LIVING IN GRACE: THE SHIFT TO SPIRITUAL PERCEPTION

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This book is about perception and how to shift that perception to Living in Grace. This Shift of Perception will demonstrate the Truth that we are all living as and in Grace now. There has never been a single moment that we have not or will not be living in Grace. But in this place I will call the “Earth state of mind” there appear to be paths that we must walk to remember this fact.

On these paths we search for meaning, power and reasons for our existence. Most people in the Earth state of mind walk the “material path.” On this path the Earth, the universe, and everything we are and do is material. In the material world, physical power reigns.

Some of us have “upgraded” to the “mental path” of believing it is a mental world, and everything is within and of our own thinking. We use mind-power to accomplish our goals and live a better life. In this point of view the mind-body connection comes into play. We begin to say, “I can do it! All I have to do is visualize enough, and get my mind and thinking straight.” Mind-power employs methods such as visualization and hypnotism to accomplish its goals. This mental path will sometimes diverge into another path, the path of mysticism.
The world today is fascinated by this mental or mystical power and is calling it the Spiritual revolution. Talk of God is accepted, and is now found in all walks of life. It is an improved point of view over the physical standpoint, but it is not the path where this book will take you.

There is one more path — and it is the path of One Mind, that path of non-power, the true Spiritual path. This is The Shift to being completely conscious that all that we are, know, and see is in Truth — Spiritual. This is Living in Grace.

It is hard to write a book about spirituality and make it practical at the same time. I have to use physical words and mental exercises to make a point. Sometimes I talk about “getting things” or “improving your life.”

But, getting things and improving one’s life is a result of the consciousness that this is a Spiritual universe, not my reason for writing this book. Getting things and improving life is not the point. An improved life is the fruit of the awareness of, and the living out of, the Truth that there is only One and that One is Spirit. It is the choice to Shift to Spiritual Perception.

There is another problem in writing a book like this. It implies that we have somewhere to go, and something to search for; when in Truth we are already “here” in Heaven, in Spiritual Perfection, in Grace. It may look as if we are walking a path together, evolving together, and supporting each other in our “search” for Truth, but in Truth we are already One and we have never left the Reality of Heaven.

The purpose of this book is to be a guide on what seems to be a path to Living in Grace. It is to assist in yielding, in letting go of, or relinquishing, any point of view that claims we are separate, alone, and material or even mental.
It will lead us away from the belief in dualism — good and evil — to the awareness of One, which is Perfection.

The Shift to Spiritual Perception explains the power of perception. It is our point of view, our perception that determines our world and the life we lead. This book presents the 7 Keys to Grace and an eight step-by-step system based on the word GRACIOUS, which makes the necessary process of perception-shifting easy to remember and simple to use.

The book is an attempt to bridge the belief system of living in a physical world to the actuality of being in a Spiritual world. It is the best I know as of this moment. I know it to be Truth that it is a Spiritual Universe and that Heaven is here and now, because it is part of my experience. How to remain in that consciousness, and how to communicate this understanding, is the path that I appear to be traveling.

There is no place on any path to stop and say, “I know it now, there is no more to learn.” Even as I write this book I am yielding, or dying, to the old “point of view” and improving my consciousness of the Spiritual One.

Follow the guidance in this book only as it appears as Truth to you. Use this book to guide you, but it is not Truth itself. As you use the tools in this book to change your point of view, you will find this out for yourself. And we will reunite together as part of the community of Spirit and Grace.

With Love,

Beca
Have you ever wondered what your life would be like if everything you ever thought came true? You could think of true love and within moments the doorbell would ring and your personal true love would be standing on the doorstep, ready and able to begin to live a life full of love just with you. Perhaps you would think of having more money than you could ever spend, and once again the doorbell would ring and on the doorstep would be a box full of money.

The truth is we do have our thoughts come true. So why don’t we have all we’ve ever wanted? Why are so many of our lives filled with “quiet desperation”? Why don’t we live with constant unlimited abundance?

Perception produces reality and what is perceived to be reality magnifies™. The answer is powerful and simple. We receive in our lives exactly what we believe to be true and what we believe we deserve. In order to live the life we were meant to live we must change our point of view and focus on the Truth of our Being.
All shifts are a decision to change a point of view. The Spiritual Shift is the continuous moment-by-moment personal, conscious, choosing of Spiritual Reality over the cramped, limited belief in many personal realities. It is the decision not to believe or act out of duality or separation.

As we are willing to choose to become conscious of, and remain in the awareness of Grace, our ego-based small-i thoughts disappear and are replaced by Divine Mind’s Thoughts. As a result we recognize the material universe as it really is — Spiritual Reality—and who we really are, the reflection of the One.

Isn’t it a perfect time to follow your irresistible movement toward the Divine and yield to the State of Grace?

What will happen as you read this book? There is no guarantee that your life will be better. There is no guarantee that money will flow in the door and everybody will love you. This is not “no-work” solution to the problems in your life. Choosing spiritual consciousness makes great demands upon us.

What will happen is that you will find a focus that will make world success both meaningless and a natural event. Your life will change. Not because you want it to, not because you are trying to prove something, fix something, or get better at something.

It will change because you have chosen to take the time to do the only important thing in life. You have chosen to take the time to change your focus and build your own personal inner conviction of the existence of the State of Grace.

Possibilities are an outgrowth of a Shift of Perception to what is beautiful, good and true. Life is abundant when we celebrate it from the Source and not from the outcome.
You must be the change you wish to see in the world.
— Mahatma Gandhi

The world is now too dangerous for anything less than Utopia.
— R. Buckminster Fuller

On this planet there are something like five billion human beings, so there are five billion perceptions of reality. Everyone can be looking at the same object, but seeing it very differently. One’s perspectives, one’s view of things determines...how one experiences change, life, and the purpose of life.
— Dalai Lama, Gathering Sparks

Small r reality or big R Reality?

Belief systems are now being defined in the language of physics and other sciences. But science is not saying anything new. It is simply restating those views that were understood in different words and symbols thousands of years ago.
— Bob Tober, Space Time and Beyond

Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won’t come in.
— Alan Alda

I remember when I first became really interested in what I call big R Reality. When I was about seven years old I was in the neighbors’ yard playing ball with their dog. The ball was a large white softball and the grass had just been mowed. It was early evening and I knew that I had to be home before the streetlights went on, but I pushed the time limit by throwing the ball up one more time.

Neither the dog nor I saw it come down. I was worried, because being late was not an option. The dog and I ran all over the yard looking for the ball. If I had
been a dog I would have been barking as frantically as he was. Finally, I stopped in the middle of the yard, put my hands on my hips stomped my foot and said, “OK God, I know you know where this ball is, so I want to see it right now!” I looked down and the ball was at my foot.

I had no time to be surprised. Instead I snatched up the ball and ran home. Later, when I had a chance to think about it I asked myself... “Hummm, did that ball come out of a Twilight Zone episode?” You know, where each scene of our life is constructed “back stage.” Perhaps someone had forgotten to put the ball back into that scene, and added it when I asked to see it. Or... was that ball always there and I just couldn’t see it because of my state of mind?” My seven-year-old brain did not phrase it quite that way, but that was the essence of the question.

I have come to see that the ball was already there. My state of mind kept me from seeing it just as our state of mind and a belief system sees through the hole of our point of view rather than seeing the whole of what is already ours, already present.

My point of view...shifted!

Without being fully aware of it, I had started a lifelong search to understand how the ball “just” appeared. What I discovered for myself, as many have before me, is that everything has already been created. We already have everything we could ever need or want. What we receive from this infinite supply is what we perceive to be reality. The most limiting thought of all is that we receive only what we believe we deserve to receive.

How did it get this way? In this state of mind we call “living on Earth,” we have accepted a substitute version
of Reality. This can be called the small r reality. We use this personal paradigm as the guide, or pattern, for our standard of living. It is how we define ourselves.

There is only one Truth. We are unlimited Spiritual beings. However, in this Earth state of mind, instead of living in Truth, we live a dream story about limits and evolution. We call this world material. We say things about this world, like “this is how it is.” Or: “If God had wanted us to (fill in your favorite saying) _____, He would have given us _______.”

We are living in an age where we can hook up to a computer-generated program and live an event as if it were real. Our thoughts, emotions and sensations react to what the computer is giving to us. This is called virtual reality.

Now imagine for a moment that the life we live is just us hooked up to a program which we believe through and through. Like virtual reality, it feels, tastes, smells and acts upon us as if it were real. But it is not.

As we shift our viewpoint we can shift our virtual reality to Reality. Just as disconnecting from the computer program releases us to “reality,” disconnecting from the program of our training and culture releases us to Reality.

Isn't it exhilarating and freeing to know that the only thing that needs to change is our point of view, our belief? Let's begin together to leave behind the old and take up the Truth, using the 7 Keys to Grace as our guides.

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Thank you for reading Chapter One of *Living In Grace: The Shift to Spiritual Perception*! If you would like to read the rest of book please click on the Perception Publishing link below.