

song: **Amazing Grace** – Ani DiFranco

week #50

grace [n: own it]

- an elegance or beauty of form, manner, motion or action
- favor or good will
- a virtue or excellence of divine origin
- moral strength

allure, attractiveness, balance, beauty, charity, decency, dexterity, dignity, ease, elegance, etiquette, finesse, form, kindness, poise, polish, refinement, style, tact

“That word ‘grace’ in an ungracious mouth is but profane.”

-William Shakespeare

I have said for years "Grace is how you land on your feet" – and it's true. Grace is reflected in your actions, in each and every step you take in your journey. Grace is defined as moral strength.

“Courage is grace under pressure.” -Ernest Hemmingway

Grace is truth-telling.

Grace is forgiveness.

Grace is a deep exhale and a moment of silence during a harsh and hurtful argument.

“Strength is natural, but grace is the growth of habit. This charming quality requires practice if it is to become lasting.” –Joseph Joubert

Grace is fiber that becomes woven into a person's character, it appears at unlikely times, and cannot be denied.

“The grace of spirit comes only from heaven, and lights up the whole bodily presence.” –Charles Haddon Surgeon

One of my greatest quests in this life is to live a life of Grace. This is not an easy task; our world challenges us every day. Over the past year I have become increasingly more interested in living according to [The Seven Virtues](#). These Seven Contrary Virtues are meant to counter-balance the Seven Deadly Sins. And, it seems to me, that these Seven Virtues essentially add up to Grace.

“She takes the blame. She covers the shame. Removes the stain.”

“Grace” –U2

Action: During this week of grace, practice with every word, every action. Use deep exhales, focus on a soft and relaxed jaw and brow. Float as you walk. Embody grace.



Grace is truth-telling. Grace is elegant, delicate control when you touch down - The Crescendo exercise teaches us the beautiful meaning of landing without a sound. Patience, dedication and life-long practice leads us to true grace.

December Color: Pagoda Blue

Pagoda blue, this month's color, is a useful aid in dealing with others who have alternative points of view.

December Chakra: Throat Chakra

To cleanse our throat chakra, it is important to speak our truth, but it is also important to speak our truth with grace.