

Grace

There are some beautiful words in the English language. Beautiful by sound and beautiful by meaning. One of my favourites is 'Grace'. Because it paints such a beautiful descriptive picture. If you say a person has grace, I do imagine an inner beauty that seems to radiate from them. It is a picture of independence and calmness. It is a picture of gentleness. It is a picture of an inner peacefulness that has come from beyond this world. It is a picture of poise.

We see grace in the flowing movements of the dancer or the skater. Grace is seeing the body as the perfectly balanced working machine.

Grace is also the human spirit filled with love.

Some will say the Grace is a gift from God but grace can also be achieved. People go to Yoga classes not just to get fit but to combine physical agility with spiritual calmness. It is a path to grace. The point of going to a meditation class is to control the chattering mind and bring to it a sense of stillness. Focusing on what you do. These too are paths to grace.

In the religious sense, those who accepted the gift of grace had usually earned it through the way they lived their lives and their love for those in need. They earned it through daily prayer and study of their scriptures.

Grace is not only a beautiful word but a beauty to aspire to.

By Rev Tony McNeile