

# Graces of the Avatar:

## For Living in Love in the New Earth

1. Physical **A**ceptance
2. Emotional **S**tillness
3. Mental **S**ilence
4. Intrinsic **T**rust
5. Compassionate **P**resence

### Graces of the Avatar

1. **Physical Acceptance** - In the new earth, we live in the present moment. As you allow yourself to be present to what is, no matter what it looks like or what the news tells you is happening, without projecting into the future, you will experience more peace.
2. **Emotional Stillness** – This is NOT the same as emotional denial. You still feel your emotions, but they don't control your actions. Allow the emotions you feel to move through you without attaching a thought to them. Sadness and anger are emotions that arise as we break away from the old. Depression is a sign of moving deeply inward. Overwhelm occurs when we try to do too much or make too many plans when we are already so busy in our new unseen world. Eventually the emotions calm down as we let go, allow, and go with the flow.
3. **Mental Silence** – This is not a time to try to figure things out. Our minds have no idea of what lies ahead because they haven't experienced it yet. Your mind will continue to support your everyday activities and body, as usual. Practice keeping it focused on the present moment, and not in events of the past or projections of the future. Feel free to question your beliefs, as they may be based on fear. Ask yourself if they are controlling you in some way. They may be of little or no use in the new world.
4. **Intrinsic Trust** – This is a leap of faith. It feels like there is no foothold. You are crossing the void between a world of separation and fear and a world of oneness and love. Release every fear, RELAX, and trust Love to carry you through. Whereas we are releasing beliefs held by the mind, we are increasing in true faith of the heart. Place your trust in the Goodness of the Divine, not in the thoughts and beliefs of man.
5. **Compassionate Presence** – Be present to yourself and others without judgment. Hold the space of love and kindness. There is no fixing and nothing to be fixed. Be in acceptance of the various paths that people are taking on our present earth. Be compassionate with and present to yourself too. It begins there.

We welcome you into this unseen world where Love is the basis of everything. As always, continue to ask for Divine assistance, which gives the beings of love permission to guide, assist, and protect you in love for the highest good. Reflect on these five graces frequently. You might want to commit them to memory.