



The Grace Process™

Heart ♥ Healing ♥ Humanity

Experiencing our Divinity in 5 Stages A Map for Emerging Evolutionary Heart Leaders

From the forthcoming book:
Outrageous Grace: Healing Ourselves, Our Children and Our World.

Lori Leyden, PhD, MBA
Developer of *The Grace Process*™

So many of us who identify as transformational leaders, spiritual teachers, change-makers, social activists, influencers and spiritual seekers continue to be hindered by the remnants of our unhealed essential wounds, the greatest of which is separation from the Divine. We are unable to consistently access higher states of our Heart-Brain-Body connection and with that, our highest divine gifts and talents.

Instead, we are to one extent or another afflicted with our dis-ease of being human. Loneliness, self-doubt, unworthiness, not good enough, comparison, imposter syndrome, distrust, fear, anxiety, and shame still tend to creep in and interfere with our ability to move to the next level of connectedness with the Divine and our ultimate, unique expression of our Divine purpose.

The truth is, we are all heart-wired to become Conscious Evolutionary Heart Leaders. Birthing a new world and new ways of experiencing our Divine humanness require that we commit to taking responsibility for healing and leading ourselves first.

This is a critical requirement for becoming an Evolutionary Heart Leader no matter what form your passion and unique Divine expression takes – from “local expression” with yourself and your loved ones, to “community-based expression” in your profession, volunteerism or activism, to “global expression” aligning with people in harmony with our passions in wide-spread movements contributing to global healing.

I believe we have chosen to take human form on this planet for two purposes. Our first purpose is to heal our deepest wound of separation from the Divine and make the journey back to our Divine connectedness within the container of a human body.

Once we begin to experience our Divine connectedness, our second purpose is to explore, discover and inhabit ourselves as unique expressions of the Divine and integral components of the synergies required for global healing.

Our world has been and continues to be in crisis including the crisis of extinction. The time for thinking about how, when and if global healing will evolve is past. We are being called to activate our Divine Heart-Brain-Body connection in collectively innovative ways as we engage in the grandest experiment of grace in action – where every sentient being on our planet has the opportunity to thrive and prosper in safety and peace, become true expressions of the Divine and join synergistically in creating an interconnected “heaven on earth” experience beyond what we can imagine alone.

These times call for a new Evolutionary Heart Map.

As in many processes, the following stages are in no way meant to be linear. During our journey, we may touch into aspects of each stage. Even as it is our human impulse to evolve, it is always our choice to determine the level of commitment we make to fully embody and evolve to and through each stage.

IDENTIFYING CHOICE POINTS. Choice Points refer to those moments when we are given the opportunity to responsibly choose where we are headed next. Our evolutionary impulse to evolve may be initiated from crises which compel us to leave behind old patterns of suffer and struggle.

Or, from a place of expanded Heart-Brain-Body resonance, perhaps better stated as a single, or a series of profound transformative heart-opening experiences. For those of us who have spent the majority of our years evolving through crises, the question becomes: What will it take, and how quickly will we choose our evolution from a place of gratitude, love, joy and wonder?

Embodying The Grace Process™ allows us to navigate our choice points and sustain the evolutionary momentum of our hearts with more ease and elegance.

Experiencing our Divinity in 5 Stages

1. Separation	2. Stirring	3. Surrender	4. Stillness	5. Synergy
----------------------	--------------------	---------------------	---------------------	-------------------

STAGE 1: SEPARATION. Ego is unconsciously fully engaged. Characterized by a sense of being unworthy, undeserving, unloveable, alone, flawed. These feelings give rise to a focus on basic needs, attempting to find love and happiness in external validation and/or addictive patterns of thought/emotion/behaviors to soothe the dis-ease of being in human form.

Elements of our Soul Myth-Ego Story begin to form. Whether obvious or not to the individual, these efforts create a blueprint for the Ego's preferred strategies of suffer and struggle, self-pity and martyr. We continue to play out unconscious trauma-dramas and patterns with little to no awareness of the core issues and limiting beliefs that are driving us. Our predominant habitual, imprisoning emotions are:

- Fear
- Anxiety
- Dread
- Hurt
- Betrayal
- Abandonment
- Rejection
- Humiliation
- Jealousy
- Envy
- Blame
- Revenge
- Loneliness/Worthlessness
- Hopelessness
- Despair
- Meaninglessness
- Emptiness

STAGE 2: STIRRING. Characterized by often painful experiences and consequences of continued attachment to our egoic control strategies. Our pain begins to break our hearts open to a yearning for meaning, purpose and fulfillment beyond our egoic prisons.

Our discontent/dis-ease with being human leads us to seek answers in books, religion, spiritual teachings, and healing practices such as various therapies, meditation, yoga, energy work, plant medicine, metaphysics. Our practices are largely unconscious (going through the motions) and may bring about temporary/palliative results and insights but old patterns and triggers remain.

True, lasting transformation remains elusive. This tends to be the longest stage for most individuals and the hardest to break out of. Our evolutionary momentum is faulty. Fleeting perceptions of our essential wound, core issues and limiting beliefs begin to arise. More sustained positive emotions are emerging but are encumbered by:

- Boredom
- Impatience
- Frustration
- Confusion
- Worry
- Doubt
- Pity
- Overwhelm
- Guilt
- Sadness
- Pessimism
- Anger
- Fury
- Resentment

STAGE 3: SURRENDER. The Grace Process Pathways begin to resonate as inner knowing. Surrendering our ego becomes easier where surrender means giving into our Divinity rather than giving in to our Egos. Characterized by intermittent awakenings of our Heart-Brain-Body connection leading to more spontaneous moments of grace in the presence of a master teacher, nature, connectedness with another or during religious, metaphysical, and/or psychological practices.

We begin to embody our practices signaled by experiential Heart-Brain-Body transformations rather than “going through the motions” practice. With each Heart-Brain-Body activation we become more open to the field of all possibilities beyond our egoic imaginations.

As the conflict between our trauma-drama egoic patterns and the yearning for more experiences of grace increases, we begin to recognize that grace drops in instantaneously when ego attachments fall away either through the exhaustion of trying to maintain control or, through attaining states of gratitude, love, joy and wonder.

This becomes our impetus for beginning to explore healing our essential wound of separation and the possibility of surrendering our ego more readily.

The seeds of our destiny and purpose begin to emerge as we embark on healing our deepest wounds and pursuing our passions. We may begin to align with others who share our passions for healing our world.

Stage 2 predominant emotions begin to subside. Previous situations and/or conditions may now give rise to:

- Happiness
- Acceptance
- Calmness
- Connectedness
- Humility
- Tenderness
- Harmony
- Lightheartedness
- Resiliency
- Intimacy
- Passion
- Compassion
- Hope
- Trust
- Eagerness
- Enthusiasm
- Optimism
- Well-Being
- Relaxation
- Gratitude, Love, Joy and Wonder

STAGE 4: STILLNESS. We are becoming more conscious of living in and from The Grace Process Formula and Pathways. Surrendering into the mystery of the unknown and the miracles waiting on the other side of surrender give rise to wonder rather than egoic struggles to control that which we have no control over.

Embodied practices give rise to stillness. Stillness is characterized by being able to drop into Heart-Brain-Body states where ego easily drops away, and in our highest Heart-Brain-Body resonance we connect to the field of the Divine One Heart. Stillness refers to a state of deep receptivity in which gratitude, love, joy and wonder give way to a flow of oneness with whoever and whatever circumstance is present to us in the moment.

Our ability to activate Heart Presencing flows more spontaneously and becomes the journey rather than the outcome. Heart Presencing refers to being fully present in our hearts with access to all we need in the moment for peace, healing and transformation. Stillness becomes a state of being we can activate by choice. We begin to receive more glimpses of ourselves, others and circumstances as unique expressions of the Divine.

The more we heal our essential wounds, honor our gifts and talents and pursue our passions, the more of our life purpose is revealed to us. Our understanding of our life purpose is not static or limited. Often, the depth and breadth of our life purpose expands as our Heart-Brain-Body connection expands with each step we take internally and externally to experience our Divinity in human form.

We are becoming aware of our own spiritual mastery arising from the knowing that we are fully responsible for our own growth and evolution as Divine beings and gurus of our own path. Our evolutionary yearning moves beyond smaller scale shifts in healing for individuals and groups to aligning with global scales of acknowledging collective oneness and establishing sustained safety, security, peace, justice, equality and abundance for all.

Stage 3 emotions are becoming fully grounded in our normative experiences of everyday life.

STAGE 5: SYNERGY. As our Stage 4 experiences deepen and evolve we feel a new level of Stirring – a yearning to co-create global healing. Synergy is an emerging stage that has no demonstrable roadmap. Our evolutionary momentum is currently faulty but can be overcome when a critical mass of individuals chooses to surrender into stillness and align with our collective purpose to create heaven on earth in human form.

Synergy in this context refers to unity consciousness which can ultimately give rise to a resonance field greater than the sum of its parts activating a collective shift where global healing miracles can drop in in an instant.

This is truly our opportunity to connect into the field of our cooperative genius and unique expressions of Divinity for healing on a global scale. Working together for global healing requires a resolute foundation in navigating the mysteries of the unknown both collaboratively and collectively.

From this place, we are able to engage in unity consciousness for a united shift that acknowledges our oneness and establishes sustained safety, security, peace, justice, equality and abundance for all.

***We are the ones we have been waiting for.
This is our time and this is our moment!***

The Grace Process™