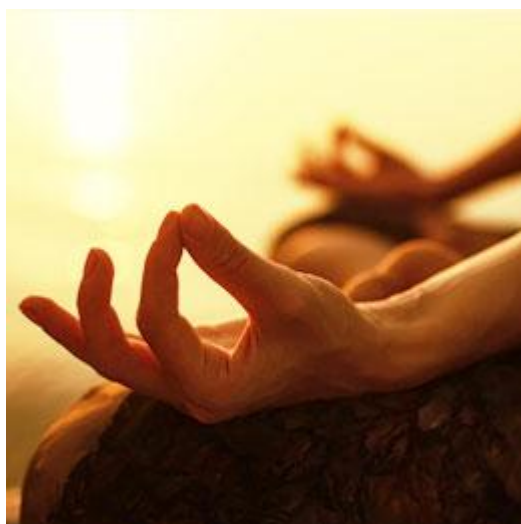


Miranda Macpherson - Embodying Grace in Times of Challenge

What You'll Discover in These 7 months

In this 7-month transformational intensive, Miranda will guide you through the fundamental body-mind-spirit skills and competencies you'll need to live as a truly grace-filled human being who's awake, present, grounded, and open.

Module 1 — Grounding in Grace: Yielding to the Luminous Presence Within Through the Practice of Ego Relaxation (Sessions 1-4: August 19 & 26; September 2 & 9)



It takes great learning to understand that all things, events, encounters, and circumstances are helpful.

— A Course in Miracles manual for teachers

These uncertain times in which our “normal” routines have been powerfully interrupted presents many challenges...

However, it also presents us with an opportunity like never before to befriend this time of change as the Divine Invitation it really is — a chance to wake up out of everything that does not truly serve you, yield to a deeper intelligence that has always been running the show, and allow for positive change.

In this 4-week opening module, Miranda will share **how to look upon these times as a collective birthing process — and as we know, birth is often intense, wild, and unpredictable.**

If we're wise, we learn to surrender INTO the process, and do our best to align with it and say "yes." (The ego's default is always NO!)

We must learn to *wake up OUT OF* ego fear, control, conditioning, and defenses... and *wake up INTO* our essential qualities and recognize our interconnectedness with everything in existence.

When we're connected and unified from within, we naturally respond from a consciousness of love and clarity in daily life. As our world is being born anew, we can also be born into a new way of being that is powerfully loving, liberated, and wise.

How can we harness this situation to evolve into the most noble, graceful human beings we can possibly be? **The Practice of Ego Relaxation is the "how" of Miranda's methodology**, and she'll guide you to engage in it through holistic inquiry, meditation, and devotional practice. The underpinning principle is:

You don't "do" spiritual transformation. Relax the resistance, and it finds you.

Miranda will **introduce you to the four dimensions of Grace, and how we apply Ego Relaxation to the invitations that life is bringing to you in these times** — so that it can come alive within you.

You'll discover how to harness the precise circumstances you're facing as a divine curriculum, and to take the attitude of *the happy learner*.

Miranda will show you how to discern the difference between authentic surrender and collapse.

Ego Relaxation does not ask you to be passive and *not* take appropriate actions in your life; rather, it asks for you to understand and learn to relax your ego activity, the ways we are so often getting in our own way through trying to bypass or push past our challenges.

You'll learn to yield into what IS, which is the essence of the great Sanskrit liberation mantra "Om Nama Shivaya." Such surrender brings us back into the receptive condition where we experience the Grace that is always present... as our very foundation, bubbling up from within to give us sustenance and support.

This provides us with an instantaneous oasis of calm inside. It is where we can rest in *natural great peace*, even though the outer world outside may be quaking. Learning to rest inwardly, you can respond in daily life from your deepest center.

Rest in natural great peace.

This exhausted mind, beaten helplessly

By karma and neurotic thoughts,

Like the relentless fury of the pounding waves

In the infinite ocean of samsara.

Rest in natural great peace.

— Poem by Lama Padmasambhava (spoken in 800 A.D)

In this opening module, you'll:

- Embrace **your present life circumstances as a divine curriculum**, and review specifically what you're being asked to wake up *out of* — and what you are being called to wake up *into*
- Recognize the Grace that's always present, and how your willingness to yield to what **IS brings alive the love and support you need**
- Discover how Ego Relaxation soothes your agitation, helps you settle, and transforms obstacles into wisdom, so you can **flow gracefully to life's invitations**
- Cultivate a **daily practice that sustains you** as you learn to ground yourself in the Infinite
- Illuminate your defenses as you **soften, open, and allow yourself to experience life with unconditional acceptance**
- Learn how to **practice Ego Relaxation as a form of meditation** — and lean into the *Om Nama Shivaya* mantra to melt your resistance

Integration & Extended Satsang

In the final session of this 4-session module, Miranda will lead you in a special integration session...

You'll move through chanting practices, meditation, and a review and deepening of the previous weeks' sessions.

Miranda will then guide you through a full hour of satsang, where she'll work more deeply with your questions, grapplings, and realizations.

The teachings will come vividly to life in response to the group field, as Miranda models how everything you experience can become a gateway into ever-deepening Grace.

Module 2 — The 3 C's: Facing Your Challenges With Courage, Compassion & Curiosity (Sessions 5-8: September 16 (Pre-Recorded) & 23; October 7 & 14)



Spiritually, we are grown most by two things: great love and great suffering.

— Richard Rohr

Right now we're all navigating the turmoil of the collective — trying our best to process the uncertainty of our future, and what our world will look like at the end of this tunnel.

While these times potentially can offer us expansive new possibilities, we must not bypass the human challenges.

The spirituality that our world needs now recognizes that human suffering must be met deeply with love.

In this module, Miranda will encourage you to ask, *How can we harness these times of change and uncertainty in a way that comes from spiritual maturity — rather than fear and reactivity?*

She'll help you turn towards your challenging emotions of fear and anger — as well as unconscious self-centeredness and reactivity. While these responses are all-too-human and inevitable in these unsettling, intense times... you *can* instead **meet these challenges with courage, compassion, and curiosity**.

Together, you and your fellow participants will learn surrender — not through struggling to transcend your ego, but by opening in and through the authentic truth of your direct experience.

In this module, you'll:

- Discover how to cultivate **courage, compassion, and curiosity** with your human emotions — and understand what causes you to react from ego rather than judging yourself for it
- **Explore how to face what scares you**, transforming fear into responsiveness
- Learn to stay present and *meet your fears all the way* so you can **discern the difference between the mind stream of fear (anxiety) and your survival instinct**, moving you into wise action
- Discover **what's always alive** underneath your fear
- **Face what enrages you** — transforming anger into strength as you stay present with your fire rather than suppressing it or acting it out... harnessing the energy within anger to create constructive change
- Explore the difference between **your good intentions and your actual impact** on others
- Transform self-centeredness into empathy, **moving from me to we**

Integration & Extended Satsang

During the closing session of this second module, Miranda will lead you in a special integration session...

She'll begin with a mantra (*Om Tare Tutare Ture So Ha*) and a Mountain of Presence meditation to help you stay present and meet everything with courage, compassion, and curiosity, as well as a review and deepening of the previous weeks' sessions.

She'll then once again move into an hour-long satsang, where she'll work more deeply with your questions, grappings, and realizations. The teachings will come vividly to life in

response to the group field, as Miranda models how everything you experience can become a gateway into ever-deepening Grace.

Module 3 — Nurturing Spiritual Resilience: Receiving Deep Inner Nourishment (Sessions 9-13: October 28; November 4, 11 & 18; December 2)



The winds of Grace are always blowing. It is for us to raise our sails.

— Ramakrishna

At this point on your journey, you'll be awake to the Divine Invitations appearing within your life. You'll understand how to practice ego relaxation, with the waves of emotion and energy coming up...

You'll have removed the "sting" from the reactivity that's inevitable when there's great suffering in your midst. You'll have deepened your capacity to stay present and undefended with *what is* — and gained deeper access to the Grace that is our inherent foundation.

In this pivotal third module, Miranda will guide you to **receive deep inner nourishment, opening to the subtle, yet substantial forces that are available to help you regenerate.**

She'll introduce you to her powerful teaching, "Trusting the Mystery," and how this pivotal virtue can be applied specifically to help us in these uncertain times.

Miranda will share the stages in the development of trust outlined in the *A Course in Miracles* manual for teachers, opening the possibility of trusting that all is well — even when outward circumstances don't appear that way.

Miranda will share a teaching on "Taking Refuge" where you'll make a connection with an enlightened being you're drawn to — or work more deeply with a mantra you've explored in the previous module... to help you receive deep spiritual nourishment and *vertical support*.

In this beautiful, restorative, and nurturing part of the program, you'll:

- Deepen your capacity to **recognize and receive the loving goodness** that's always with you
- Receive a teaching of **Ramana Maharshi** who speaks of the power of “admitting your inability, and that you need a higher power to help you” in the process of surrender
- Relax your **defense against love and vulnerability** that's rooted in the holding environment of early childhood — and allow Loving Presence to pervade your Being, and dissolve “you”
- Harness helplessness as a gateway to Grace — and explore how **practicing Ego Relaxation makes you soft, open, and humble...** ushering you into the exquisite celestial state of grace
- Open to a **Divine Helping Hand** so you can receive vertical support — and learn to drink light and nourishment just as a plant drinks the light of the sun

Integration & Extended Satsang

In the final week of this third module, Miranda will lead you in a special integration session...

You'll learn the rejuvenating, enlightened Gayatri mantra — known as ***the mother of all Sanskrit mantras*** — including the body movements... as you'll discover, it's like taking a light bath each day.

Miranda will also share a Shower of Grace meditation, and review the previous weeks' sessions.

You'll conclude with an hour-long satsang in which Miranda will respond to your questions, *aha!* moments, and breakthroughs.

Module 4 — Heart of the Absolute: Transforming Ancient Hatred Into Present Love (Sessions 14-17: January 6, 13, 20 & 27)



The holiest spot on all the earth is where an ancient hatred has become a present love.
— **A Course in Miracles**

By now you've opened to taking refuge in a depth of Grace beyond conceptual understanding. You're learning to trust the mystery that's unfolding...

In this module, you'll enter the heart that's deeper than emotion — the Heart of the Absolute.

The Absolute is the silent depth where everything is absorbed into a great silence. **It's the mystical womb of the universe, the place of the deepest rest — and the deepest resolution.**

Having seen some of your subtle or not-so-subtle ego defenses, self-centeredness, and reactivity, you'll likely be feeling quite humbled...

And so Miranda will guide you through the next step of becoming the graceful human being you want to be — facing yourself honestly and opening up to the correction of errors.

This isn't a process of righting wrongs or judgment, but of understanding that true forgiveness requires Grace, based on **the non-dual foundation that we're all innocent in eternity, but not in the realm of time.**

Over two sessions, you'll explore Miranda's teaching, **Grace of True Forgiveness** — one session will address the need for self-forgiveness, the other will address our need to let forgiveness cleanse us of our hate and demonization of *the other*... even when we feel sure we don't have hatred within us.

Unfortunately, harboring hatred (even giving someone the cold shoulder without consciously realizing it) is very human, and it's clearly a huge problem on our planet today.

Hate drives racism, and the ugliest forms of *us vs. them* mentality, preventing us from being graceful when confronted with different perspectives and values.

As you move past subtle hatred and experience the cleansing Grace of forgiveness, you'll find joy and gratitude much more available to you.

In this module, you'll explore:

- The meaning of the Absolute, where **duality, division, and conflict** — as well as parts of your personal experience and the collective sphere — can be dissolved
- A practice where you'll open to the **presence of forgiveness within the heart cave of Absolute Love**, laying down on the inner altar all that needs cleansing
- How it feels to be **cleansed by the living waters of Grace**, restoring your innate goodness and innocence
- Miranda's teaching on **how you can find joy in each moment** — even in these times of social distancing and limited connection with the places and activities we love most
- How **gratitude, joy, and delight are natural qualities of your deep heart**, and bubble up spontaneously when you stop grasping for stimuli and embrace your life exactly as it is
- The **difference between forgiveness and reconciliation** — and how forgiveness requires Grace
- How to **allow differences without dehumanizing** others

Integration & Extended Satsang

In this special integration session, Miranda will share her **Awakening the Vast Heart meditation**, and review the previous weeks' teachings and takeaways...

You'll also discover ways to awaken deep gratitude and joy by working with the powerful **Maha Lakshmi mantra/visualization practice**. This practice amplifies your sincere prayers and brings you into felt recognition of the goodness of life.

Miranda will wrap up this module with an hour-long satsang to respond to anything you've been wondering about, and support you in putting everything you're learning into practice in your life.

Module 5 — Grace Beyond Your Story: Crossing Over Onto the Shore of Freedom (Sessions 18-22 — February 3, 10, 17 & 24; March 3)



Your true nature is that of Infinite Spirit. The feeling of limitation is the work of the mind. When the mind unceasingly investigates its own nature, it transpires that there is no such thing as "mind." This is the direct path for all.

— Ramana Maharshi

At the heart of spiritual transformation — and indeed, every life question we grapple with — is the perennial spiritual question... *Who am I?*

If you understand yourself to be your personality, the roles you play in life, the character of *YOU* — you'll continue to be shaken by life's ups and downs.

In this module, Miranda will guide you to address the bondage in your mind, unpack the layers of your ego identity, and open into the spaciousness and pure awareness that is *I AM* — **who you truly are and always have been** at every age and stage of life.

Uncovering the jewel of your true identity reveals that you are the love, peace, beauty, meaning, and freedom you've been seeking all along. This module is dedicated to helping you truly *experience* this, not just understand it conceptually.

You'll work with Miranda's powerful "unwinding your core ego identity" process, which unlocks the Rubik's Cube of your familiar self and its patterns...

This work integrates psychological insight into **how personality structures are constellated in our earliest childhood experiences** — with spiritual understanding of the "fall from grace" that all human beings go through.

You'll explore the curious phenomena of how the ego tends to re-constellate back to familiar stories, even after you've dropped through them to a deeper reality.

To determine whether a story binds you or serves you, you'll learn to spot the difference between immediate direct experience and the meaning *you* give to the story. And you'll learn to relax your attachment to adhering to this story as though it were true.

From there, you'll stretch out and explore the spaciousness within — the pure freedom and possibility. You'll discover there's no beginning, middle, or end to what you are.

In this powerful module, you'll discover how:

- You can regard **your personality structure as a gate to open through**, rather than a problem to be fixed... and explore your true nature, the luminous truth and beauty of your pure being
- Too often, **our sense of security is based on others' approval**
- We're often not graceful with change because **we do not know who we really are – and are thus dependent on external forces** that we can never control
- You can unwind your sense of not feeling good enough and harness it as **a portal to discover the luminous truth and beauty at your core**
- The **script you created to make sense of your most difficult moments** of feeling separate now drives the story of repetitive patterns in your life
- To open into spaciousness of non-dual awareness, where you truly know your fundamental unity as One, and **recognize your divine nature**

Integration & Extended Satsang

In this module's integration session, Miranda will lead you in a chant of *I AM* along with two meditations, "Abiding as Loving Awareness" and a classical Advaita meditation on "I Am." She will also offer a review and deepening of the previous weeks' sessions.

You'll be able to ask Miranda your questions and receive her support in reframing everything as an opportunity for awakening, and get feedback in real time during the full hour or satsang.

Module 6 — Rising Into Your Spiritual Destiny: Embodying Grace as You Walk This World (Sessions 23-26: March 10, 17 & 31; April 7)



*The greatest gift God can give is His own experience.
Every object, every creature, every man,
woman, and child has a soul,
and it is the destiny of all to
See as God Sees,
Know as God knows,
Feel as God feels,
BE as God IS.*
— **Meister Eckhart**

Just as nature continues to cycle and unfold, there's no end to becoming more fully who you truly are.

In this final module, Miranda will show you how to embody what you've been realizing more deeply in your daily life — to share the blessings with your loved ones and community through your way of being.

You'll recognize that there is no such thing as “your” awakening if it doesn't contribute more truth, goodness, beauty, and virtue deeper into this world. Awakening is always about dissolving the distinction between “you” and “I.”

Now is the time to stop holding your love back, take creative risks, and share your inherent goodness, latent talents, creativity, and kindness.

You'll explore what it means to live your life resting in Grace while becoming a refuge for others as you walk this world. You'll stabilize your relaxation by prioritizing your practice, and discover what best serves you to stay spiritually hydrated even in the midst of intensity.

Miranda will explain the difference between *trying to be graceful* from within your ego structure, and remembering that your ego and its effort has actually never been *the doer*.

Putting this into practice, so you learn to truly become a graceful human being, is a long-term project that requires ongoing commitment.

You will be supported as you create the necessary structures in your life to prioritize staying grounded and present with all that arises, so your actions and responses are less clouded by your personality...

This includes being awake to the places in which you're vulnerable to reactivity — and how to reset yourself quickly when needed.

Miranda will share simple, informal practices that will weave themselves organically into your life — and encourage you to find a daily rhythm that works for you as you become a more grounded, graceful human being.

*When your real, effortless, joyful nature is realized,
It will not be inconsistent with the ordinary activities of life.*

— Ramana Maharshi

In this module, you'll discover:

- How you can serve your family, loved ones, and your community by **putting all you're learning into action in your daily life**
- Ways to practice unity with unapologetic authenticity — being fully who you are and **living according to your deepest values**, while remembering that underneath it all, you are not separate
- How to walk this world in Grace and serve its evolution
- How you can **support others as you radiate your noble qualities and inherent goodness** in your relationships, work, and life.
- The **master key to being graceful amidst it all**: allowing doing to flow from Being
- How to forgive yourself when you falter (and you will!) and reset when you need to

Integration & Extended Satsang

In this final integration and extended satsang, Miranda will lead you in chanting (you'll choose the chant that most nourishes you, weaving it into your regular routine), meditation (on-the-spot versions of the practice that best serves you, and applying this throughout the day)...

... and a review of your journey together. Then, you can share your most important reflections, questions, and realizations from your journey.

This session will provide an opportunity to experience a rich and meaningful conclusion, and go forward drenched in blessings and rich in inner resources, radiating all the Grace you've received into the world around you.

The Embodying Grace Bonus Collection

In addition to Miranda's transformative 7-month virtual course, you'll receive these powerful training sessions. These bonuses complement the course and promise to take your understanding and practice to an even deeper level.

Ego Relaxation

Video Teaching From Miranda Macpherson



Authentic surrender happens when you relax out of the tension, stress and conflict of your familiar ego identity and its activity — which is always trying to DO something to change, fix, or rearrange your Self. **Ego relaxation invites you to just BE HERE, where you are,** learning to relax out of your ego doing. Without trying or forcing, you can melt back into a more fluid, easeful state of being.

Ego Relaxation Reset

Audio Meditation From Miranda Macpherson



Ego activity keeps you separate from the natural peace, clarity, and joy of your inherent true nature. Like progressive muscle relaxation, **ego relaxation invites you into loving awareness of your fear and contraction** — and supports a natural *letting go*. While the goal is to practice ego relaxation in every moment, you can move into a simple practice for long periods of silence, or for just five minutes as a reset.

Shower of Grace Meditation Reset

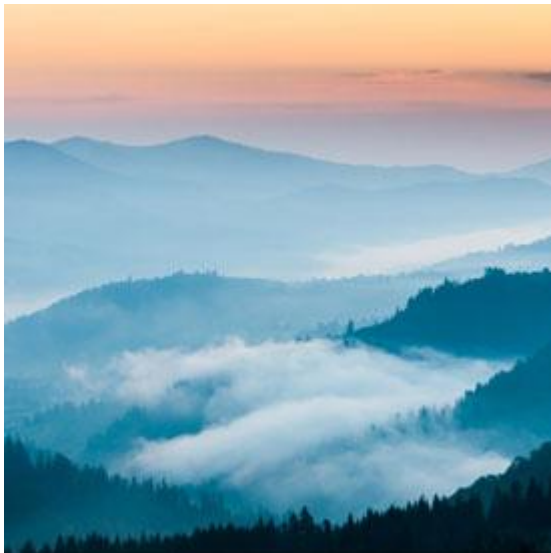
Audio Meditation From Miranda Macpherson



Harnessing devotion and visualization, the Shower of Grace meditation invites you to receive the refuge of non-conceptual blessings, whether you understand this to emerge from enlightened beings, celestial forces (bodhisattvas or angels), or light itself.

Mountain of Presence on the Spot

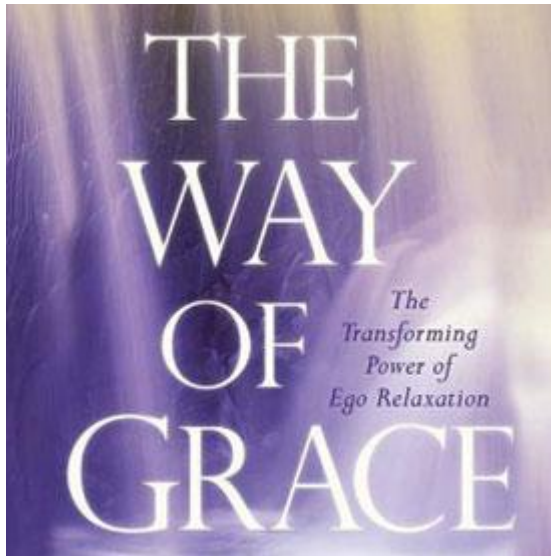
Audio Meditation From Miranda Macpherson



Your unconscious ego activity is often busy trying to fix or change your current state in one way or another — often without even realizing it. This keeps a sense of disconnection firmly in place as you live on the surface of your personality only. This meditation allows the surface agitation in body and mind to settle into stillness. Practiced over time, you'll cultivate a felt sense of inner support and a quiet mind.

Excerpt From The Way of Grace

2 Chapters From the Ebook by Miranda Macpherson



Many of us struggle to truly live a spiritual life. What if it's not about *trying harder*, though? *The Way of Grace* is a guide to spiritual surrender and nondual realization based on the practice of ego relaxation — a holistic, feminine approach to welcoming all of your experience and responding with compassion and wisdom in a world in need of your unique gifts. As you'll discover, grace will always deepen, season, and bring out the very best in you. Although not required, reading Miranda's entire book will enhance your experience in this course.

Walking the Mystical Path With Depth & Substance

Audio Dialogue With Miranda Macpherson and Russ Hudson



Russ Hudson, revered Enneagram teacher, co-author of *The Wisdom of the Enneagram*, and fellow Shift faculty, joins Miranda for a robust dialogue on what it truly means to **walk the mystical path amidst the dizzying level of change** and uncertainty of contemporary culture. You'll learn to determine whether your practice is truly supporting your awakening process.