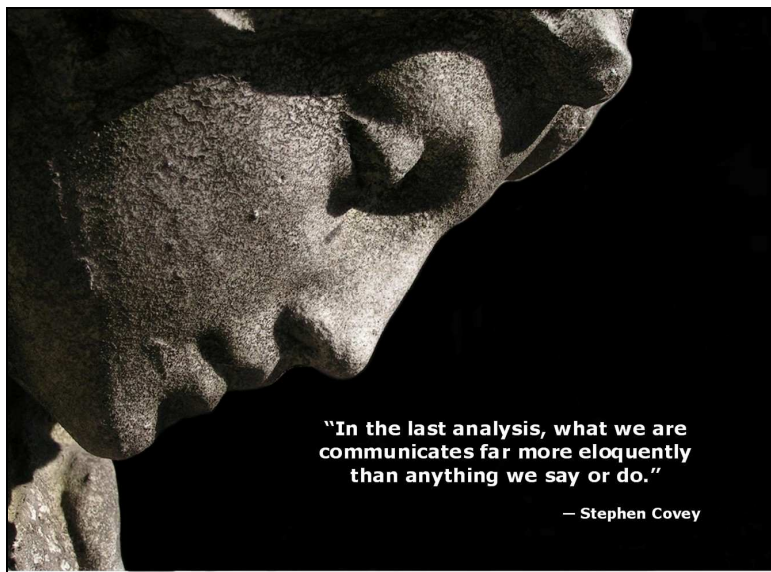


June 2008
In Celebration of Men

“A Touch of Grace”

*f*rom Heather O’Hara



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✦ LETTER FROM HEATHER O'HARA



Dear Readers...

Happy Father's Day to every father in the world! This month's newsletter is dedicated to you, as well as all the other truly remarkable men in the world who enhance countless lives and who make the circle of life complete.

Men tend to live so powerfully and so brilliantly; and I can honestly tell you that without you, life would not be worth living. Yes, women are the divine gates through which all of humanity passes to experience life on Earth; but men... men are the sowers of destiny by which all of humanity *begins*. And it is quite obvious that we need each other, or neither would exist.

As a woman, I can honestly tell you that you are our heroes! You make our worlds turn and when we cannot see our way you reach up and bring us the stars. We need you more than you could possibly know... we need you to show us the parts of ourselves we cannot see; we need you so that we can become the best that we are; and... we need your love and understanding.

I have an incredible appreciation for men, as I truly believe that men add a tremendous amount of depth and character to the world. Within every man there is either a good father or a good son—or both. And, that in itself is worth celebrating. Yes, men have their ways, and the I-will-not-ask-for-directions-thing drives every woman mad, but men are no more stubborn or mysterious than women—and they are of no less value.

What I appreciate most about men is that they are direct. They just seem to point themselves in a direction and go—no matter what! I also love that most men are on time *all the time*, and that most men will go out of their way to be helpful. More often than not, men tend to take on the heaviest burdens so that the ones they love won't have to; they trust in a most remarkable way; and they truly do the best they can to communicate in a way that honors those they are communicating with. These things are all the qualities of "starlight" that I've talked about in previous newsletters, and they are also the things that give men a feeling of purpose and value.

The most incredible thing about men though, is the way in which a new day excites them! They fly out of bed at the crack of dawn and within ten minutes they're out the door and ready to take on the world—and I find this truly amazing! For years, I've wondered what makes men swoop from sleep to sidewalk in less-than-ten, and why so many men revel in this enthusiastic early bird approach to life... but guess what? I think I've finally figured it out... and the answer is on the last page of this newsletter!

Now... let us celebrate the fathers and sons of the world—this one's for you!

Warmest Regards... *Heather K. O'Hara*

 **FATHER'S DAY QUOTES**

"A truly rich man is one whose children run into his arms when his hands are empty."

— Unknown



"Blessed indeed is the man who hears many gentle voices call him father."

— Lydia M. Child



"There's something like a line of gold thread running through a man's words when he talks to his daughter; and gradually, over the years, it gets to be long enough for you to pick up in your hands and weave into a cloth that feels like love itself."

— John Gregory Brown



"Sometimes the poorest man leaves his children the richest inheritance."

— Ruth E. Renkel



"Any man can be a father, but it takes someone special to be a dad."

— Unknown



"He didn't tell me how to live; he lived, and let me watch him do it."

— Clarence Budington Kelland



My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass."

"We're not raising grass," my dad would reply, "we're raising boys."

— Harmon Killebrew

 **"THE INVITATION" BY ORIAH MOUNTAIN DREAMER**

The Invitation

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain. I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty even when it is not pretty, every day, and if you can source your life from its presence. I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself, and if you truly like the company you keep in the empty moments.

— Oriah Mountain Dreamer
from www.MansInnerJourney.com

 **WISE WORDS FROM INSPIRING MEN**

"If you wouldn't write it and sign it, don't say it."

— Earl Wilson



"I have never in my life learned anything from any man who agreed with me."

— Dudley Field Malone



"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

— William Arthur Ward



"Circumstances do not make the man, they reveal him."

— James Allen



"As we look ahead into the next century, leaders will be those who empower others."

— Bill Gates



"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

— Abraham Lincoln



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

— John Quincy Adams
(later became a favorite Jack Welch quote)



Character is Destiny

Heather K. O'Hara

Over the years I've found that, while women seem to struggle most with issues of self-worth, men seem to struggle most with questions about personal character. And it's not that men are lacking in character and out to find something that they don't have; to the contrary, most of the men I know have impeccable character, but they are constantly questioning the validity and the value of it.

In a world that sometimes laughs at the man who puts his own personal values before applause, before prizes, before profits... it's easy to see why some men have such a hard time remaining true to themselves. The question of the day often seems to be: *Do I do what I feel is right or do I do what the rest of the world views as right, even though it feels so wrong?*

If you've ever asked yourself this question, this is what you need to remember... Character means absolutely nothing to those who have none. And to question the man of character that you are, because someone without it is judging you, is like weighing your own fullness on a scale that only measures emptiness.

Structural integrity is what keeps the building from collapsing in a storm; it is the essence that creates worlds and holds them together. A hundred years from now, few will remember the buildings that fell; and many will be inspired by the ones still standing.

The Greek philosopher, Heraclitus, was right: *Character is destiny*. Without it, we end up being much less than we could be; and with it, we end up being much greater than we will ever know. Character is what greatness is made of; character is what true power is made of; character is what real success is made of.

Don't let the opinions of those who may have less of it influence you who have more. Walk your own path of integrity and know that character counts most to those of us who have it; and that we are applauding you every step of the way.

— Heather K. O'Hara © 2008 – All rights reserved.

*“God grant that men of principle
shall be our principal men.”*

— Thomas Jefferson

 **POEM: "IF TRUTH WERE A MAN" BY HEATHER K. O'HARA**

If Truth Were a Man

If truth were a man,
he would have warm brown African eyes
and the smile of a Latin poet...
He would stand tall against the noonday sun
yet bend low to kiss his children every evening.
He would be the quiet music of his own dreams,
confident and sure,
with words spoken, clear as a saxophone's solo;
yet offered—as gently as hope—
from the grace of an orphan's hand.

If truth were a man,
and that man walked the Earth...
he would resemble the patience of his own footsteps,
carefully arranged... whispered almost,
but deeply engraved in time.

Yes, if truth were incarnate,
if it could be made of a man,
he would be the keeper of his own name—
a promise unbroken,
like dawn within dusk, ever there...
And when asked of his greatness,
the trail of footprints
left by the voice of his soul...
he would turn to us and softly say,
"These are not mine to be followed, my friends,
but yours for you to lead."

— Heather K. O'Hara
from *AXIS, The Song in the Center of the Soul*

* **PLEASE NOTE:** *AXIS, The Song in the Center of the Soul* - 1st print, is **SOLD OUT**. I will
let you know as soon as 2nd Edition copies are available.

*"The function of leadership is to produce more leaders,
not more followers."*

— Ralph Nader

Dancing with Mr. Einstein

Heather K. O'Hara

If I could have lunch with anyone, living or deceased, I would choose Albert Einstein. I have always been fascinated with him, because he was that remarkable mix of mind and spirit, logic and imagination, science and God.

A true genius? Yes. But not because he was more intelligent than most, but because he was more in alignment with his own truth than most and because he could see possibility wherever he looked—and wherever he looked he saw the extraordinary beauty and perfection of what he called “the ideas of God.”

My fascination with this man has been one of the greatest contributing factors in my own ever-evolving relationship with a Power that, to this day, is still beyond my comprehension of what All-That-Is actually *is*. And, as if reflecting on the anatomy of the Universe (often through his eyes) wasn't enough to keep me interested in this great man—a few years ago, I began noticing that he was “showing up” in every man I met, everywhere I went!

Without an iota of cosmic warning, little bits and pieces of Einstein started to appear in *all* men right before my eyes... In one, I would see that grand curiosity that Einstein was so famous for. In another, I would find an intelligence that was astounding. And in another, I would see an imagination that had absolutely no limits whatsoever... a little bit of this; a little sliver of that; a tad of the unforgettable Albert seemed to be in every man!

Totally enthralled by it all, but not aware, at this point, of what was actually happening—I began taking mental notes on the individual qualities that I was discovering, and that I liked, in men. And, although I was delighted to be constantly crossing paths with greatness, I'll admit that I said (more than once!) that if I could just combine them all into one man, I would be the happiest woman on the planet! Then, laughing it off as the “impossible-possibility”; I simply began to enjoy whatever qualities were before me—whether I found them in a business associate, a friend, or an acquaintance—I would deliberately zero in on “the good stuff” and didn't give much thought as to whether it was a “piece” or a “whole” until one day, years down the road...

While I was listening to a David Lanz recording called “Beloved” (you never know when enlightenment is going to strike!), I closed my eyes and pictured myself dancing to this beautiful piece of music; and, lo and behold, all of the men who have played a major role in my life, as well as some that I did not recognize, began appearing in the dance—each with a gift; each showing me their own unique and remarkable qualities, and then fading into the music as another appeared...

When the music was over I opened my eyes, reached for a pen, and at the top of a piece of paper I wrote *The Beloved*. Then, I made a list of all the gifts I had been given, or “qualities” I had been shown, by the individuals who had been part of the dance I had just envisioned; which, not surprisingly, was also a list of the characteristics that I most admire in men.

Thinking that this list was, in some way, the complete picture of the rather elusive Mr. Whole, I sat back to review what I had written... and, suddenly realizing what I had just done, I began laughing out loud. What I was shocked to discover was that I wasn't dancing with bits and pieces of a seemingly elusive “someone” who, at this point, seemed not to exist, but that I was dancing with Mr. Einstein—whose essence was at the core of *all* men. And, even more shocking, I realized while reading my list once again, was that what I had written was also an amazingly accurate description of *me!*

Here is that list, complete with the corresponding “Einstein qualities,” which are revealed within his most famous quotes:

A man who believes in a loving Universe.

“I cannot imagine a God who rewards and punishes the objects of his creation and is but a reflection of human frailty.”

A man who is flexible.

“If the facts don't fit the theory, change the theory.”

A man who thinks extraordinary thoughts.

“Not everything that can be counted counts, and not everything that counts can be counted.”

A man whose imagination knows no limits.

“Logic will get you from A to B. Imagination will take you everywhere.”

A man who knows who he is.

“It is only to the individual that a soul is given.”

A man with a sense of humor.

"If we knew what it was we were doing, it would not be called research, would it?"

And even better: "I have just got a new theory on eternity!"

A man who is perceptive.

"Few are those who see with their own eyes and feel with their own hearts."

A man who makes others feel valuable and important.

"A man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves."

A man with a sense of wonder.

"He who no longer pauses to wonder and stand rapt in awe, is as good as dead; his eyes are closed."

A man with impeccable character.

"Try not to become a man of success, but rather try to become a man of value."

A man who listens.

"When the solution is simple, God is answering."

A man who is humble.

"We still do not know one thousandth of one percent of what nature has revealed to us."

A man who would rather be happy than right.

"There comes a time when the mind takes a higher plane of knowledge, but can never prove how it got there."

A man who can see the “poetry” in common things.

Pure mathematics is, in its way, the poetry of logical ideas.”

A man who is passionate about life.

I have no special talent. I am only passionately curious.”

A man who enjoys the simple pleasures in life.

“A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?”

A man who appreciates beauty.

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.”

A man who willingly reaches for a higher understanding of love.

“Gravitation is not responsible for people falling in love.”

A man who can express his inner-most feelings.

“That deep emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God.”

I found it quite amazing to realize that throughout my life, I have been surrounded by Mr. Einstein—and that what often looked like “pieces” were actually “wholes” and that every whole fit together as if it were a piece. And, even more astonishing, was the realization that what I most admire in other people is that which I already am. So, in essence, The Beloved is not someone outside of me; rather, The Beloved *is* me. And, if The Beloved is me, then The Beloved is also *you*... Yes, the often unnoticed Beloved is within each of us—It sees through our eyes, It breathes through our souls; and when we finally recognize ourselves as that which It is, we draw more of The Beloved into every aspect of our lives.

So many of us are looking, looking, looking for that which we already are, for that which we already have, for that which we already know... and because we attract that which we focus upon—by focusing on what I admire most in men, without even realizing it, I have drawn a million Einsteins—a million Beloveds—into my life experience... He is all of my friends, he is all of my business associates, he is all of my sons, all of my teachers, all of my clients, all of my newsletter readers—which means that he is *you* and, because he is you, there is no doubt in my mind that you are made of impeccable character, you think extraordinary thoughts, you are passionate about life, and you have a profound sense of who you really are...

And, simply because the “qualities of Einstein” is where I keep my focus I know, with every fiber of my being, that you would not be here if you were not the essence of him. I cannot attract anything or anyone that I am not in alignment with, and by giving my attention only to what I like, what I honor, what I admire, I can only attract the people and circumstances that are made of the qualities I cherish.

You would not be drawn to this newsletter, which is the true essence of me pouring forth from the words I write, if you had not the qualities of Einstein—the qualities of Curiosity and Imagination and Genius. You would not be reading this article if your perception were limited. And you would not be attracted to the information that I share with my readers if you were not, in your own way, already in alignment with it.

This is what I often refer to as the Perfect Plan; this is what Benevolence is made of; this is what a loving Universe does... it shows us what we have forgotten, yet somehow still know—and when we become aligned with who we really are it has the power to transform a song that we have heard a thousand times into a life-changing orchestra of revelation, and it unites those who listen with a sense of awe and appreciation as they dance the dance of The Beloved: The dance of the mind and soul of Einstein, the dance of our extraordinary humanity—the eternally beautiful dance that wells up from the center of the Universe and finds its own music in the “ideas of God,” which live forever in the center of you and me.

— Heather K. O’Hara © 2008 – All right reserved.

*“To the Master’s honor all must turn,
each in its track, without a sound,
forever tracing Newton’s ground.”*

— Albert Einstein

 **POEM: "IN MY LIFE" BY RICK BENETEAU**

In My Life

In My Life

I have savored the sweetness of Victory.

In My Life

I have been Vanquished and know too well the bitter taste of Defeat.

In My Life

I have been so overwhelmed with Joy that I thought I could not contain it.

In My Life

I have been so overwrought with Sorrow that I believed I could not bear another moment of it.

In My Life

I have Believed so strongly that no person or circumstance could impair my conviction.

In My Life

I have Doubted so deeply that a single criticism could sway by belief.

In My Life

I have been so Optimistic there wasn't a single dream of mine that I was not convinced I could make a reality.

In My Life

I have been so Discouraged that I dared not dream.

In My Life

I have lived with Hope and been magnificently empowered.

In My Life

I have been Hopeless and rendered powerless.

In My Life

I have enjoyed Abundance where I felt no person or circumstance could ever take away my worldly possessions.

In My Life

I have lost all my worldly possessions and been humbled by destitution.

In My Life

I have recklessly Judged and caused pain for others.

In My Life

I have felt the brutal sting of being Judged.

In My Life

I have been admired so ardently that it was almost embarrassing.

In My Life

I have been Despised so deeply that I felt like crawling away and hiding.

In My Life

I have Apologized and felt the amazing healing.

In My Life

I have Forgiven and felt the amazing freedom.

In My Life

I have flown with Angels and felt the true comfort they brought.

In My Life

I have danced with the Devil, delving into shameful worldly temptations.

In My Life

I have bathed in the pure calm of Peace.

In My Life

I have endured the calamity of Chaos.

In My Life

I have been Charitable and made a difference in someone's life.

In My Life

I have accepted Charity that made a difference in my life.

In My Life

I have been Selfish and made a difference to no one.

In My Life

I have Compromised and created a better outcome.

In My Life

I was too ignorant to know when Compromise was a good thing and there was no outcome at all.

In My Life

I have been a Hero – to my partner, to my children, to my parents, to my siblings, to my friends, and to strangers.

In My Life

I have acted Cowardly – towards my partner, my children, my parents, my siblings, my friends, and strangers.

In My Life

I have been willing to Sacrifice for the greater good.

In My Life

I have been so reluctant to risk my Security that I missed so much goodness.

In My Life

I have learned that I will never do wrong by doing anything for the right reason.

In My Life

I have learned that I will never be right by doing anything for the wrong reason.

In My Life

I have discovered that the greater Good doesn't always feel good.

In My Life

I have discovered that when the greater Good was not my goal, that nothing good was accomplished.

Now, may I ask . . .

In Your Life . . . ?

— Rick Beneteau © 2008 – All rights reserved.

Rick Beneteau is the co-founder of the humanitarian project that Arun Gandhi says “will lighten the burden of peacemakers everywhere.” Join Rick in the world’s largest virtual peace movement at: www.TenMillionClicksForPeace.org

 **AFFIRMATION: TODAY... I LEAD**

by Heather K. O’Hara

Today... I lead; therefore, my mind walks in perfect unison *with* my heart. One is my left foot; one is my right—and neither moves forward nor can either climb higher without being in sync with the other. Thus, as I lift up my mind and I lift up my heart, I also lift up my feet.

— Heather K. O’Hara © 2007 – 2008

“Control your own destiny or someone else will.”

— Jack Welch

 **LOTUS NOTES**

News from www.The-Lotus-Project.com

If you've not yet visited The Lotus Project, please do so as soon as you can and then pass the link along to all of your friends! You can print out the affirmation above for free, as well as eleven others that are just as empowering! You can also download the video and send as many eCards as you'd like... and remember, there is no charge for anything! The-Lotus-Project.com is a journey for the soul and it is peaceful, easy and FREE!

Just go to: <http://www.The-Lotus-Project.com>

 **RESOURCES, RECOMMENDATIONS & COMMENTS**

Best Web sites for men: www.MansInnerJourney.com

Man's Inner Journey is one of the few Web sites I have found that is specifically for men and which focuses on the uniqueness of their journey. It is abundant with articles, recommendations and links to other sites that will take you wherever you want to go. Please give it a look if you are so inclined... it is awesome!

And... the places where great minds gather:

www.GetMotivation.com
www.BusinessNetworkingAdvice.com
www.BusinessLeadershipAdvice.com
www.SalesTrainingAdvice.com
www.GoalsSuccess.com

All created by Josh Hinds... an extraordinary man with extraordinary vision!

Once again, best movie for everyone: August Rush

This movie is about the child who lives within us all, only the child in this movie steps forth so that we can see him; and shows us what happens when we believe in a perfect Universe and never give up our dreams...

Rent it, buy it or borrow it... then watch

And listen...

A book that will change your game:

Finite and Infinite Games by James P. Carse / Ballantine Books, New York

“Finite players play within boundaries; infinite players play *with* boundaries.
Finite players are serious; infinite players are playful.
A finite player plays to be powerful; an infinite player plays with strength.
A finite player consumes time; an infinite player generates time.
The finite player aims for eternal life;
the infinite player aims for eternal birth.”

 **THANK YOU AGAIN...**

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

 **END QUOTE: HEATHER K. O'HARA**

*“No man is his costume,
it is only what he wears to the dance.”*

— Heather K. O'Hara

“A Touch of Grace” from Heather O’Hara

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

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“The early bird gets the sky!”

— Heather K. O’Hara