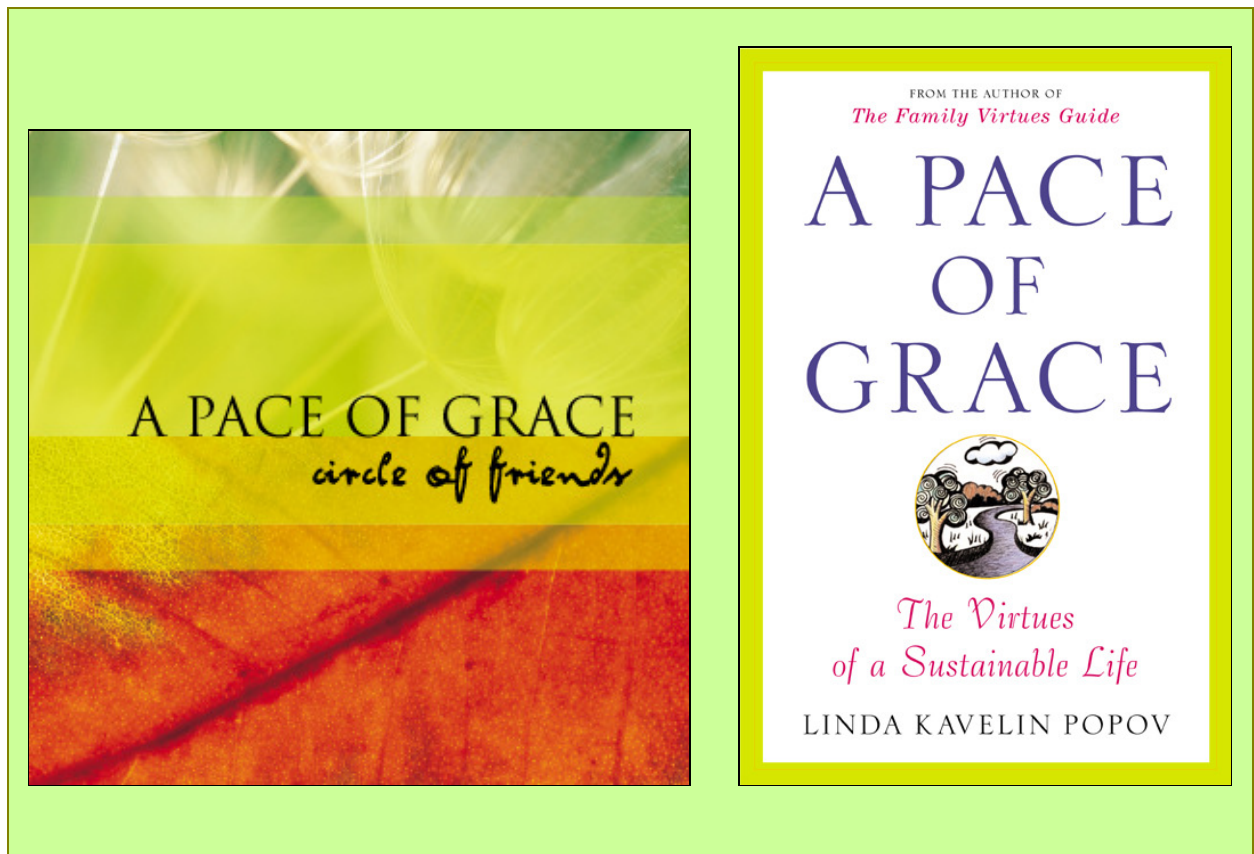


# A Pace of Grace



## Using the Pace of Grace Book & CD Together

# A Pace of Grace



Anything we want to learn or develop, comes more easily when we engage both sides of the brain. Music activates the right hemisphere, and text, the left. Through reading, *and* listening or singing, we gain deeper wisdom. Then it is easier to implement the changes we want to make in our daily lives.

The best-selling book, *A Pace of Grace* by Linda Kavelin Popov, inspired me with its wealth of knowledge about pacing one's life in a healthy balance, or grace. Linda writes from personal experience, communicating in an uplifting way. She balances the inspirational content in her book with practical tips and self-reflection exercises. Together this can motivate and support people to make life-changes.

I took up Linda's invitation to write music as a Companion to the book. The recording, like the book, is complete in itself; you can just enjoy the music. But use the book and the CD *together* and you can soar to greater heights!

Song communicates in a *poetic* way: abstract & subtle. The more we play the tracks, the more their *deeper* meaning 'permeates' our being *without our trying*. With an 'ease': flashes of insight arise through the medium of the music - we don't have to think about it. The right brain works that way - balancing the thinking side of the mind to make us whole. When songs pop into the mind spontaneously, we know this deep-level growth is happening - it can even happen even over a period of years...

As soon as you're *conscious* of this deep-level activity, enhance it by focussing on what quality or habit you want to develop, and use the song with the messages in the book to re-train your mind. I sometimes mentally sing a song or a phrase repeatedly, in the style of an affirmation, so the feelings & associated ideas are strengthened within.

The following pages describe specific links from the CD *to the book*, so we can strengthen our learning even more. I hope you receive as much pleasure, and sense of personal reward, from the music and the book as I did. Thank you Linda for making this possible.

Radha Sahar

Note: some of the following tracks are only on the physical album, not the download version.

# the CD...

## Track 1 *A Pace of Grace*

This relaxed, sensuous song helps strengthen the awareness and practice of the virtues, *beauty* and *grace* in everyday life. It also helps develop *simplicity*, *balance* and *peacefulness*. Flowing with the central theme in the book, the song enhances it's most important message: that a pace of grace is attainable. The song affirms we're already there...

This is a beautiful track to dance to – alone or with your partner. As a couple, work together on the pace of your life. Support each other. Alone or with your partner, dance occasionally of an evening to celebrate your progress!

### Go to Chapter 8

This song links particularly with Pages: 7, 139, 140-141, 145, 150-51, 157

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Honoring the Spirit*.

### Reflection

"A *whisper touches my face...*" – what does it take, in pacing my life, for me to be ripe for that touch of timelessness?

## Track 2 *Forgiveness* (Placed later on in the NZ version of the album)

This emotional, thoughtful song can help strengthen the awareness and practice of *forgiveness* and *acceptance*. It also helps develop *love*, *flexibility* and *gentleness*. Sing it aloud or mentally when you want to forgive someone – or when you need to forgive yourself. Let the song open your heart so forgiveness flows more easily.

### Go to Chapter 5

This song links particularly with Pages: 7, 100 & 105

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Recognising Teachable Moments*

### Reflection

"*Hearts melted down in love...*" - what helps me to dissolve 'stuck' emotions, to change my habitual responses, and to break down the walls?

## Track 3 *Speak in Diamonds*

This poetic song develops *discernment* and *purity*. It also helps strengthen *beauty* and *truthfulness*. Growing spiritually, we're growing in beauty. Challenge yourself to look more deeply into others' 'being' – to more clearly see their virtues.

### Go to Chapter 4

This song links particularly with Pages 75, 77 & 83

### Then Pages 10 & 11

In the 5 Strategies, the key in this song is *Speaking the Language of the Virtues*

### Reflection

"*Speak as a mirror...*" what do I see? - and does that reflect *them* or me?

## Track 4 *Lovin' the Learnin'*

This up-beat song can inspire our *creativity* and *joyfulness*, and also helps develop *acceptance*, *humility*, *flexibility*, *courage* and *detachment*. It's great to dance to!

### Go to Pages 194 - 196

This song links particularly with these pages. We can learn to *enjoy the process!*

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Recognising Teachable Moments*

### Reflection

"*Can't get outa here. The situation's humming 'now is the moment...'*" What does it take for me to embrace life's lessons with *courage*, *detachment* and *joy*?

## Track 5 *Song of Celebration*

Dance and celebrate your *joyfulness* and *love*. The song also helps us feel *friendliness* and *unity*. It's especially pleasurable to dance with others and sing along. It's also lovely to play during special family celebrations: birthdays, weddings, births etc.

### Go to Pages 18 & 312

And 'pause for applause'. Then go to page 116 – on 'treats'...

### Reflection

"*Just let go into the joy and celebration...*" what does it take for me to find joy in difficult times? and when others are celebrating and I'm not feeling it?

## Track 6 *River of Life*

*River of Life* was written in gratitude for Dr Dan Popov's inspiring program *A Soulful Life*. The song helps hone *truthfulness* and *detachment*, plus it develops *acceptance & appreciation*. Also nice to use during family life-celebrations.

### Go to Page 22

Taking the first step... Then read page 298.

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Recognising Teachable Moments*

### Reflection

"*Ever flowing back to the sea...*" what is important now, when I consider that at any time I might be returned to my source...?

## Track 7 *Boundaries of the Heart*

*Assertiveness* is a positive must for clear communication and a happy, balanced life. This track helps strengthen *assertiveness* and *love*, while also growing *confidence*, *clarity* and *caring*. It is particularly good to help us overcome any violent tendencies – remembering violence can be very subtle! Couples find this track prompts discussion on what boundaries each person needs to improve the relationship, boundaries with children, or discussion with teenagers (who often like this track).

### Go to Chapter 10

This song links particularly with Pages 68, 168, 169, 183, 184

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Setting Clear Boundaries*

### Reflection

"*I want to be like a sunny day so you can clearly see where the land stops, where the sky starts, and you'll know the real me....*" What do I need to do to get myself to that point, and keep myself there?

## Track 8 *Voice for the Angels*

This meditative song strengthens us to think and speak in tune with our spiritual nature. It helps develop *reverence* and *purity*, and in the process of speech, *truthfulness* and *discernment*. In the mid section of the song the virtues focussed on in the book are sung one by one. You might enjoy a short meditation after this track.

## Go to Page 81

Bottom paragraph, through to Page 83.

## Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Speaking the Language of the Virtues*

## Reflection

"We're a voice for the Angels around us..." what helps me be open? - to better flow with Spirit?

## Track 9 *Angel of Peace*

This song was composed especially as a prayer to invoke the angel of a virtue needed 'on the spot'. Sing it, focussing on a virtue you need. The song strengthens *prayerfulness, hope and faith*. You can also sing it for others who need help, *strength, courage, healing* etc. The melody is easy to learn and sing - alone or with friends.

## Go to Page 214

Then Pages 218. 219. 229, 296

## Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Honoring the Spirit*

## Reflection

"Be here beside me, abide with me and guide me..." What helps me to picture an angel beside me? - to feel that presence? - to act in accordance?

## Track 10 *Spiritual Companions*

This song develops *kinship, compassion, unity, and detachment*. It is beautiful to sing after a deep sharing... It is also a wonderful closing song for a group event or retreat.

## Go to Page 243

Then page 294. In relation to your own circle of friends, read pages 262 & 268

## Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Spiritual Companionship*

## Reflection

"Be here beside me, abide with me and guide me..." What helps me to picture an angel beside me? - to feel that presence? - to act in accordance?

## Track 11 *Teach me in This Moment*

This is a very helpful song to listen to or sing during challenging times. It helps develop *acceptance, humility and truthfulness*. It also strengthens *detachment and gratitude*.

### Go to Page 24

Then page 225. Excellent teachable moments are described all through the book.

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Recognising Teachable Moments*

### Reflection

"A perfect opportunity to recognise the blessing..." What is the blessing *this* moment?

## Track 12 *Invitation*

This song was composed for the practice of a 'Virtues Pick'. It helps strengthen *acceptance, understanding, curiosity and flexibility*.

### Go to Page 232 - 3

And continue to find more on *Virtues Picks* on pages 223 and 224.

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Honoring the Spirit*

### Reflection

"Which hold's my soul's affirmation..? What helps me to accept that I am strong in a given virtue? – not that I will necessarily be challenged on it because I picked it..."

## Track 13 *Letting Go*

This song gives strength while moving through an issue or major life changes. It helps develop *courage, trust, detachment, truthfulness and joy*. Observe where you are in the 'letting-go cycle': 1. Face the fear 2. Step in Trust 3. Letting Go 4. Move in Joy.

### Go to Page 97

Then, linking with Pages 101, 102, 126, 156, 165

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Recognising Teachable Moments*

### Reflection " What do I need to let go of? – and what will help me to do that?

## Track 14 *Tears of Gold & Silver*

This song is great when emotions are flowing, or when they're blocked! Use it to strengthen emotional acceptance and to develop *love, peacefulness* and *joy*.

### Go to Page 46

This song links particularly with this section on *Honour Your Feelings*.

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Honoring the Spirit*

### Reflection

*"Let go into the feeling – it is opening your heart..."* What helps me express feelings?

## Track 15 *Practice the Presence*

Develop *reverence, self-discipline, faith* and *awareness* with this beautiful song. It is also excellent to drift off to sleep with - or sing the chorus *"Practice the Presence, here in the moment. Honoring the Spirit I am whole"* like a mantra, for conscious awareness.

### Go to Part 3

All of part three is on *Practicing the Presence*: esp. pages 200, 201, 203, 221, 237, 238-9

### Then Pages 10 & 11

In relation to the 5 Strategies, the key in this song is *Honoring the Spirit*

**Reflection:** *"Practise the Presence, here in the moment, honoring the Spirit I am whole..."* Let me sing this over and over in my mind, to bring myself into the Presence...



Blessings and Peace