

August 2007

“A Touch of Grace”

from Heather O’Hara



“May your life be crowded with unexpected joys.”

— H. Jackson Brown, Jr.

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Kiss the Earth

Walk and touch peace every moment.
Walk and touch happiness every moment.
Each step brings a fresh breeze.
Each step makes a flower bloom.
Kiss the Earth with your feet.
Bring the Earth your love and happiness.
The Earth will be safe when we feel safe in ourselves.

— Thich Nhat Hanh

✉ LETTER FROM HEATHER O'HARA



Dear Readers...

A warm welcome to all of you who have recently joined us and a huge thank you to those of you who have been so very patient with my rather long lapse in newsletters!

This summer has just flown by in a whirlwind of new projects and the finishing up of those started months ago. The new Quantum-Grace Web site should be making its appearance near the end of October and, although it will *look* much the same as it does now, there will be an enormous amount of new content—including two new sections of my favorite inspirational quotes and poems that you will be able to print out for free, a multitude of inspiring articles by some very enlightened authors, and an updated resources section that I hope will thrill all of you who love to read!

I'm happy to announce that from this day forward, all newsletters will be sent to you in a convenient PDF file. So many of you have written to tell me that you print out and save each newsletter that I thought a nice clean PDF copy would be appreciated by those of you who want to keep them. The biggest plus in doing this is the amount of paper you'll save! Because it is formatted with different margins, what would normally print out as 20 – 26 pages from the emailed version of the newsletter is now a 10 – 12 page document complete with page numbers! The link to the newsletter PDF file will be sent to you each month; and any special information that is intended solely for newsletter subscribers will be included in that email.

Also, I've added a section to the newsletter called "A Touch of Grace from Readers & Writers" which is for all of you who want to share your experiences, stories, poetry, or a piece written by someone else that has touched you, inspired you, or uplifted you. Please send whatever you would like to submit for publication to, hkohara@Quantum-Grace.com — And remember that for safety purposes all attachments are blocked from my inbox, so your work must be included in the body of the email.

I look forward to mountains of submissions! Please don't be shy or think that I am too busy to read your work—I love what I do; I rarely look at a clock; and hearing from you always inspires me to reach higher!

Also, please know how important your contributions are: One of the best-loved pieces ever included in my newsletter was a little story called "The Cracked Pot" that I received via email from my sister. That story touched more people than you could ever imagine! The emails poured in at the speed of light after the (July 2005) newsletter went out, thanking me for including such a beautiful, simple story that every reader could relate to. To this day, people are still writing to me about the impact that story had on their lives... and so, for those of you who loved it and for those of you who have not yet read it, I thought that it would make a wonderful beginning to a section that promises to be filled with your valuable contributions for many years to come.

This month's newsletter focuses on that seemingly slow-to-come-quick-to-go emotion called "happiness," which is actually an easier level of consciousness to connect to than you may think... and, if you'd like to start right now, just look around you and give your full attention to something that makes you feel really, really good . . . stay with it; kiss the Earth; believe in yourself—you're on your way to outrageous joy!

I'll meet you there! ...Heather O'Hara

☒ **QUOTES TO PONDER**

"Happiness is when what you think, what you say, and what you do are in harmony."

— Mahatma Gandhi



"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

— Thich Nhat Hanh



"Happiness is not a destination: it is a manner of traveling. Happiness is not an end in itself. It is a by-product of working, playing, loving and living."

— Haim Ginott



"Be intent upon the perfection of the present day."

— William Law



“It is eternity now. I am in the midst of it. It is about me and the sunshine.”

— Richard Jefferies

✿ **A LITTLE MAGIC AND A TOUCH OF GRACE**

by Heather K. O’Hara

One of the questions I am most often asked is: When I am standing in the middle of an unpleasant situation, how am I supposed to feel happy?

Well, most likely you won’t feel happy immediately; and no one expects you to. One of the secrets to happiness is making peace with where you are right now—no matter where it is or how awful it may seem—and making peace with where you are right now requires acknowledging “exactly how you feel about where you are right now.”

The trick is not to stay stuck in it—don’t waste time blaming yourself for where you are or blaming anyone else—doing so will only keep you there that much longer. Simply acknowledge how you feel, and from there, start working your way toward higher ground. None of us can jump from total devastation to total happiness in an instant—it’s a process; it takes mental work and focus; and it takes time—but it can be done. And every time you do it, it will become easier and easier, until it does happen almost instantaneously.

From wherever you are, step back, take a good look around you and quietly take note of the scenery. Is there any part of the “whole picture” that makes you feel just a little bit better when you focus on it? ...Here is an example:

Not much to be happy about—our house caught on fire while we were away and I’m just sick about it—there are some things in life that just can’t be replaced... I feel as if my whole life just went up in flames. Anyone would be devastated by this, and it would be useless not to acknowledge your sense of loss.

*The west side of the house looks really bad, and I’m afraid that the heirlooms I cherished and all of our family photos have probably been destroyed—but maybe, just maybe, a few of those things can be salvaged. This is called **hope**. Hope is always the best first step to anywhere higher than where you are.*

*I can’t believe this happened, but I’m glad no one was inside when the fire started—thank God we all left early this morning. This is called **gratitude**, and finding something to feel grateful for is your most powerful step toward happiness.*

*And I’m actually pretty impressed with how fast the fire department responded to my neighbor’s call. This is called **appreciation**, and if you’re*

aware of your emotions at this point, you can actually *feel* yourself taking another giant step toward feeling better about a bad situation.

Good thing my neighbors called the fire department as soon as they saw the smoke. Did I hear you say the words, “good thing”... ??? ...Good for you!

Because everyone acted so quickly, it looks as though most of the house is okay—and luckily, our insurance will cover the cost of the damage... I’m just so thankful that my family wasn’t inside when the fire started. More appreciation, more gratitude—you may not be jumping for joy yet, but who you really are and what is really important have become your predominant thoughts; your focus is now on what you *have* instead of what you do not have—and you are well on your way toward happiness.

Perhaps this quote from an unknown source says it best: “If you can’t see the bright side, then polish the dull side—stop living on grumble corner and move to Thanksgiving Street.”

You will find the best in yourself and in your life when you look for the best in all situations and all people. An unwavering intention to find thoughts of hope, appreciation, and gratitude will do more for your state of mind and sense of well-being than any quick-fix chant on the planet!

— Heather K. O’Hara

✦ **POEM: WAS IT YOU?**

Was It You?

Someone started the whole day wrong—
Was it you?
Someone robbed the day of its song—
Was it you?

Early this morning someone frowned;
Someone sulked until others scowled;
And soon harsh words were passed around—
Was it you?

Someone started the day aright—
Was it you?
Someone made it happy and bright—
Was it you?

Early this morning, we are told,
Someone smiled and all through the day—
This smile encouraged young and old—
Was it you?

— Author Unknown

✦ **ARTICLE: BRING YOUR OWN HAPPINESS**

by Heather K. O'Hara

BRING YOUR OWN HAPPINESS

In Deepak Chopra's beautiful book, *Power, Freedom and Grace*, he writes:

"If you have lost touch with your internal source of joy, if the happiness you experience always originates in circumstances outside yourself, then you are at the mercy of every situation and every stranger you meet."

Being at the mercy of others is not a very powerful place to be and yet so many of us tend to put ourselves in that position... and then complain that someone or something needs to change so that we can feel good.

Feeling good is your birthright, but it isn't up to someone else to make it happen. Happiness is an inside job; and it starts with you. It is inevitable that at some point in time the people, places, circumstances, and things around you will change—and if your life is simply a reaction to those changes then you have given away every ounce of the divine power you were born with.

How you see something is much more important than the something you are seeing. And where you are looking *from* has everything to do with what you see. So, get out your rose-colored glasses (your soul wears them all the time), and rejoice in the knowing that you have the wherewithal to view that which is around you from a place of true power. Bring your own happiness to others—don't wait for them to bring it to you. If they can give it then they can take it away, but if you stay tapped in to your own natural state of well-being, happiness will never elude you—because it *is* you.

True happiness is a state of consciousness. It is an attitude; a choice. And, yes, it may seem at times that the world is tumbling down around you—that happens to all of us. When it does, acknowledge your true feelings about it and then begin reaching for thoughts that make you feel better. You *can* do it. You *do* have the power over what you think; therefore, you *do* have the power over what you feel. Being human is an emotional journey; how you *feel* while taking that journey *is the experience*—and you have the power (and the freedom) to change your thoughts, which in turn will change your feelings, which will then change your experience.

First comes the thought, then comes the feeling—if you're living your life the other way around (feeling/reacting first and thinking later), your life will become a roller coaster that feels like it's out of control, because it is! When you allow someone else to be in charge of your on/off switch—you are giving them complete control of your life experience. But when you decide to take control of your own switch, life becomes a glorious ride that you can be proud to say was your own decision.

Decide to be joyful and trust that decision—it is your natural state of being. You did not come here to allow the world to change who you really are—you came here to *be* who you really are, as the world around you changes.

— Heather K. O'Hara

✦ **THE WISDOM OF AXIS**

Something to think about . . .

Nothing is unknown... just not remembered.
Every picture, every story... the reflections of a soul;
and every soul formed of many, many pasts.

Passion is the energy of creation, and creation is the energy of Now.

You exist only in this moment;
be your passion, live your greatness...
Trust your joy!

— Heather K. O'Hara
from *AXIS, The Song in the Center of the Soul*
<http://www.Quantum-Grace.com/books2.htm>

✦ **LOTUS NOTES**

News from www.The-Lotus-Project.com

It doesn't have to be a holiday to send someone an eCard... I made them all just for you, so please have the time of your life sending them to everyone you know and love! It's easy and it's free! Just click on The Lotus Project link above and then click the button that says, FREE eCards!

How far has The Lotus Project traveled? Just look at this! . . .

In order of visitor numbers, these nations have been touched by some very peaceful thoughts in a very powerful way: United States of America, Canada, Australia, United Kingdom, Hungary, Panama, South Africa, Netherlands, India, Slovenia, France, Singapore, Finland, New Zealand (Aotearoa), Nigeria, Hong Kong, Spain, Guatemala, Switzerland, Norway, Sri Lanka, Germany, Mauritius, Ireland, Chile, Japan, Mexico, Lithuania, and Italy.

Keep it going! Keep it going! Keep it going!

"What we do today, right now, will have an accumulated effect on all our tomorrows." — Alexandra Stoddard

✦ **A TOUCH OF GRACE FROM READERS & WRITERS: THE CRACKED POT**

From the July 2005 Newsletter; Author Unknown

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 unique 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. You've just got to take each person for what they are, and look for the good in them.



Yes... look for the good! That is the secret to life... we are surrounded by good—it is absolutely everywhere, but you have to take your focus off of the negative in order to see the positive. Turn off the evening news and take a walk instead . . . most news channels don't broadcast magnificence, so it's up to you to go out and find your own! As Georgia O'Keefe so eloquently stated, "If you take a flower in your hand and look at it, it is your world for the moment."

☒ **RESOURCES, RECOMMENDATIONS & COMMENTS**

BOOKS I HIGHLY RECOMMEND:

**Change Your Thoughts — Change Your Life:
Living the Wisdom of the Tao**

by Dr. Wayne W. Dyer; published by Hay House; Hardcover

Wayne Dyer has done it again! Another amazing book by an ever amazing man! His newest book, *Change Your Thoughts — Change Your Life*, is based on the Tao Te Ching, which is a collection of the 81 verses written by Lao-tzu five hundred years before the birth of Jesus.

By researching, reading, reflecting upon, and practicing these 81 messages, Wayne Dyer now offers us his own interpretation of the Tao (The Great Way): A classic text that has been read and re-read for more than 25 centuries.

You can order this book from amazon.com or go directly to the Hay House order page at, <http://www.hayhouse.com/details.php?id=3187>

**The Winds of Change:
A Guided Journey with Healing Music
through Grief, Loss & Transformation**

by Marcia Breitenbach; Softcover; CD included

This is a beautiful book and CD that will help you to see grief, loss and transformation through new eyes. Written by The Songletter Lady, Marcia Breitenbach, this book gently guides its readers through the winds of change, which are described by Marcia as:

“. . . a rite of passage, a time when you are leaving behind what is familiar and comfortable, and entering a place that may contain dark and unfamiliar corners. It is a moving toward the unknown and becoming someone different than you were before the winds of change arrived.”

The Winds of Change, a book for everyone . . .

For more information or to order your copy, please go to:
<http://www.TheMagnificentYou.com/products.html>

And to sign up for the most unique newsletter on the planet (it's a song!), please visit Marcia at, <http://www.TheMagnificentYou.com>

I get it myself and I love it!

WEB SITES I HIGHLY RECOMMEND:

<http://www.MansInnerJourney.com>

This Web site is one of the best and most empowering sites for men. Packed with life-changing content, Man's Inner Journey, will help you along the path from your head to your heart while celebrating those wonderful masculine qualities that all women love!

It is my top pick of the year; and I'm sure that once there, you will find yourself returning to it again and again.

 **PDF NEWSLETTER LINK . . . NEW!**

For all of you who print and save the "A Touch of Grace" newsletter, you can now print it out as a crisp, clean document from a PDF file link — please feel free to make as many copies as you'd like and share them with your friends. For those of you who don't print it out, simply open up the newsletter in Adobe Acrobat Reader and read it from the screen. Enjoy!

 **Thank you!**

Thank you to Dr. Robert Sasson (fellow poet, photographer AND pediatrician!) for my new "newsletter" photograph — taken on July 27, 2007 — right in my own front yard!

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:

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✦ **END QUOTE**

"From the depths of your own heart, admire your own virtuous actions and those of others. Take joy in the good things you have done in this lifetime."

— The Fourteenth Dali Lama