

Explore with Bryan Rice, the ideas surrounding grace and evolution of consciousness and how important it is to try and maintain grace in seemingly disastrous and unpleasant experiences. It is all a matter of perspective and about changing your perception on how you view what to one person may seem to be unfavorable and challenging, but to another with a transformed perception, one can see such circumstances as opportunities for grace to flow into one's life and raise one's awareness to Higher Consciousness.

Check out all Bryan's published books and music at bryanrice.org and projectnewhumanity.org.

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You are listening to Turning Points and Transformations with your host, Bryan Rice. Will today be the day that you have your breakthrough in consciousness? It is time to be uplifted.

Welcome, and joy to you. This is a rebroadcast of a 2012 episode from The Way of Consciousness Radio Network.

Bryan: Well, hello and welcome to Turning Points and Transformations. This is Bryan Rice from the Order of the Friends of Jeshua, coming to you here, on Wednesday evening. I'm coming from the east coast, upstate New York. Can't complain. It's beautiful foliage. Peak season for the leaves changing. Got a chance to go up on the ski lift other day with my family and got to see everything in full effect. Everything in its primordial nature, the not the dying phase necessarily, but the maturing phase, the maturation, the final stages of these wonderful lives from these leaves that covered the trees. God is conscious of every leaf, and it is that God tending to your every need at every given moment. Well, I, again, I have to be grateful and I have to send out gratitude to you for your continued to listenership, especially last week. Well, it's a new day. And we have new things to talk about and specifically this in this episode, "The Evolution of Grace" here tonight. We will talk about how we can maintain grace in ungraceful situations. And there's a way to do it. There is. How? You're probably asking how, I mean, how when the electric is going to get shut off in my house and how when the heat bill is \$500 a month and we just can't afford it? How am I going to maintain grace then? Well, attitude and altitude are two things, two factors in the whole equation, and maintaining a solid sense of self. . .and having a firm foundation and rootedness, in the awareness of the presence of light, the light continuum, the truth continuum, having yourself connected at the core to the primordial and the first and the right relationship of oneness – and I've speaking of oneness quite a bit lately, I realized that, and well, why? Well, because all is One. And separation is an illusion. We all perpetuate and we get

caught up in struggle and we get caught up in desire and we get caught up in striving and we get caught up in trying to claim . . . in trying to ascend in trying to be merit worthy – trying to attain merit, that is. And you know, the whole striving and struggling is an endless pursuit of goals that we can never allow ourselves to be satisfied with and when we're doing that, that's the separation state. The state of separation spoken of in many non-dual traditions, oneness traditions. Separation is a state of suffering and perpetuates a state of suffering. And when we were in it, we were in it. Muck up to our neck, we're in thick, and how do we get out? How do we even pretend to be able to arise from or rise above or transcend situations that have us down that get us down, that beat us down, that take us into places deep within our subconscious, deep within the subterranean, deep, within the darkness of the shadow side of the self, the false self? What do we do when we're down there? What do we do when we're down in the basement of our unconscious, of the subconscious world of that place that we hide?

I'm not going to be a self proclaimed expert, not going to be a self proclaimed master. I'm not going to be a self proclaimed anything. I'm not a sage or a seer or a guru or anything like that. The minute we become the master, the minute we become a master teacher, the minute we become labeled as a guru or the minute we we're labeled as an academic, as a scholar, as a PH.D . . . Not that there's anything wrong with having a PH.D or being a scholar or being a sage or being any of the things that I have mentioned . . . But what I've come to realize in my struggles, in my pursuit of endless needless suffering, perpetuating through nonstop seeking through continuous desire, self-grasping, desire-bound awareness or a lack of awareness, that is. . . through that I've realized the hard way that we. . . the only hell that there is the one that we make and that is so true. We would, if we were really honest with ourselves, admit that that we can, in moments where we fail to realize the unitive oneness, the absolute continuity of truth, the absolute revelation of peace of the absolute, an undefiled moment of glory. When we're not in that, when we have given into Maya or illusion or delusion, where the basic cacamaniac ideas of relativity. . . We get caught in a web of self-confusion. When we're in that confusion, when we're in that state and then we can't get out of that state, it's. . . it's a horrid feeling. It's like what Bible believers like to talk about, about the gnashing of teeth.

That's what ungraceful situations are. They are when you in your own hell, when you were in your own self-convoluted self-created macabre, some fictitious idea about who you think you are. Usually the spectrum of suffering, the entire spectrum of suffering has much to do, much to do with not our state of consciousness, so to speak, not just our state of consciousness, but more so, more so. . . our failure to connect with hope. . . hope that endures all things. I'm speaking from a deep place of realization and I've had some many, many realizations

as of late in my own life that I'd like to share and I liked to draw on because I think that it's a necessary thing to be humbled and to realize that grace doesn't always come about through striving. Grace is a gift. I'm not going to give the textbook definition of grace. Grace simply is you at your best. That doesn't mean you with a straight 4.0 average in college, cum laude, magna cum laude, whatever you want to call it, whatever situation. The promotion, the vice president position of a corporation, the CEO, becoming the CEO, the heralded CEO. It's none of those things. It's nothing that you can do. There's nothing you can do to attain grace. It's a free gift. And I'm not speaking of just Christian grace, I'm speaking of grace, universal grace. That grace that penetrates the deepest aspect of who we are. Grace that is free.

The song at the beginning of the show speaks about being "free". What does it mean to be free? Well, we are literally caught in what I was singing about in the song in masks of legion, "the many". . .let's forget about typical talks about possession and the typical understandings of paranormal. Even for just for a few minutes, and let's just talk about "life".

What is life? Is it a burden? Or is it to you, something to be lived? I ask this because we've all been "there". We've all been to the pits. . . into the bowels of matterward hell, so to speak. And it's not pleasant to be down where the subterranean dwells. We tend to live in our lower Chakras - Chakras are energy centers, vortices, that consciousness flows in and out of, life force flows in and out of. And we tend to live. . . just not that there's anything wrong with the lower Chakras, there's absolutely everything right about the Chakras in living in balance and harmony in the lower triangle as it's called in Kundalini Yoga. . . Now, that would be the Root Chakra, also the Swadisthana Chakra, the Root Chakra being the Muladhara Chakra, the sacral Chakra being Swadisthana Chakra, and the Manipura Chakra being the Navel Chakra. And you can debate all you want about where the placements are - at the navel or where the solar plexus is. That Chakra - where you want to place it, that's up to you. We're not here to discuss Chakras tonight.

I want to talk about how to maintain dignity and integrity, and peace and grace when everything seems to be going wrong. Can you, with five screaming kids clawing and grabbing at you, clawing and ripping for your feet. . . they are tearing at you, spitting at you, biting at you, hitting you, can you, when you are being mauled by a household of animals and want to be fed and they want to and want there needs to be met right then there, on spot and you're tired and you've spent your whole day working or planning or creating or manifesting or living a simply trying to survive the day. . . can you maintain grace? Folks, making the most out of terrible situation is nothing more than simply allowing the energy, the life force that is within us, that manifests

within us, that dwells within us to rise, to go from a downward spiral to an upward pull. And what does this well, there's meditation that can raise consciousness, raising awareness that can raise the sense of self-worth, that can raise you up out of misery and continued striving and self-grasping.

In gnosticism, we speak at the demiurge. What is that? It's another concept for another time. It depends on what kind of gnosticism you're talking about, first of all, it's not a lesson than a gnosticism tonight either, but the demiurge or the archontic powers that rule us. That seem to grab us. The emotional states of unhappiness, of all the things that we've been talking about from self-grasping, that stem from self grasping, from continuous striving, continuous craving. . . I think we know a thing or two about craving and habit and fixation and addiction, but do we know anything about freedom?

Do we know anything about being totally free? Totally honest? Totally pure? Totally ready? Totally available? Totally here? Totally now? Do we know a thing about it?

Can you make doing the dishes a living meditation? Can you make changing the baby's diaper that has exploded all over the place, a meditation? Can you clean up the vomit on the floor and make that a meditation, the vomit from an animal that's very sick? Or can you change an adult's diaper? Someone who can't do that for themselves . . . can you make that a living meditation? These are moments where we can actively seek – not seek. That's a terrible word to use. "Seek". And "strive". Anything like that. I'm trying to get away from that. . . If you can allow, if you can allow moments that seem ungraceful to manifest as light transmissions, moments of Eureka, moments of euphoria, moments of bliss. Then you are enlightened. . . or you are on the road to enlightenment. . .

But I think like I was saying earlier, the minute you say that you're enlightened, the minute you say that you're there. The minute you say you're God Realized, the minute you say that you're set for life, the minute you say that you've reached Samadhi or oneness or self-realization as I already said, or the minute you say, I am full of grace, that I am saved. The minute you say, I am there, I've reached it. . . You become unteachable. Now I'm speaking from experience here. Folks, from experience. I've had awakening moments, the moments of pure joy and utter bliss that comes from the heavens. They don't happen here on earth when we are in the ego. Now some yogis will say, some Yogis can say that you can be in nirvakalpa Samadhi, which is the state of permanent oneness with God. You can be in that state and still be alive and in the body. It's not that I disagree with that, but I've come to realize that you, when you, like speaking in terms of what I know about what I teach, what I share with the world, Kundalini Yoga, I want to work with the Kundalini energy. Why one day are you able to raise it up and be in a position of seeming glory in the

position of seeming unalterable, not needing to alter this sensation of bliss that has become of you? And I give props, I give such tremendous gratitude to those master teachers, those teachers who, the sages of the ages, who have inspired me and been able to allow me to see that there is a way to live in an elevated state in a superconscious state. When I say superconscious, I mean more aware than aware.

I'm not working with a script here. I hardly ever do that. Why is that? I think that the spirit flows where it must in does and wishes to. And it just does its thing and the words will be on your lips when it's necessary . . . But talking about the state of permanent oneness, I think it's possible, but I think the moment you realize you're there, there's no realization of not being there. Meaning, I mean there's everything is in an unadulterated state, pure potential. Everything is in its actuality, undefiled. Full of light.

You don't need to do anything to anything or anyone. You don't need to change a thing. You accept. You totally allow reality to be as it is. But most of us, myself included, we fall into Maya, into delusion, into illusion. We fall into the web of relativity. Relativity, where the circuitry that we connect to in our brains and in our hardware and in the supercomputers that we are. . .I say comparison. That's one of the the agendas of the ego. Ah, there's that word. "Ego". What can we do about the ego? Well, first of all, you have to – I have learned that you need to have an ego in order to transcend the ego. And you need to learn what disgrace is. Or you need to know, and you need to have experiences of being in ungraceful situations in order to know what true grace is. When I speak of grace, I speak of all those elevated states of awareness. Moments of peak consciousness, moments of higher consciousness. They mean nothing. They mean nothing. They don't mean a damn thing, a damn thing unless you can love. That's as real as it gets. You can be this. You can be that. You can have this, you can have that. You can be the million dollar athlete, star celebrity. . . But, if you don't 'allow', if you don't allow things to be simply as they are without needing to change things, without needing to manipulate things, without needing to doctor anything or alter anything. . . Until you're able to experience that love, that peace, that allowance. You are not free!

My friends, you are not free. And I speak and I include myself in this because we're all messed up in it. We're all taken down by this. We all get defeated. It's what you do the moment after the moment you realize what I've been doing all these years, all these days, weeks, months, doesn't work anymore, it's when you hit rock bottom, which we've talked about in past episodes, it's when you had gone to your, gotten to your worst, that you realize you are able to realize that you cannot script as was said by a sage, that I have been influenced by my life . . . "You cannot script your own salvation," so to speak. People say you can manifest. People say, you can visualize, you can

bring about, you can attract things. "The Secret", all of that. That's true. We bring about situations in our life. We attract things magnetically. We're like a magnetic force field. We bring things into our field of awareness, field of perception or we bring things into into our realm and we co- create our experiences. That is true.

The wise know not to speak or don't need to speak. . . the wise, the wisest don't need to speak about their peak experiences in a bragging fashion. They don't need to put out the trophies. their Oscars. They don't need to show off in front of their peers. They don't need to be the top dog all the time. . . Unless you have been in moments, where things are falling apart. I don't think you can truly appreciate some of the greatest things life has to offer. I think it's just a facade and I think everything is just surface until you have experienced the depths of your own suffering. I'm not saying suffering is a prerequisite for enlightenment or anything like that. You can have magical, mystical experiences I've had them - so what! So what!! I've had to say to myself, "get over yourself!" What does that mean? To get over yourself means to rise above, but means to transcend the self-concocted ideas about who you think you are. We subject ourselves some of the most experiences life has to offer. We get caught up in emotionality. We get caught up. You hear us say, you hear people say, 'I was just so caught up in the moment'. There's a difference between being caught up in the moment, being entangled or being ensnared in your own web of self-confusion and delusion. . . being in the moment, being caught up in the moment suggests that there's something altered in your awareness. There's something profane about it, something slanted, something bent, something contorted, something distorted about it.

You know I don't have the answer, but if you can accept reality as I've tried to say in previous shows, for what it is, right now, no matter what it is, you can accept reality. Accept yourself. You're on the road. You are on the path of transformation. You've had a breakthrough. You haven't had your breakthrough moment. And that's what the show was about. The show is about encouraging you to have a breakthrough, to have that breakthrough experience, and then to transform your life thereafter because of inspiration. Hopefully, you receive consolation. . .

So, what is your best defense against experiencing the worst side of our nature? The horrid, the futile? . . . I think it has a little bit to do with getting a grip, having a handle on the human experience, learning to be present. Always present. So what I want to say then, I think in conclusion, is every moment you've wanted to give up on yourself, when you wanted to throw in the towel, when you wanted to say, I just can't take it anymore. How much more of this can I take? Why me? Poor me. Self-pitying. It gets you nowhere. The question we're supposed to ask in situations of dire need, in situations where things seem to be ungraceful - the question is not why, but what? What

can arise? What am I supposed to learn? What am I supposed to see? Not why, but what? So, I end with this prayer:

Transcendent God. You lead us down ways of the unknown. And into the unknown we go. It's faith. Sometimes it's deep, sometimes it's dark. Sometimes it's scary. But, when we cling to your dark cloak, in the darkness. . . We will rise to see the light. On the day. And in that moment, of realization, that I am forever one with you. In peace and tranquility, in perfect wholeness. Good night, and thank you for joining me once again. You've been very faithful, very, very, very generous.

Just one final thought to leave you with. Please check out my website, bryanrice.org. That's b, r, y, a, n, r, i, c, e, dot org where you can find information on how to buy and how to get your hands on some music that has encompassed my journey. That has been a reflection of my journey as well as meditations and affirmations set to music that have an uplifting power. May the divine bless you, uplift you, and keep you. Aum. Shanti. Peace. Amen.

Announcer: You have been listening to Turning Points and Transformations with Bryan Rice. We hope you have enjoyed your program today. Let us help build the new humanity and seek to become one with the Divine Presence of all there is.