

May 2008  
In Celebration of Women

“A Touch of Grace”  
*f*rom Heather O’Hara



“Yes, I celebrate you, my sisters!  
We are the link that connects Earth and Heaven;  
and we are beautiful, wise... and strong.”

— Heather K. O’Hara

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✦ LETTER FROM HEATHER O'HARA

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Dear Readers...

A very Happy Mother's Day to every mother in the world!

This month's newsletter celebrates women; next month we will celebrate men—but to all my male readers (and there are a lot of you!) please do not ignore this issue. Reading it may give you valuable insight into the women you love. And, even though this particular issue focuses on women—there are a few pieces that apply to everyone; in particular: my article, *I Believe in Something Good* and Kenneth Carrolls's "Affirmation."

For many reasons, not all women give birth to children, but all of us give birth to Ideas and Possibilities; and we are all valuable and important—which is why I chose to make this issue a little more all-inclusive and dedicate it to all women—mothers, daughters, sisters—whatever your role in life may be, this issue is for you...

There is so much that I want to say to you, so much that I want to give you—and I do my best to make sure that every newsletter includes something for everyone. I assume that you've all noticed by now that first and foremost, I am a poet. I look at life as One Poem; and I look at everything in my life as a part of that Poem. And, once you begin to do that, it is virtually impossible *not* to be poetic... Over the years, many readers have commented that even my articles are poetic; which I always take as a compliment, because to me poetry conveys an extraordinary sense of *quiet power*. The Universe is my muse and the Universe that I see, hear, feel and write about is just that: *poetic and quiet, yet so powerful...* and it is my intent to behold and translate that Perfection, not tamper with it.

Those who know me well know that I walk this world rather quietly... I don't like being in the spotlight; I prefer to step back and listen to the footsteps of souls—the softer lines of the Poem—and then I reveal and share my experience by writing about it. We don't need to shout to be heard—simply do what you love in the best way you know how, and the Universe (which means One Song) will take care of the rest. We all have the ability to interpret the Poem, or the Song, and to express our interpretation of it in a way that brings us joy... To quote August Rush, from last month's newsletter: *All you have to do is listen*.

Now... powerfully, poetically, and quietly—  
I celebrate you, my sisters!

*Heather K. O'Hara*

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 **MOTHER'S DAY QUOTES**

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"The most important thing a father can do for his children is to love their mother."

— Unknown



"What are Raphael's Madonnas but the shadow of a mother's love, fixed in permanent outline forever?"

— Thomas Wentworth Higginson



"Mother love is the fuel that enables a normal human being to do the impossible."

— Marion C. Garretty



"Mother is the name for God on the lips and in the hearts of all children."

— Brandon Lee



"The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness."

— Honoré de Balzac



"The moment a child is born, the mother is also born.  
She never existed before.  
The woman existed, but the mother, never.  
A mother is something absolutely new."

— Rajneesh, a.k.a. Osho



"Today I meant to call you, but a flower bloomed along the path where I walked. So I spent the time talking to you there."

— Roger Easterbrooks

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 **POEM: "AFFIRMATION (FOR MY MOTHER)" BY KENNETH CARROLL**

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**Affirmation (for my mother)**

Before the sun splashed orange  
against an obsidian sky creating purple,  
before the moon and stars were placed  
upon the night to give it beauty,  
you loved me.

The oceans had not yet begun their watery chorus,  
The earth was barren and without purpose  
when you first cared for me.

Before god was born,  
Before he sent his people northward  
to build great pyramids and temples,  
You were my god and my temple.

You were my savior before horus or jesus,  
Before moses led his people to the promised land,  
You were the land that gave to me the promise of life.

Before men made flags  
and assembled armies to defend their empires,  
my empire was you, my anthem was:  
my mother's womb, i am of thee,  
sweet place of security, of thee i sing.

Before words like life, beauty, and love had meaning,  
you gave them to me, like gifts from a queen.  
Before I knew what love was, i gave it to you in return.

Before time carved mountains out of the pit of the earth  
and turned glaciers into seas and seas into deserts,  
You shared with me a timeless, infinite love.

Long after the sun is a burnt out symbol of a past life  
and the oceans are a sip of water in the universe,  
i will still love you.

Warm yourself my mother, with these thoughts  
when it gets too cold outside.

— Kenneth Carroll

Kenneth Carroll teaches literature at Duke Ellington High School for the Arts in Washington D.C. and is executive director of D.C. WritersCorps. He has received the Washington Independent Writers President's Award and a fellowship from D.C. Commission of the Arts and Humanities.

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 **WISE WORDS FROM INSPIRING WOMEN**

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"A woman who has no way of expressing herself and of realizing herself as a full human, has nothing else to turn to but the owning of material things."

— Enriqueta Longeaux y Vasquez



"The phrase 'working mother' is redundant."

— Karen Casey



"How we spend our days is, of course, how we spend our lives."

— Annie Dillard



"You don't get to choose how you're going to die. Or when. You can only decide how you're going to live. Now."

— Joan Baez



"Character contributes to beauty. It fortifies a woman as her youth fades."

— Jacqueline Bisset



"No one can make you feel inferior without your consent."

— Eleanor Roosevelt



"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."

— Oprah Winfrey

## I Believe in Something Good

Heather K. O'Hara

We are much too hard on ourselves. We identify beliefs that we have had for most of our lives—and, once discovered, we expect to be able to change those beliefs overnight; or... we *don't* identify beliefs that we have had for most of our lives (we know they are there, but we don't know yet exactly what they are)—and because we have not yet discovered them, we insist on finding them so that we can insist on changing them. Either way... we make ourselves less by demanding more of ourselves—right this minute.

A belief is something that you have thought to be true many, many times; a very vivid picture that your mind sees and your heart feels over and over again, regardless of its validity. And a belief that controls our lives—be it false; or be it true—is very, very big and very, very powerful.

New beliefs, true beliefs... do not arrive like jackhammers in the night, anxious to obliterate our every toxic thought. Truth is something that emerges and unfolds in its own time and in its own way. Our humanness may want to blast through the shadows; our humanness might desire immediate destruction of all-that-does-not-make-us-happy; our humanness may wish to stand up and shake the daylights out of an ancient, disempowering belief... but this is *not* the way of the soul, for our souls wish not to be shaken, but stirred. Our souls choose gentle paths; our souls prefer not to rush evolution; our souls are willing to simply *believe in something good*—and, in turn, allow that one, small step to lead us to a better place, a higher place... a place that makes us feel good.

What is important in creating new and better beliefs (which then become new and better realities), always, is to listen to our souls... to willingly take the path of least resistance; and to trust that this path will lead us to wherever it is we want to go. So, ease up on yourself. You do not need to pull out a sword and declare a dual with your false beliefs... evolution is much easier, much gentler than that. You simply need to allow yourself some fertile ground where better beliefs can be born... and grow strong.

Just say to yourself... "Today, I believe in something good." You don't have to know what that "something good" is; and you don't have to crawl through the mud in hot emotional pursuit of some old belief that seems to have you locked in its jaws... You don't have to do anything but *think* that you believe in "something good." This one very, very positive thought will, all by itself, begin to attract more positive thoughts and more positive thoughts and more positive thoughts—and because positive thoughts attract positive outcomes; before you know it, something good will come along for you to believe in... something that is wonderful and true, all because you made a tiny little decision to listen to your soul and believe in something good.

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

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 **POEM: "MY MOTHER'S EYES" BY HEATHER K. O'HARA**

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### **My Mother's Eyes**

As I look deep into my mother's eyes,  
I am swept beyond the gentleness of blue...

I see a child there,  
dreaming herself the daughter of a king—  
an afternoon princess... balancing acorn teacups  
on a splendid cloth of emerald grass;  
a child... who sings and laughs  
and cries when she skins her knee... just like I did;  
a barefoot girl... learning how to dance  
with the innocent colors of spring.

And there, also, in those very same eyes,  
is a young woman with sunlight in her hair  
and a spirit woven of saffron flames,  
holding Monday's child so carefully in her arms  
as she bends, like a moonflower, in the wind—  
a barefoot woman... learning how to dance, once more,  
with the graceful colors of summer.

And there again, I see her,  
like a tender leaf turned golden...  
the woman who offered me the gift of my life... and her own;  
the woman who taught me how to dance  
and loved me the best way she knew how.  
And as I gaze into the gentleness of my own eyes  
I can no longer tell who is the mother and who is the child,  
nor in whose eyes we seem to be the same,  
for both of saffron flames are woven  
and both, have grown more beautiful with time.  
Each of us... made stronger by the other,  
laughing now... with sunlight in our hair;  
dancing barefoot with the brilliant colors of autumn—

she and I... forever sisters of the light.

— 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* - 1<sup>st</sup> print, is **SOLD OUT**. I will let you know as soon as 2<sup>nd</sup> Edition copies are available.

## **I Celebrate You, My Sisters**

Heather K. O'Hara

**I celebrate you, my sisters...** we are the daughters of the Universe; and in this world there is no man, no hero, no victory or nation that does not begin with us. We arrive here, one by one and *willingly*, so that others might also arrive. And, as women, we are the divine gates through which all of humanity assembles on Earth and all mankind evolves.

We bear not only the children of the world, but from us also emerge: Ideas that change the course of history; Compassion that changes the course of lives; Love that changes the course of destiny; and, perhaps greatest of all, the Possibility for every soul on Earth to experience the touch of Infinite Grace through our hands—a touch, that strengthens the spirit and changes the course of human existence.

We embrace both the old and the new. We care for our parents and our children; and with just as much love, we care for parents who no longer have children and children who no longer have parents. Someone does not have to be “our own” for us to love them—we love because we are women; and we are women because we love.

We are powerful yet we are gentle in our power. We are strong yet we are tender in our strength. We are wise... yet we are innocent in our wisdom. We are poetry. We are music. We are passion! We are sensitive; we are sexy; we are smart. We are courageous enough to do the impossible, and intelligent enough to know that “risk” can enhance life as well as destroy it.

We tie our hair back, pull on our boots and, without hesitation, we sink our beautiful, ancient hands into pungent black soil and rust-colored rivers to help the ones we love. We build bridges. We carry water. We lift each other up in silence and in song. We hang on. We let go... We fall, we rise; we dance. We listen with our hearts and we hear thoughts, words, feelings that only a woman can hear.

We are fire. We are warmth. We are comfort. We give birth to prophets and kings; and we bring beauty and grace to the world. We laugh, we cry, we love... oh, God, how we love! to the ends of the Earth and back again we love our lovers, we love our children, we love each other...

Yes, I celebrate you, my sisters! We are the link that connects Earth and Heaven; and we are beautiful, wise... and strong.

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

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 **POEM: "PHENOMENAL WOMAN" BY MAYA ANGELOU**

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### **Phenomenal Woman**

Pretty women wonder where my secret lies.  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms  
The span of my hips  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,  
It's the fire in my eyes  
And the flash of my teeth  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say,  
It's in the arch of my back  
The sun of my smile  
The ride of my breasts,  
The grace of my style.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing  
It ought to make you proud.  
I say,  
It's in the click of my heels  
The bend in my hair  
The palm of my hand  
The need of my care,  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

— Maya Angelou

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 **LOTUS NOTES**

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News from [www.The-Lotus-Project.com](http://www.The-Lotus-Project.com) (Quantum-Grace.com sister site)

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! Download the free video, print out free affirmations and send free eCards... it's peaceful and FREE!

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

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 **WORDS FROM RABINDRANATH TAGORE: CHAIN OF PEARLS**

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**Chain of Pearls**

Mother, I shall weave a chain of pearls  
for thy neck  
with my tears of sorrow.

The stars have wrought their anklets of  
light to deck thy feet,  
but mine will hang upon thy breast.

Wealth and fame come from thee  
and it is for thee to give or to withhold them.  
But this my sorrow is absolutely mine own,  
and when I bring it to thee as my offering  
thou rewardest me with thy grace.

— Rabindranath Tagore

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## ✦ THE WISDOM OF AXIS

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Something to think about . . .

“The real odyssey is not about what we walk upon or where we go—  
it is about the experience of becoming;  
and then, it is about the experience of becoming again...  
evolving, gracefully... into who we really are.”

— 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* - 1<sup>st</sup> print, is **SOLD OUT**. I will  
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## ✦ RESOURCES, RECOMMENDATIONS & COMMENTS

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### **Inspirational Books (written by women for women)**

*Everyday Grace* by Marianne Williamson / Published by Penguin Putnam

*A Woman’s Spirit* by Karen Casey / Published by Hazelden

*Passionate Presence* by Catherine Ingram / Published by Gotham Books

### **Most Powerful Autobiography (ever written by a woman)**

*Left To Tell* by Immaculée Ilibagiza / Published by Hay House, Inc.

### **Gets the Prize for Totally Fascinating:**

*Wise Women*, edited by Susan Cahill / Published by W.W. Norton & Co.

A collection of over two thousand years of spiritual writing by women—from  
Ishtar of Babylonia and Isis of Egypt to contemporary African-American  
poet, Lucille Clifton, and Buddhist shaman, Joan Halifax.

### **My Favorite Fiction (written by women):**

*Women of the Silk* by Gail Tsukiyama / Published by St. Martin’s Press

*Snow Flower and the Secret Fan* by Lisa See / Published by Random House

*“I believe in something good.”*

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✠ **THANK YOU AGAIN...**

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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*

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✠ **END QUOTE: FROM “TAPESTRY” BY CAROLE KING**

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*“My life has been a tapestry  
of rich and royal hue,  
An everlasting vision  
of the ever-changing view.”*

— Carole King

## *“A Touch of Grace” from Heather O’Hara*

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For questions or comments about this newsletter, please feel free to write to me at:

[hkohara@Quantum-Grace.com](mailto:hkohara@Quantum-Grace.com) or [hkohara@The-Lotus-Project.com](mailto:hkohara@The-Lotus-Project.com)

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Heather K. O’Hara, Author  
Founder and CEO, Global Inspiration, Inc.  
Denver, Colorado 80222 USA

<http://www.Quantum-Grace.com>  
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<http://www.hkohara.com>

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## **One Flaw in Women**

### **Women have strengths that amaze men...**

They bear hardships and they carry burdens,  
but they hold happiness, love, and joy.  
They smile when they want to scream.  
They sing when they want to cry.  
They cry when they are happy and laugh when they are nervous.

### **They fight for what they believe in.**

They stand up to injustice.  
They don't take "no" for an answer  
when they believe there is a better solution.  
They go without, so their families can have.  
They go to the doctor with a frightened friend.

### **They love unconditionally.**

They cry when their children excel...  
and they cheer when their friends get awards.  
They are happy when they hear about a birth or a wedding.  
Their hearts break when a friend dies.  
They grieve at the loss of a family member...  
yet, they are strong when they think there is no strength left.  
They know that a hug and a kiss can heal a broken heart.

### **Women come in all shapes, sizes, and colors.**

They'll drive, fly, walk, run, or e-mail you  
to show how much they care about you.  
The heart of a woman is what makes the world keep turning.  
They bring joy, hope, and love.  
They have compassion and ideals...  
They give moral support to their families and friends...

### **Women have vital things to say and everything to give...**

However, if there is one flaw in women...  
It's that they sometimes forget their own worth.

— Author Unknown