

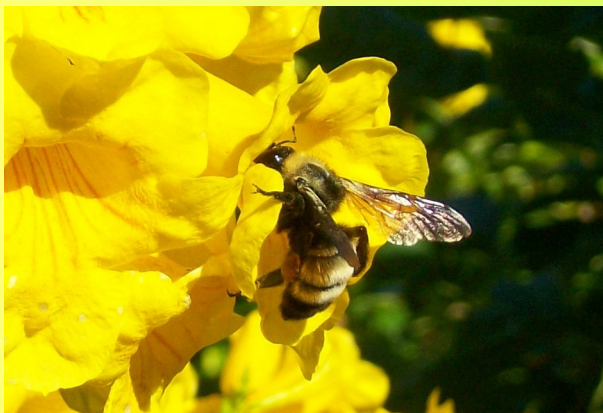
# The Stillness Newsletter

## April 2009

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Dallas, TX

Written by just me, Renee Baker. Thanks for reading!



### Amazing Grace

"Amazing Grace, how sweet the sound,  
That saved a wretch like me....  
I once was lost but now am found,  
Was blind, but now, I see. "

### Joy of the Day

Rumi once said, "The eye is for seeing, but the soul is here for its own joy." On days we get so wrapped up in problems, remember to take time out to dance. We aren't here to just solve problems, but to live in joy.

### Grace

One of my grandfather's favorite songs was *Amazing Grace*. No matter how many times I hear it, it always strikes a chord. How many times in my life have I fallen from the state of grace to a state of despair...too many. Each time, lifted up by love of another once again.

When we reach these states of despair, we need help, we need someone to care. We have reached a place where we are no longer able to love ourselves and we have found ourselves to be unacceptable. This is the time we need others to help us. We need someone to love us when we are at our worst and our sickest.

Eckhart Tolle says it well when he says, "Acceptance of the *unacceptable* is the greatest source of grace in this world."

When another is able to accept us, at just the right moment when we are open to receive, we can once again find ourselves to be loveable. We are able to see that if this person loves me, then I must still have value. I am then able to begin to love again, an essential need of all human beings.

The next time you come across someone, who seems down and out, instead of turning your cheek and looking the other way, love them in their time of need. It may just be your time of need too, because we thrive when we love.



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