeed with one more blow.

Success is failure turned inside out—
The silver tint of the clouds of doubt—
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit—
It's when things seem worst that you mustn't quit!

—Author Unknown

✦ **IF I HAD MY LIFE TO LIVE OVER**

If I had my life to live over, I'd like to make more mistakes next time . . .

I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones.

You see, I'm one of those people who live sensibly and sanely hour after hour, day after day. Oh, I've had my moments and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute. If I had to do it again, I would travel lighter than I have.

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would dance more. I would ride more merry-go-rounds. I would pick more daisies.

—Nadine Stair, age 85

✦ **QUOTES TO PONDER**

"The major value in life is not what you get.
The major value in life is what you become."

— Jim Rohn



"Shoot for the moon . . .
even if you miss it, you will land among the stars."

— Unknown



"The most beautiful thing we can experience is the mysterious."

— Albert Einstein

✦ **LOTUS NOTES**

News from www.The-Lotus-Project.com

The Lotus Project Web site is making its way around the world! To date, it has been visited by people in 28 countries!

The vision, if you will, is to have it reach every single nation by mid-2007; and to do this I need your help! Please send "pass-it-along" emails that include a link to The Lotus Project site to everyone in your address books or send eCards—there are many to choose from and they are all inspiring! Just click here: www.The-Lotus-Project.com and click on the button that says, FREE eCARDS!

The further we go, the more we'll grow! And I thank you all, in advance, for your participation . . .

✦ **RESOURCES, RECOMMENDATIONS & COMMENTS**

BOOKS I HIGHLY RECOMMEND:

Possibly the most amazing book you will ever read:

The Living Energy Universe
Gary E.R. Schwartz, PH.D. and Linda G.S. Russek, Ph.D.

Does the Universe have memory? Ahhh, yes it does! ...not our words or our actions, however, but our vibrational output... Grab yourself a copy of this fascinating book if you want to know more about the new vision of Universal Memory, the Living Vacuum, and an Evolving God.

Published by Hampton Roads

Very Important Note on the Quantum-Grace eBook . . . if you missed getting your free copy last month, you can go to the homepage of www.Quantum-Grace.com and click on the link that says "FREE eBook," which is directly below the introductory letter, or you can use the following link at your convenience:

<http://www.Quantum-Grace.com/journey.pdf>

Everyone is loving this eBook! So, if you've been meaning to print it out or share it with a friend . . . just do it!

In closing, I would like to thank you again for helping Quantum-Grace.com and The-Lotus-Project.com become the highest examples of people helping people. Only by inspiring, encouraging, and supporting each other will we evolve into a new and higher level of awareness.

Your good 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—stand up and say your name!

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

May you walk with impeccable grace, my good friends.

I love you all, ...Heather K. O’Hara

“A Touch of Grace” is a Heather K. O’Hara/Global Inspiration, Inc. worldwide ePublication brought to you by Quantum-Grace.com; where healing, insight, 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.Quantum-Grace.com/news2.htm>

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@Quantum-Grace.com or hkohara@The-Lotus-Project.com

Copyright © 2007, Heather K. O’Hara/Global Inspiration, Inc.
All rights reserved.

This newsletter is published exclusively by:

Heather K. O'Hara, Author
Founder and CEO, Global Inspiration, Inc.
P.O. Box 22646
Denver, Colorado 80222 USA

www.Quantum-Grace.com
www.The-Lotus-Project.com
www.LivingOnLevel7.com
www.hkohara.com

✘ **END QUOTE**

"Follow an old path and you'll live as you have always lived.
Blaze a new trail and you get to live an adventure!"

— Heather K. O'Hara
