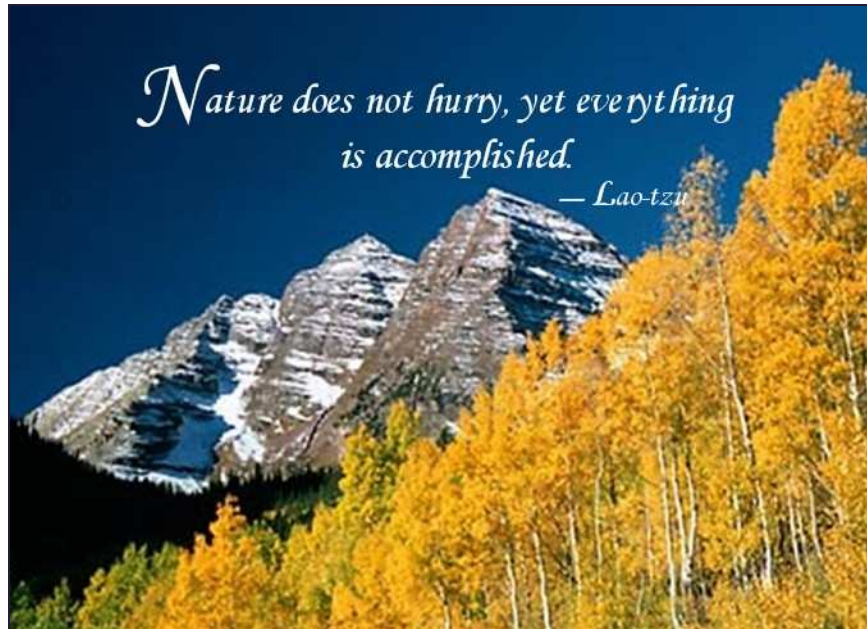


September 2008

AUTUMN EDITION

“A Touch of Grace”

*f*rom Heather O’Hara



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LETTER FROM HEATHER O'HARA



Dear Readers...

Welcome autumn! And, to all of you who have recently subscribed to my newsletter... I am so glad you are here! Also, a huge "thank you" to those of you who stepped onto this extraordinary path with me long ago and who remain, ever-so-patiently, as one season becomes another and, together, we become more.

This summer has been one of immense activity for me—all of which I will share with you in the coming months, but right now I would like nothing more than to gather up my thoughts and return to what I love most, which is writing this newsletter for you...

As many of you know, autumn is my favorite season—the most sensual season—filled with rich colors and flavors and scents and sounds that remind me to slow down, walk softly, observe silently... and listen well.

It is the season of change; and change is the finest definition I know of for Life, because nothing can continue to live without changing. In and of itself, change is the divine forward-motion of our endless evolution, and as we recognize and accept the perfection of it, this thing called "autumn" becomes less of a season and more of a message to those of us who ask:

What is it about autumn that makes us want to hug everyone we see; that inspires us, not only to stop and take notice of all that is changing around us, but to actually *behold* it? What is it about autumn that fills us up with awe, as we watch leaves of gold let go peacefully, gracefully, slowly, swiftly—without resistance—and fall quietly to the ground? What is it about autumn that takes away all of our fear, and our hideous definitions, of death? And... what is it about autumn that makes us want to whisper?

I think, perhaps, that autumn gives us such a clear and magnificently noble view of life and change and elegance and beauty, that we are literally stunned into silence by the perfection of it all; while, at the same time, we are realizing just how quickly the days go by... how precious Life is, how priceless Time is, how poetic Death is, and how patient and ever-present Love is...

And so, to the maple and aspen and glorious oak leaves that have lived well, and now continue on their journey as they fall, with resplendent grace, into the outstretched arms of Eternity—showing us how beautiful the dance of "letting go" can be... let us celebrate autumn!

In Light & Love...

Heather K. O'Hara



REFLECTIONS OF THE MASTERS

Every instant the world is being renewed,
and we, unaware of its perpetual change.

— Rumi



Listen, my heart, to the whispering of the world.
That is how it makes love to you.

— Rabindranath Tagore



Ten thousand flowers in spring,
the moon in autumn,
a cool breeze in summer,
snow in winter.

If your mind isn't clouded by unnecessary things,
this is the best season of your life.

— Wu Men



But if in your thought you must measure time into seasons,
let each season encircle all the other seasons
and let today embrace the past with remembrance
and the future with longing.

— Kahlil Gibran



Simply trust:
Do not the petals flutter down,
Just like that?

— Issa



Clouds come floating into my life,
no longer to carry rain or usher storm,
but to add color to my sunset sky.

— Rabindranath Tagore



EXCERPTS FROM *THE LAWS OF SPIRIT* BY DAN MILLMAN

from THE LAW OF CYCLES:

Dancing to Nature's Song

The world of nature moves
in rhythms, patterns, and cycles—
the passing of the seasons,
the movement of the stars,
the ebb and flow of the tides.
The seasons do not push one another;
neither do clouds race the wind across the sky.
All things happen
in their own good time—
rising and falling and rising
like ocean waves,
in the circles of time.

— Dan Millman
from *The Laws of Spirit*



from THE LAW OF SURRENDER:

Embracing a Higher Will

Surrender means
accepting this moment,
this body, this life
with open arms.
Surrender involves
getting out of your own way
and living in accord with
a higher will,
expressed as the wisdom of the heart.
Far more than passive acceptance,
surrender uses every challenge
as a means of spiritual growth
and expanded awareness.

— Dan Millman
from *The Laws of Spirit*



A LITTLE MAGIC AND A TOUCH OF GRACE

10 Simple Truths by Heather K. O'Hara:

1. Love and hate are at opposite ends of the emotional flagpole. The middle of the pole is *not* the center of balance; it is the point of indifference—so, when you're half way up... keep going.
2. You cannot tell someone the truth without revealing who you are. Therefore, those who lie to you—those who deceive you—do so, because they are afraid to reveal themselves. It has nothing to do with you and everything to do with them—your part is simply to remember a time when you were afraid of revealing yourself; and then begin to love yourself again as you make peace with the truth *you* could not tell.
3. You cannot hurt someone else and make yourself happy at the same time. Choose how you will treat others based solely on how happy, or unhappy, *you* want to be.
4. You cannot hang on and let go simultaneously; all of us must choose one or the other—and, when you choose with no regrets, either one is the right choice. Just remember that you take yourself with you wherever you go, as well as wherever you stay.
5. Clarity is not about seeing clearly, it is about feeling deeply. Therefore, if you want absolute clarity on something... close your eyes and be still.
6. You cannot love someone and judge them at the same time. You can, however, choose to give love the higher value, or the greater presence, in your life—which will leave you with less to judge and more of everything to love.
7. You cannot hurry patiently. Therefore, if patience, otherwise known as inner peace, is something you would like to feel more of... just slow down.
8. We cannot hear the answer to a question we have not asked. Therefore, if you are the one with the answer, keep it to yourself until you are called upon. The question will attract the answer; and the questioner will find you.
9. It doesn't matter what you know about other people—what matters most is what you know about yourself. When you've mastered knowing yourself, you will automatically know everything there is to know about others; and what you now know will be drastically different than what you thought you knew about them before you knew about you.
10. If you want to hear the language of your soul, speak these three things from your heart: I forgive you; I appreciate you; I love you just as you are.

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POEM: "MORE THAN PERFECT" BY HEATHER K. O'HARA

more than perfect

it is
more than perfect
that every sunrise
repeats the soft colors
of a season
called Spring;

and that,
consistently,

from the edge
of a sunset
spill the same rich tints
that paint
the brilliance
of an Autumn day—

but what of Winter
and Summer hues,

are they but fields
of white breath
and marigolds

that mirror, perfectly,
the dramatic expressions
inscribed
on the curves
of the sun
and the moon?

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

*"You have your brush, you have your colors,
you paint paradise,
then in you go."*

— Nikos Kazantzakis



Turning Towards Grace

Heather K. O'Hara

"We are so ruled by what other people tell us we must be
that we have forgotten who we are."

— Leo Buscaglia

We all seem to have an endless array of ghosts in our closets... things that we have said and done and *believed* that continue to distort the picture of who we really are.

We've all, at some point in time, believed the worst about ourselves and the people we love, instead of expecting the best. We've all done or said something that we wish we could take back, reinvent, do over... but in the grand design of the universe—these are the very things that will lead us back to our truest selves.

Life is about turning and then turning again... We do things the way we do them, because we don't know any other way of doing them. When we know another way, we will do things another way—and every negative belief we have, every knee-jerk reaction we have, every unpleasant outcome we have will bring us closer to knowing that there *is* another way.

Without the experience of doing something that we now realize we could have done differently, there is no personal growth or expansion of consciousness. Sometimes we react "physically" and sometimes we respond "spiritually," because we are spiritual/physical beings; and we are all on our way to becoming the best blend of these two levels of beingness that we can possibly be. You cannot separate one from the other; you cannot be only one—by way of being born into this world you are both and, as long as you are here, you will always be both.

So, before you do anything, forgive yourself... *not* for being human, but for believing that in your humanness you are not perfect. You are perfect. You are two perfect halves that make up a perfect whole—and the entire purpose of your existence is to enjoy the adventure of mixing and blending.

Very few are raised, educated and/or conditioned by other humans who are fully aware of their own perfection... and yours. Most haven't a clue about who they really are, but they all loved you and guided you and cared for you in the very best way they knew how. *They didn't know what they didn't know* and, somewhere along the way, you absorbed and began to believe about yourself what *they* didn't know—and what they didn't know is that they, and you, are perfect beings...

What they didn't know is that they, and you, are valuable—regardless of the worth anyone else places on your words, your actions, or your presence in this world. What they didn't know is that they, and you, are important—regardless of whether or when or where you fit into someone else's definition of "significant." And, further, what they didn't know is that they, and you, are powerful...

Yes, powerful... Powerful enough to mix and blend, mix and blend. Powerful enough to turn away from what does not uplift you; and turn towards Grace. Powerful enough to let go of someone else's story, which you have innocently believed was your own, and rewrite it—from beginning to end.

Powerful enough to be different—to think your own thoughts and to choose your own way. Powerful enough to fall down seven times and get up eight. Powerful enough to do and be and have whatever brings you joy!

Powerful enough to throw logic to the wind, to create your own path, follow your own feelings... and live your own dreams. Powerful enough to replace old beliefs with new beliefs; false beliefs with true beliefs.

Yes... you are powerful beyond words, beyond description; and you deserve to know the truth about yourself. And, the truth is: You are valuable. You are important. You are perfect. And, you are deeply loved.

Feel this truth... breathe it in... make it your own; spend one minute—just one sacred minute—remembering who you really are . . .

*And now you are turning,
my beautiful friend...
and now, you are turning towards Grace.*

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

*"We think much less than what we know.
We know much less than what we love.
We love much less than what there is.
And to this precise extent,
we are much less than what we are."*

— R.D. Laing
from *The Politics of Experience*



POEM: "RHYME OF LIFE" BY ROBERT "BUTCH" JAMES

Rhyme of Life

I write poetry like I live
Not knowing what next will be
But in the end it's poems I give
And how does not concern me.

I simply trust that each new line
Will come if I just wait
Unknowing knowing is how I find
The words beyond the gate.

In life as well, I see a rhyme
That keeps forever growing
A constant sacred beat in time
That starts and ends by flowing.

— Robert "Butch" James © 2008 – All rights reserved.



AFFIRMATION: TODAY... I GIVE

Today... I am overjoyed to be giving something of my Higher Self to every person I encounter. To a stranger I extend a warm, friendly smile; to my co-workers I give selfless assistance; to my competitors I gladly send thoughts of success and prosperity; to my friends I give support, encouragement and inspiration; to my children I give unconditional love and my undivided attention; to my life's partner I give loving affection, respect and devotion; and to myself I express honor, trust, and commitment. Therefore, by joyfully participating in the happiness and well-being of all, I bless every path that is connected to my own.

— Heather K. O'Hara © 2007 – 2008 – All rights reserved.
www.The-Lotus-Project.com

*"Forever prosperous are we who celebrate
another having what we want for ourselves."*

— Heather K. O'Hara



LOTUS NOTES

News from www.The-Lotus-Project.com (SIBLING SITE OF QUANTUM-GRACE.COM)

To date, the Lotus Project has peacefully made its way into 64 nations; listed below in order of visitor numbers:

United States, Canada, Great Britain (UK), Australia, India, Finland, South Africa, Panama, Hungary, Netherlands, France, Germany, Japan, Romania, Italy, Malaysia, Norway, Spain, Mexico, Nigeria, Sweden, Slovenia, Chile, Poland, Singapore, Viet Nam, Denmark, Greece, Guatemala, Hong Kong, Ireland, Philippines, Russian Federation, Turkey, United Arab Emirates, Brazil, Switzerland, China, Ghana, Israel, Iceland, Korea (South), Lithuania, New Zealand (Aotearoa), Portugal, Trinidad and Tobago, Austria, Belgium, Czech Republic, Estonia, Egypt, Indonesia, Jamaica, Lebanon, Sri Lanka, Mauritius, Peru, Puerto Rico, Serbia, Thailand, Taiwan, Uganda, Yemen, Yugoslavia...

It is you who have done this!

Thank you all for being part of the song of peace—the children of the world thank you, millions of children not yet born thank you; and I thank you from the center of my heart.



RESOURCES, RECOMMENDATIONS & COMMENTS

Books I highly recommend:

Three Cups of Tea by Greg Mortenson & David Oliver Relin
Published by Penguin Books

Three Cups of Tea is the story of one extraordinary man who made a promise, kept it (even though it was a seemingly impossible challenge), and in doing so changed the lives of thousands of children in Pakistan and Afghanistan... If you believe that one individual cannot make a difference in this world, I encourage you to read this book.

The Alchemist by Paulo Coelho
Published by Harper Collins

The Alchemist, by Brazilian author, Paulo Coelho... is brilliant! ...What begins as a young shepherd's journey to find worldly goods turns into the magical discovery of the treasure within himself. If you do not believe that the Universe brings exactly the right people to you at exactly the right time—read this book, hitch your wagon to a star, and begin listening to your heart.



SPECIAL ANNOUNCEMENT!!

About a year ago, on an otherwise ordinary afternoon... I was having a conversation with my dear friend, John Harricharan, about creating a new Web site together. We talked about our love for poetry and our desire to create a site that, once born, would grow and evolve in its own time and in its own way.

We began emailing ideas back and forth, with the intention of keeping things simple—yet creating a site that would have something for everyone. And, once we had somewhat of a plan put together, we started the long process of researching, collecting and writing content. About four months down the road, with an enormous amount of content gathered, prepared and written, we took the next logical step and began creating the actual Web site...

Now, neither John nor I pretend to be Masters of Technology... we do the best we know how to do in that particular department, and the rest we save for someone else! But, interestingly enough, "someone else" didn't appear immediately; and so we waited and we waited and we waited ever-so-patiently... until, one fine day, Ryan Eisenbart (Web master extraordinaire who is the technical genius behind The-Lotus-Project.com) heroically arrived! ...And, thank God for his arrival, because Ryan builds the most amazing Web sites on the planet!!

If you'd like to see what an afternoon conversation turned into... John Harricharan, Ryan Eisenbart and Heather O'Hara cordially invite you to click the link below:

www.WatermarkPoetry.com

Created from a simple conversation, a few ideas dancing, a substantial amount of work, but mostly... made of patience; WatermarkPoetry.com is our own extraordinary experience of the wisdom of Lao-tzu: Nature does not hurry, yet everything is accomplished.

You don't have to be a poet to join us... feel free to visit and post your profile (no matter what you do), as our "Community" is intended to assist *everyone* in networking, opening doors and making new friends. Submit your poetry for possible online publication if you are poetically inclined—and, of course, we would love to hear your comments...

Also, please jump into our forum and offer others your own special insights, knowledge, and opinions—ask questions, give answers, and have fun...

**Membership is FREE
and we would love to have you join us!**



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 QUOTES

*“I have just three things to teach:
simplicity, patience, compassion.
These three are your greatest treasures.”*

— Lao-tzu



*“Let your life lightly dance on the edges of Time,
like dew on the tip of a leaf.”*

— Rabindranath Tagore

“A Touch of Grace” from Heather O’Hara

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IT’S INSPIRING. IT’S EMPOWERING. AND IT’S FREE.

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

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A photograph of a sunset over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is filled with soft, wispy clouds. In the foreground, there are tall, dark green grasses, some of which are in silhouette against the bright light of the sunset.

Make time
for the quiet moments,
as Eternity whispers—
and the world is loved.

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