

# Keys to Grace A Handbook



the simplicity at the center of everything  
a letter to Alya

Dr. Patrick MacManaway MB.ChB.

# Keys to Grace



## A Handbook

Dr. Patrick MacManaway MB.ChB.



*in the spirit of loving service...*

*“this knowledge comes with the responsibility of  
sharing it...”*

Keys to Grace

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## Contents

Reflections and Insights on the Inner Landscape . . . . .	2
The Nature and Experience of Grace . . . . .	4
The Metaphysics of Grace . . . . .	8
Grace and the Golden Ratio . . . . .	12
The Golden Ratio and Grace . . . . .	16
Living in Grace . . . . .	22
Keys to Grace . . . . .	26
Keys of the Mind . . . . .	26
Keys of the Body . . . . .	28
Keys of the Spirit . . . . .	28
In the Absence of Grace... . . . .	30
Keys of the Absent Mind . . . . .	30
Keys of the Absent Body . . . . .	32
Keys of the Absent Spirit . . . . .	32
Returning to Grace . . . . .	34
Gratitude Practice . . . . .	36
Breath Practice . . . . .	36
Aligning the Mind to Truth and Beauty . . . . .	40
Acts of Loving Kindness . . . . .	44
Practicing Forgiveness . . . . .	44
Divine Inspiration . . . . .	48
Spreading Grace into Your Life . . . . .	50
Spreading Grace in the Wild . . . . .	50





# Keys to Grace

## Reflections and Insights on the Inner Landscape

Who has not felt the ease and exhilaration of being “in the flow”? Of times when everything simply fell into place for us almost miraculously? Times when we were at peak performance athletically - or in a fully absorbed artistic flow - enjoying the ease and deep pleasure arising from simple work done wholeheartedly? Many of us have experienced this when in romantic love - often it is present when we are totally satisfied with our work, achievement or experience in some area.

There are many ways to describe the state of mind, attitude and sense of ourselves when we are in this inspired state of mind and presence - I would like to discuss it here as a state of grace.

We are all at our happiest and best when in a state of grace, and the life experiences that it brings us have a special, eternal quality in our mind.

By considering the nature and qualities of grace, we can recognize them within our self and cultivate them in our daily habits.

This both amplifies and anchors grace within us, and when we give it more attention - as is true with all things - it tends to show up more and more often in our life.

Similarly, it is important to notice when we have left our grace state, and to have quick, easy and effective strategies for coming back to centre again.



## The Nature and Experience of Grace

In contemplating the nature and experience of grace, let us look more deeply into what grace actually means and feels like - and why it is desirable to be present within it.

We might start by saying that it is a natural, ordinary and common experience for all of us, that we each recognize and often remember, and that we typically slip more or less into and out of through each day and over the course of time. Sometimes it is especially prolonged or intensely felt.

When in a state of grace, we feel a certain sense of ease and peace within, and a contented acceptance of our self as we are.

We notice an ease in communication and creativity, an engagement and enthusiasm for whatever we are doing, and a sense of satisfaction even when engaged with simple tasks.

Often there is a deep and quickened sense of the presence of the Divine in our life, an awareness of the connection with universal mind, and of an unlimited presence of guidance and support all around us, waiting only for our asking and opening to receive whatever we truly need and desire.

Opportunities and connection seem to arise easily as required in response to need, as if in a seamless synchronous flow...

We may also have a deeper and more richly textured awareness and experience of our surroundings - as if brightness and color had somehow increased, and smells and sounds had become more intense.

Consciousness is created and held within  
frequency and wave-form in all that vibrates  
all things vibrate  
All Things are Conscious = each in their own way





Because of the simple happiness, easy creativity and the sometimes thrill and delight that we experience when we are “on song and in the flow” - it is something that we all naturally desire to return to often, and to live within continuously.

Both the teachings of perennial wisdom and the wave of contemporary interest in the laws of attraction and manifestation speak to the profound power of understanding how to productively and creatively engage our mind and attitude in creating change in our lives - and the ultimate benefit and wisdom of placing our mind in the service of the higher self as it is expressed through the heart and the heart's desire.

Perhaps grace is simply our experience of aligning with and following the spirit of the heart, in both body and mind.

Truth and Beauty  
Compassionate Witness  
Forgiveness and Generosity  
~ entrain your mind to these

the Soul perceives Qualities  
the Personality is concerned with Quantities  
weaving these two into one fabric  
is our Human Journey



# The Metaphysics of Grace

Metaphysically we might consider grace as a free and balanced flow of all of our life energy around a stable and peaceful center, allowing our intelligence to naturally express and fulfill itself in right relationship to all around it.

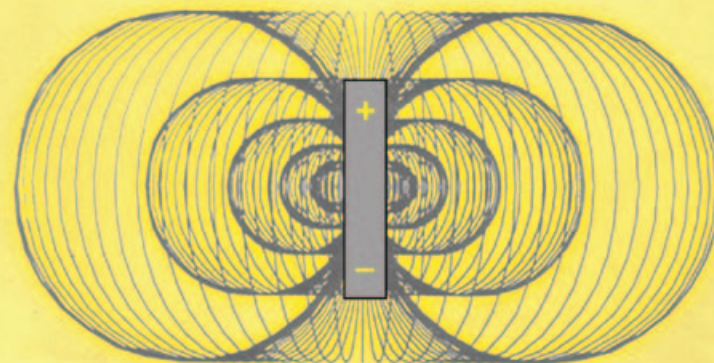
As illustrated opposite, our human energy field is created and maintained by the electromagnetic radiation from the heart, and has the approximate shape of a bagel, a shape mathematically termed a “toroid”.

The central column of this shape is dense and compact, and the edges come out in all directions exactly like angel’s wings, creating a personal space in which we live and experience ourselves.

While this space is stable, it is not static, but in constant, smooth fluid motion. Like in a waterfall, if we look at the water itself, we see constant movement and rapid change - if we step back and look at the waterfall overall, we see a steady, apparently unchanging and constant column of flow.

Similarly in ourselves, there is constant flow of energy through and around a stable form - the core electromagnetic pattern created by the heartbeat.

We can also see this as being like a gyroscope, able to stand up on its own and maintain itself because of its stable rotation and spin - a paradoxical combination of movement and stillness - the peace of perfectly balanced, smooth harmonious energetic flow.





In health and in grace, there is a flow of balanced motion around a peacefully aligned center.

Thoughts, feelings and sensations are our experience of the waves of life energy of different shapes and frequencies resonating in our personal energetic space. When the waves are harmonious and melodic, we experience pleasure, peace and happiness.

In this state, there is great ease and efficiency of expression and experience.

By contrast, when the waves resonating in our personal space are discordant, the sphere of our intelligence becomes stressed and out of balance - like a gyroscope losing spin and starting to wobble.

Our thoughts, feelings and sensations embody and reflect this discordance as discomfort and difficulty, and it becomes increasingly stressful for us to hold our natural poise and effectiveness.

some Frequencies  
are beyond the edge of our human hearing  
and yet there are Those who sing those notes =  
sometimes we can feel their Breath

There is Only One Wave,  
though exquisitely unique and complex =  
that Is a Human Being = just your song  
sensation, instinct, emotion, thought, inspiration =  
rainbow experience of one light = one Singing





## Grace and the Golden Ratio

Of interest to those of a mathematical, geometrical or aesthetic inclination, there is an apparently direct correlation between the human experience of the grace state and the mathematical proportion of the so-called “golden ratio”, or “Phi”.

The golden ratio, golden Mean or Divine Cut is a ratio or proportion between two things, and within the many different ratios and proportions possible between all things, the golden ratio shows itself as being unique and special in both physical and metaphysical ways.

Similar to the mathematical constant pi (3.14159265.....) which is an irrational, or transcendental number that has no end, the golden ratio also has the property of endlessness.

The golden ratio is a ratio of 1 to 1.6180339.....

or of 0.6180339..... to 1

This ratio occurs within the Fibonacci Series, in which each number is the sum of the two previous numbers

1,1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233, 377, 610, 987, 1597, 2584 and so on...

The Fibonacci series is seen all around us in the shapes of nature, and is one of the fundamental patterns of growth and life. We might think whimsically of a Divine Creator's lego set - the Fibonacci series allows us to join the different blocks in a way that they all fit perfectly together.



If we divide any of the numbers in the series by the number immediately before it, we find the proportion between the two.

In the Fibonacci series, this proportion is always approximately the golden ratio.

At the beginning of the series it is a rather coarse approximation, but with each progression to the next higher number, the proportion becomes closer and closer and closer and closer...

It is as though the perfect form of the golden ratio - of the divine metaphysics - sits behind the whole number, physical nature of matter, and guides and directs it as a blue print of creation.

Another way of considering the golden ratio is that it is the only way to divide a thing so that after division, the proportion of the smaller part to the larger part is identical to the proportion of the larger part to the original undivided whole.

In practical terms, this means that by expanding or reducing anything by this proportion, we end up with something smaller or larger than we started with, but otherwise identical to the original.

We see this principle wherever we look - the proportion of the smaller to the larger branches of a tree - between a cow and her calf - between each of the nesting dolls of a matryoshka.





## The Golden Ratio and Grace

Returning to our consideration of grace and the grace state, there are three matters relating to the golden ratio that are worth considering:

Firstly - when appreciating art, architecture or natural physiological form, people typically are attracted to and pleased by the golden ratio above all other forms and proportions. We instinctively associate the golden ratio with grace and beauty.

Secondly - we are fundamentally constructed from divine lego in golden ratio proportion ourselves - from the structure of our DNA to the structure of our bony skeleton, the golden ratio is the blueprint for a human being.

Thirdly - when we are in a state of grace, the electromagnetic signature of frequency and wave-form generated by our hearts and minds show an increasingly rich presence of golden ratio harmonies.

These three factors suggest by mathematics, metaphysics, and direct personal experience, that we are naturally built for, attracted to, and most effective and happy when in a grace state.

Experiments have shown that when in this state of electrophysiological grace, we are able to entrain a coherence of thought and feeling that can be shared both between each other and also with plants and animals- the fundamental wave-forms of consciousness are apparently shared between all species, and when expressed in a coherent form become a Universal Language.



Experimentation has also shown that in the physiological state of golden ratio harmony - experienced as grace - we become able to achieve telekinesis - which is the ability to change the activity of physical matter by thought and will alone.

It is as though grace is our state of natural connection and communication with all things - in which we can most clearly and easily perceive and creatively engage with our self and others as well as with our environment.

As we move away from this grace state, our electro-physiology also moves away from the golden ratio, and we progressively lose our ability to connect to those things within and around us.

There is one more property of the golden ratio which shines great light and insight into metaphysics and our human experience - when waves of different frequency encounter each other, the result is a pattern of diffraction where each wave is changed by the other and a composite wave-from emerges.

If waves encounter each other in golden ratio, they can be present and pass through and beyond each other without distortion or disturbance occurring.

Our experience of thoughts, feelings and sensations are our human interpretations of a wave of subtle energy, which we can both generate and receive.

the Radiance of the Heart  
defines the Space within and around us  
we can sometimes Relax and let it do that  
without our having to think about it

we have an integrated sphere of Intelligence  
= of mineral and soil, and plant, of bones and teeth  
instinctual, emotional, social, inspirational, divine =  
it feels best when All of these Agree





This implies that in a grace state, we can experience the different waves, frequencies and resonances of another person or circumstance, and be fully, peacefully and powerfully present within the sphere of our own light body, or personal energetic space, without being disturbed or becoming discordant from what is present around us.

Clear, present, and peaceful regardless of people and circumstance surrounding.

There is great power and happiness in this.



Universal Mind  
Includes Everything  
You, however, can Freely Choose  
what to include in your Own

The Deepest Quietest Voice  
only heard within  
is the One  
to give most Attention to





## Living in Grace

There are many names for and experiences of the grace state - it can be very personal, and sometimes arises in a way that is beyond either the words, desire or need to share and express it - grace can be like that...

It can give us paradoxical experiences of mutual and simultaneous separation and connection - of feeling in the same moment both the unique individuality of the self as well as our membership of an intelligent collective -

We may also experience the coherent matrix or fabric or sea within which both exist.

However we hold the concept of grace, our actual experience of this state varies greatly by circumstance, but typically follows a handful of discernible themes:

1. A sense of being simply, naturally and contentedly ourselves, coming to the world and to our day from the inside out, inspired and energized by our personal and direct connection with Life and Source.
2. An experience of time and circumstance being our friend, of synergy and synchronicity and opportunity and celebration arising spontaneously in an easy and engaging flow.
3. An awareness of easy and close connection and creative interaction with Universal Mind - with the benevolent guidance, inspiration and support that at all times surrounds us.

The Golden Ratio  
is the Mathematical Signature of Pure Love  
this Waveform shapes the Grail Vessel of the Mind  
to hold the Resonance of Grace

Starlight reminds us  
that space is not empty  
but Full of the whisperings, stories and songs  
of the Universe





A state of grace is very similar or perhaps the same as the peak mind state sought in sports psychology for optimum performance. The athlete may be competing at or above his or her level of skill, fitness and ability - however the outcome is profoundly influenced by the state of mind of each of the competitors.

For winning performance, the successful athlete must enter their mental zone pre-performance, track and affirm its presence during competition, identify quickly if the zone is lost, and have immediate and dependable strategies for bringing the mind back to the zone as quickly as possible.

Applying this to our experience of a grace state in every-day life, we can draw from the same principles and strategies.

Ideally, we enter and maintain our best state for everyday living, notice and affirm it when present, realize when we have lost it, and have good ways to return into it.

To help us with this, we can assemble for ourselves a collection of keys - key words, key phrases, key concepts and feelings - that assist us in our awareness of grace and that are also themselves keys to the doors that we enter grace through.

Rainbows reveal  
the way the One becomes Many  
as the Breath of Light moves into Water =  
and dances forth

There is a certain Circularity to Time  
= perhaps a spiraling path within a toroid =  
knowing This allows us to be at peace  
with the tides of life's comings and goings



## Keys to Grace

We can always enter grace from wherever we find our self, no matter how or where that may be.

The doors to grace and the keys to them exist at every level - body, mind and spirit, and we can enter grace by the nearest and most convenient of them, depending on our mood, energy and state of mind.

Some of the keys are especially good at bringing us to grace, some of the keys are especially good at affirming us in our grace.

Bringing qualities of grace to mind as key words, thoughts, feelings or sensations helps us to keep track of our presences and absences...

## Keys of the Mind

Attitude influences circumstance and creates quality of experience... a mental attitude aligned with grace is keyed by

- truth & beauty
- gratitude
- forgiveness
- generosity
- integrity & clarity
- enthusiasm
- peace
- joy
- connection, synchronicity and flow
- circular consciousness

Consciousness is the Patterning  
of wave=form and frequency  
passing and pausing within the vibrant matrix  
of Universal Mind

The Toroid holds the vortex  
of our Core =  
our wings fill out the circle  
of our Radiance





## Keys of the Body

Our body is always here and now fully present, wherever our mind may happen to be... we can rely on our feelings, instincts and sensations to navigate us with grace

- full & free breath
- simply feeling good
- the sensation of whole-heartedness
- healthy strength & flexibility
- relaxed, alert and present with a sense of ease
- naturally and spontaneously doing the “right thing”

## Keys of the Spirit

Our soul is in a natural state of grace - when we allow that to freely move our spirit we experience

- heart-awareness
- love
- compassion
- courage
- brightness & balance
- ease and flow
- connection, inspiration & creativity
- trust, confidence & wisdom

Peace  
stirs Compassion  
reveals Beauty  
and in it Truth

Generosity  
of Spirit  
creates Community  
and multiplies



## In the Absence of Grace...

The greatest key to entering grace is to recognize when we are no longer in it - only with this insight can we take our own initiative to returning...

It is with this understanding that a second list of keys becomes useful - a list of key words for the mind to quickly identify the need to pause and re-align so that the day will continue brightly.

## Keys of the Absent Mind

A stressful mental attitude can create worry and adversity in any situation and in everything that it focuses on - bad hair days are the consequence of getting out of bed on the wrong side and not attending to grace...

- “out of the flow” - circumstances difficult or stressful
- lack of synchronicity
- lack of enthusiasm
- negatively critical & judgmental
- bored, apathetic
- cynical
- reluctant to engage

Healing  
begins with Compassionate Witness  
sometimes that alone  
is everything needed

Courage  
moves us to engage completely  
when All of our Core Intelligence says  
“Yes”





## Keys of the Absent Body

If it doesn't feel good and right and healthy, then it probably isn't  
- the antidote to fatigue is whole-heartedness...

- feeling of disconnect from self, life and environment
- low energy
- fatigue
- compressed, segmented or compromised breathing

## Keys of the Absent Spirit

When disconnected or disfiguring the life force and intelligence  
of our soul, we experience our self

- discouraged
- pessimistic
- lacking in inspiration and creativity
- withdrawn & disconnected

Notice the Vertical axis  
of your breath and your being along your spine  
Notice also the Horizontal axis  
of your diaphragm and rib cage freely expanding

The diaphragm is a sheet of Core Consciousness  
like a Sail filling to the Wind  
let it fill, full and free  
release all tension there



## Returning to Grace

Living in grace is both a short and a long term project...

When we notice or feel the loss of grace, it is most helpful to have a few effective and trusted strategies for a quick return to it in the heat of the moment -

Also, the more attention and time and focus we give to it, the greater the increase in its presence in our awareness and our life will be, and so setting aside time where grace is your highest priority as a regular practice, whether as meditation, or hiking, or visiting with friends, creates a foundational core presence of grace as a resource of inspiration and power through our day.

Many people have very particular and personal “touch stone” practices that they use to come back to centre - these following are a few that I recommend that generally seem to work well in most situations.

The practices as described below are designed to be “quick catch” in nature - tools for you to use on your feet in the moment. You can extend each of them to become a foundational practice by extending them when time allows.

Used as “quick catch” methods, they are generally successful in restoring a sense of grace within 2 to 5 minutes.

The Patterns of Intelligence  
Seeded into Universal Mind by Source  
are apprehended first in our Imagination  
then we make them dense enough to feel and touch and  
Play with

For Core Renewal, drop first always to Core Heart  
re-affirm your Vertical alignment with earth and heaven  
allow the heart to recreate the Horizontal alignment with  
all things Here and Now  
Relax back into the stable sphere of your Natural Self





## Gratitude Practice

In your mind, simply say “thank you” for everything that you notice - whether you actually feel any gratitude for it or not -

“thank you for the table, thank you for the chair, thank you for the tree, thank you for the clouds...”

After a while, simply saying “thank you” - either inside yourself or out loud - changes the pathways of your mind to produce a genuine, deep feeling of gratitude.

Continue the practice until gratitude becomes the primary feeling - congratulations! - you have returned to grace.

## Breath Practice

Breath is perhaps our most powerful tool for guiding and effecting changes in our thoughts, feelings and physiology.

There are many well-developed systems of breath awareness and breath control - the practice offered here is very simple and is one that you can observe being used unconsciously and automatically by a child falling asleep.

A child asleep breathes in and out with equal measure - if you start counting numbers in your head as they begin to breath in, and continue as they breath out, you will find that you have counted up to the same number on both in-breath and out-breath - “in, 2, 3, 4, out, 2, 3, 4, in 2, 3, 4, out 2, 3, 4”.

imagining “Thank You !”  
for everything that enters your awareness  
for just a few minutes  
will change your whole day

The Flow and Form of our Breath  
as it travels end to end along our spine  
defines an essential Base note of our being  
let it be full, flexible, fluid and free...





However, before this state of deep, even-rhythm-breath sleep arises, there is a transitional stage when first falling asleep, when the breath does not conform to this equal measure.

Instead, you will find by counting, that the out-breath is half as long again as the in-breath - for example "in, 2, 3, 4, out, 2, 3, 4, 5, 6, in, 2, 3, 4, out, 2, 3, 4, 5, 6".

This pattern of breathing is associated with processing the thoughts and feelings of the day, and as they become integrated, the grace of deep sleep is reflected as the breathing cycle changes to even measure.

The practice therefore is very simple: bring your awareness to your breathing. Count in your head as you breath in, and then continue counting as you breath out.

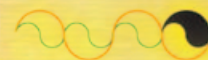
Extend your out-breath for half as long again as your in-breath.

For example, if you count up to 2 as you breath in, breath out for a count of 3. If you count up to 4 as you breath in, breath out for a count of 6.

Continue the practice - allowing your breaths to be large or small, long or short as they will - but keeping to your extended out-breath count - until you feel peace and mental clarity arise and become established within you.

If you regulate your breathing  
to breath out for half=as=long=again as you breath in  
after a little while, as you relax  
you may find yourself Smiling

Breath  
dances with the Heart Beat  
in the Tango of our days  
let thought feeling and feet follow its Flow





## Aligning the Mind to Truth and Beauty

The truth behind truth is alignment... this is reflected in some of the traditional uses of the word.

We “true” a wheel on our bicycle - or perhaps the repair shop technician does this for us - meaning we balance the tension on all of the spokes until the rim of the wheel is perfectly smooth and symmetrical, without any wobble or deviation.

Equally in ship-building the “true” of the keel - meaning the alignment along its length - is critical for a vessel to sail and steer well at sea.

These are terms of craft and speak to the quality of spirit that is required to be manifest in the physical realm.

Social and moral correctness may or may not be aligned with truth at all levels, however by giving our mind the task of searching for, identifying and celebrating real, aligned truth in every situation we engage a wonderful key of grace.

For when we perceive the true nature of a person, or a circumstance or a something, we can understand it in a peaceful and compassionate light.

Perceiving core truth also reveals core beauty - the true inner nature of all things is inevitably divine and beautiful, if we can see it truly.

the Universe  
and the processes of Human Evolution  
are Ultimately Benevolent and Purposeful  
although they may create experiences of pain

There is One Love  
All of Us are Part of That  
however much we despair here, now, growing  
we are all ticketed all the way through to Heaven



Beauty itself is therefore a key on its own - when we look for and perceive not the surface attraction of a thing but the essential inner essence.

This awareness helps us to guide our mind towards truth and beauty generally, and can be a foundation for the long-term development of grace in our life. As a practice for a “quick-catch” return to grace, you can experiment with your own mind to find the simplest and most effective words or actions to re-engage in the moment with an attitude aligned towards truth and beauty - for example

Take a pause from the stream of thinking in your mind, for a moment becoming your own observer. Notice the attitude and posture of your mind and then allow it to release for now. Re-connect to your heart's desire in present time and space.

Engage your mind to reveal and relate to that which is most true and beautiful at core level in the moment.

Proceed with inspired action...

Free Will  
when expressing the Heart's Desire  
aligns us in Natural Order  
with All that is around us

The Automatic Constant Process of Manifestation  
follows the tone and pattern of our deepest imprint  
Engaging and Re-Defining that  
can create real change





## Acts of Loving Kindness

Practicing acts of loving kindness is a wonderful way to generate and amplify grace both for the giver and the recipient and can be undertaken randomly and at any moment.

See if you can do three each day to begin with - you may very well find that it is habit forming...

## Practicing Forgiveness

There are threads of subtle energy that connect us to other places, people and times. These threads are like vibrating strings on a guitar - they have a quality of tone and feeling, and also of information.

When our connection to something is discordant and stressful, that tone is somewhere always present in our mind, even when we intellectually shut it out.

By bringing the tone and feeling quality of all our connections into a state of peace, our mind is able to relax and engage more fully and clearly in the fresh moment that we find our self in.

There are many different practices to move the mind towards forgiveness and it is well worthwhile experimenting until you find one or more that work for you personally.

The release of even a small part of the “burden sack” of stresses of past events lightens the step of the present into the future.

Love

is our experience

of Life's Energies

Flowing freely, clearly and brightly

Renewal from Within

arises from the Heart itself

free your breath to follow your heart

fill your mind with the heart's inspiration





One practice is to simply in the mind begin to declare “I forgive myself for...” or “I forgive (whoever or whatever) for...”

As with the gratitude practice suggested above, if you continue to affirm forgiveness in your mind, even without actually feeling any, after a little while your mind will start to re-pattern around the statement of forgiveness, and a genuine feeling and sensation of deep forgiving will arise.

Continue with the affirmation of forgiveness until you feel a real presence of peace in your self, and with it a sense of release and freedom from the discordant energy that you have been maintaining.

A longer practice of forgiveness is to replay the stressful events in your imagination as though watching them on a stage or a screen, with your mind engaged in the search for truth and beauty behind and within the discord that arose.

Loving Kindness  
opens us to Intimacy  
creates space for Tenderness  
nourishes Trust

Forgiveness  
brings Release  
births Freedom  
and expands into Joy





## Divine Inspiration

When we are in grace, we are very open and connected to sources of guidance, support and inspiration in the many realms around us.

Our personal philosophy and beliefs dictate what we think and how we choose to relate to the energies and intelligence around us, but a few generic guideposts are good to navigate by -

- engage with unseen realms in a peaceful state of mind
- engage with all things, seen or unseen, with compassion
- be sure to match information and inspiration with the way it makes your body feel - and trust your body
- use love, truth, beauty and genuine need as points of reference for the mind
- divine intervention follows a conscious request for it, and comes as quickly as we are open to receive it

As a practice, I invite you to consider that miracles are ordinary and common and useful, and arise as the natural consequence of inviting the help and support of benevolent intelligence in anything that we feel whole-hearted about.

it is good to be in conversation  
with the Intelligence of Landscape  
for it comes to Life more fully  
with our Loving Attention



## Spreading Grace into Your Life

“Where attention goes, energy follows and flows...” The effect and return-effect of that energy is governed by its quality.

When we give our attention and energy and take action from a place of grace, the consequences ripple out into the world... return and multiply.

By simply choosing to live in grace, and following that path...

## Spreading Grace in the Wild

is the natural and ultimate expression of our humanity, this key is an easy one -

# Simply Bless Everything





## Dr. Patrick MacManaway

Patrick MacManaway learned about consciousness and metaphysics at his parent's kitchen table, from the many extraordinary and talented people who visited, taught and studied at their healing, teaching and natural therapies center in rural Scotland.

A holistic practitioner, consultant and educator, Patrick holds a degree in Medicine from Edinburgh University, is past President of the British Society of Dowsters and a founding member of Circles for Peace.

Through the practices of teaching students and parenting his daughter Alya, Patrick seeks to share key principles in a simple, inviting and empowering fashion.

This handbook is one of a series presenting the essential foundational elements inside the rich traditions of spirituality and philosophy that our new age has inherited.

You can find out about Patrick's work on his websites  
[www.PatrickMacManaway.com](http://www.PatrickMacManaway.com)  
[www.DragonLines.net](http://www.DragonLines.net)



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To educate and inspire



## Celebrating Grace in the Landscape...



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# Keys to Grace



Universal Mind  
Includes Everything  
You, however, can Freely Choose  
what to include in your Own

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