

## Grace

There are so many times that the most perfect way to express oneself is in what is known as grace. Grace is a way of being, a way of knowing, a way of expressing oneself in truth, benevolence and utter respect for all, without judgment in any shape, form or description. When one acts in grace toward all, including oneself, then one can be in harmony and balance and ultimately in complete inflowment with all around one. In these moments, only beautiful, enjoyable and harmonious experiences occur.

Life becomes balanced and one is able to recognize the perfection in every happening. When one acknowledges that keeping everything simple in one's life, one easily moves into grace. That which becomes complicated leads to imbalance, disharmony and troubling moments. "Keeping it simple" is a really good way to move and flow through one's life experiences. Stop. Breathe. Feel in your heart. Know who you really are and then move forward with grace, compassion and simplicity, now and all ways.