

Miranda Macpherson - Life of Grace 2022

What You'll Discover in These 12 Modules

In this 12-part transformational training, you will be invited to let go of your struggle to awaken and discover how to approach all of life's challenges as a gateway to awakening and personal transformation.

Each contemplation and training session will build harmoniously upon the previous ones so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to walk a true spiritual path of surrender that opens you to the abundant flow of Grace. This profound journey with Miranda consists of four sections, each with a specific emphasis:

True Surrender and the Practice of Ego Relaxation

Explore the paradox of surrendering to Grace, which asks for deep dedication while simultaneously asking us to let go of the reigns — and even let go of our familiar way of knowing ourselves.

Receiving the Shower of Blessings

Grace is much more than a beautiful state that fills your heart with gratitude. It is the ground of your being... the blessings that inspire and sustain your soul and the gifts that help you on the path.

In this part of the journey, you'll end the spiritual poverty of lack through the practice of yielding to non-conceptual Grace... and transmission beyond mind. For the first time, Miranda will give initiation in the **Maha Lakshmi mantra**, an ancient Vedic practice for opening to the Grace that ends any sense of lack or unnecessary struggle in your life.

Liberating the Shadows on the Heart

Without dismissing your relative human difficulties, you'll lay all you've encountered on the altar of true forgiveness. This brings a recognition that you are not a problem to be fixed, wrong or bad — rather, you offer up your remaining hurts and shame to the deepest chamber of your heart. You allow Grace to lead you to the pure realms beyond human emotion, to a true knowing of "I AM."

Embodying Your Highest Potential

Our world needs more graceful human beings. By practicing being a completely open vessel in body, heart, and mind — a human fountain from which Grace naturally flows — you'll more fully embody your service in the world.

4 Integration Sessions & Extended Satsang With Miranda

At the end of each section, you'll join Miranda for a 60-minute integration session and extended satsang. She'll open with a meditation and mantra and then give a summary of the preceding sessions to deepen the teachings.

Section 1:

True Surrender and the Practice of Ego Relaxation

(Modules 1-4)

Our 12-step journey starts with an exploration of our relationship to Grace.

Grace is much more than a beautiful state that fills your heart with gratitude. Grace is the ground of your being; it's the blessings that inspire and sustain your soul, bringing the gifts that help you on the path.

During this first month, you'll discover the paradox of surrendering to Grace, which asks for deep dedication while simultaneously asking us to let go of the reigns — and even let go of our familiar way of knowing ourselves.

You'll explore *ego-efforting* and how it keeps you seeking but never truly finding, as well as how you can address the root of this spiritual conundrum and truly stop struggling to come into the flow of Divine Will.

You'll explore "ego relaxation" and how it allows you to be present and undefended with what is. And how presence is not "thinking," but demands that you leave your thoughts about what is, and, instead, learn to *be* with your direct experience.

Module 1: Yielding to the Flow of Grace Through Transmission & Practice of Ego Relaxation



In this session, Miranda will introduce you (or share further nuances) to the *transmission* of ego relaxation that gives you an instantaneous vacation from the incessant and often unconscious ego activity that is always trying to grasp, reject, fix, or rearrange its experience.

You'll begin the ongoing practice of ego relaxation that allows true surrender to take place. Present and undefended, you can re-enter the flow of Grace and reconnect with love, peace, clarity, awareness, strength, and joy.

This feminine approach to non-dual realization and spiritual surrender is deeply compassionate yet potent. Miranda will transmit the state of ego relaxation and guide you to bring awareness to subtle resistance to what is.

You'll:

- Receive teachings that help you be truly present and undefended with what IS... in body, heart, and mind
- Recognize the activity of your ego that blocks the flow of grace in your life, and learn to say "yes" to what life is asking of you

- Expand your capacity to ground in the support that is always available, no matter what emotions your current or past circumstances trigger
- Engage ego relaxation as a practice of effortless meditation, holistic inquiry, and a “re-set” amidst a busy day

Module 2: Dissolving Your Roots of Fear



To live a life of Grace, you must become aware of the dense forces of your ego that cause you to contract back into fear and habitual reactions to life. Miranda will guide you to begin to differentiate between the wisdom of your survival instinct and the anxious mind-stream of fear.

In an atmosphere of unconditional love and compassion for your frightened ego, you'll engage in the practice of ego relaxation while turning directly towards your fears — the forces that hold it in place — and observing who you become when you contract.

Meeting all of this with love, you can then explore what's alive in the space beyond your familiar identity and its fear. Dissolving the roots of fear helps produce a quiet mind, a more settled nervous system, and a more open, trusting heart.

You'll:

- Begin to distinguish between the wisdom of your survival instinct and the anxious mind-stream of fear
- Address the roots of your fear down to the level of identity (*who* is it that is afraid?)
- Learn to relax and allow ego structures to dissolve and trust to blossom in your body, heart, and mind
- Discover how your fear has been limiting you, and relax into the spacious, loving presence of Grace that naturally holds you
- Discover how to take a deeper seat in your meditation practice through ego relaxation

Module 3: Melting the Grip of Control



When we are not awake to Grace as the primordial ground of *our* being and *all* being, it feels that we must contract into a strategy of control to offset the vulnerability of feeling separate. We believe that we need to push, tighten up, and muscle through, from the perspective of our separate “me,” to stay safe and get things done.

Left unaddressed, these unconscious presumptions that we are who we take ourselves to be, create unnecessary stress and block us from the flow and guidance that helps us access the clarity we need.

Often, hidden strategies of control trigger efforting or pushing by your ego. In this session, you’ll explore the relationship between personal will and Divine Will, and what it takes to come into alignment where the two become one.

You’ll:

- Be invited to melt the grip of control by relaxing with vulnerability and opening to total support
- Discover what’s alive in the space beyond your fear and control
- Bring greater compassion and precision to the way you meet your defenses, and the driving forces beneath them
- Abide in the presence of Grace, which is always available, even when you’re feeling triggered and off-balance

Module 4: Integration Session & Extended Satsang



In this 60-minute session, you'll experience a powerful opening meditation and mantra, followed by a 15-minute summary of the previous three sessions on **True Surrender and the Practice of Ego Relaxation**. Miranda will then work experientially with participants in satsang style to support deeper integration of the material and transmission of the themes.

Section 2:

Receiving the Shower of Blessings

(Module 5-7)

Grace comes alive through the paradox of surrender, and when you genuinely open to its qualities of boundless love, peace, clarity, wisdom, and the pure awareness at the core of your being.

For the first time, Miranda will teach the *Maha Lakshmi* mantra, which helps attune you to the source of infinite fulfillment, the cessation of all want. It's an exceptionally nourishing and inspirational practice.

You'll explore *ego-efforting* and how it keeps you seeking but never truly finding, as well as how to address the root of this spiritual conundrum and truly stop struggling to come into the flow of Divine Will.

Module 5: Ending the Spiritual Poverty of Lack

Maha Lakshmi Initiation



Even if you know intellectually that you are blessed compared to so many in the world, you may feel a sense of lack, as if you've not quite received what you need to deeply relax and feel satiated and at peace.

Overly ambitious or driven by the compulsion to try to fill your “holes” with over-eating, over-shopping, or busyness, you may keep seeking while never finding true fulfillment.

In this session, you will be initiated in the Maha Lakshmi mantra, an ancient Vedic practice for opening to the Grace that ends any sense of lack or unnecessary struggle in your life.

The focus is on allowing a deep relaxation of any residue within you of inner agitation or not quite being able to access what you need to flourish and enjoy life.

You'll:

- Journey into your sincere heart's desire — both in your inner life and in your practical life circumstances
- Receive initiation into the Maha Lakshmi mantra that makes you receptive to infinite blessings upon your sincere heart's prayer
- Discover how to work with this practice to awaken the felt sense of being blessed by life

In this pre-recorded 90-minute class, in lieu of a Q&A session, Miranda will share an extended exercise to inquire further into what you're experiencing with this subject.

Module 6: Opening to a Celestial Helping Hand

Meditation Activation



At every stage of the spiritual path and in life's ordinary challenges, Grace is available to help us.

However, often it does not occur to us that we can ask for help, or even that we should. In this session, we will explore celestial help and how you can gain access to it, even if your conceptual mind does not fully understand how this is possible.

In this deeply mystical, nourishing session, you'll explore the nuances of your inner calling and learn to make contact with the subtle forces that can truly fill your inner cup. Miranda will open with a powerful teaching on working with prayer and devotional practice from a non-dual perspective. You'll also experience a meditation that opens your subtle body to significantly amplify your current meditation and spiritual practices.

You'll:

- Explore your relationship with asking for the help you need, and learning to actually receive it (without making demands or reverting to ego grasping)
- Freshly explore your relationship with the Divine (even if you already know you are not separate from the Source of all Being)
- Listen more deeply to what name, face, or presence most activates the gates of your soul
- Learn to drink subtle light as a plant drinks water

Module 7: Integration Session & Extended Satsang



In this 60-minute session, you'll experience Miranda's exquisite Shower of Grace meditation. She'll also offer, for the first time, a powerful mantra that will allow you to receive infinite love, blessings, and total support for fulfillment of your deepest prayer.

A 15-minute summary of the previous two sessions will follow. Miranda will then work experientially with participants in satsang style to support deeper integration of the material and transmission of the themes.

Section 3:

Liberating the Shadows on the Heart

(Modules 8-10)

What IS real forgiveness? What is it not? How are errors corrected? What is our part in the process? How do we forgive ourselves? How do we let true forgiveness cleanse the hurts and impossible heartbreaks in our relationships? And who do we forgive — even those whose values and behavior we do not agree with?

Without dismissing your relative human difficulties, you'll lay all you've encountered on the altar of true forgiveness.

In humility and prayerful willingness, you'll offer up any remaining hardness, rejection, hatred, anger, hurt, betrayal, or shame to the deepest chamber of your heart, letting Grace lead you into the pure realms beyond human emotion, beyond right and wrongdoing. You'll open to a vision of absolute love for everyone, and for the most hidden parts of yourself, allowing miracles to resolve all grievances.

Module 8: Integrating Your Shadow



In this module, Miranda will address the importance of integrating the taboo emotions that many “spiritual” people do not want to admit to — hatred, rage, and envy, for example. When we deny or repress these shadow emotions, they can spill out of us sideways despite our best intentions.

You’ll:

- Discover how true forgiveness dissolves the lens of guilt, hatred, and projection, averting the inner violence that distorts your vision and wreaks havoc in our world
- Understand your taboo emotions such as hatred, anger, and envy, and lovingly contact the spiritual poverty underneath them
- **Journey through the 6 stages of forgiveness**, both as principles to support your release and as a practice of spiritual transformation
- Open to the mystery of true forgiveness that restores you to inner peace, wholeheartedness, and right relationship to one another
- **Access the heart-cave of Absolute Love** that Ramana Maharshi spoke of as our true home, our unified Reality that shines undisturbed underneath the emotional heart
- View the impossible sufferings of the world as a gateway into the transforming grace of divine love

Module 9: You Are Not a Problem to Be Fixed



There is no question or challenge that does not contain, at its core, the perennial spiritual question “Who am I”? Commonly, the first answer that arises is, “I am me.” But who is this “me” really?

In this session, Miranda will take participants on a deep and often humorous journey of inquiry and exploration of our central attachment: the familiar construct of self that drives the felt sense that we need to fix ourselves.

From the vantage point of self-forgiveness and compassion, you will meet all that you find with love, unhook from the storylines of suffering, and, with witnessing awareness, open into the space in which the story of “me” has been happening.

Miranda will also guide you in the Vast Heart meditation and share a powerful mantra. You’ll:

- Inquire into the nature of “me and I” and unhook from storylines that keep you in spiritual bondage
- Experience the Vast Heart meditation
- Begin to let go of the familiar construct of self as a problem that needs to be fixed
- Witness with loving awareness and humor the central attachment of an unawakened state of mind

In this pre-recorded 90-minute class, in lieu of a Q&A session, Miranda will share an extended exercise to inquire further into what you’re experiencing with this subject.

Module 10: Integration Session & Extended Satsang



In this 60-minute session, you'll experience a powerful opening meditation and mantra, followed by a 15-minute summary of the previous two sessions on **Liberating the Shadows on the Heart**. Miranda will then work experientially with participants in satsang style to support deeper integration of the material and transmission of the themes.

Section 4:

Embodying Your Highest Potential

Becoming a More Graceful Human Being

(Modules 11-12)

Our world needs more graceful human beings capable of staying present and bringing forth their deepest gifts in ways that help and heal. In this section, you'll begin embodying your highest potential and practice being a completely open vessel in body, heart, and mind — a human fountain where the nectar of all our essential qualities naturally spill over in our way of being to extend blessings, truth, and beauty deeper into our world.

Miranda will emphasize the unity of inner and outer; being an individual who is arising within the One; being in the world but not of the world; and how everything you think and say and do matters in living a life of Grace.

Module 11: Stabilizing in Loving Presence



In this session, you will explore the ways you are called to serve. What are you inspired to give your precious life force to?

Often, our most noble intentions can become co-opted by our ego, so how do we keep them fully intact?

You'll discover what structures help keep your intentions pure, and prioritize staying grounded and present with all that arises. You'll discover how to be awake to where you're vulnerable to reactivity, and how to reset quickly when needed.

Miranda will also share a simple but powerful somatic practice for sensing into presence — to bring more substance to the embodiment of your intentions amidst daily life.

You'll:

- Receive a powerful and playful inquiry practice to “flush out” any hidden motivations for serving or for beginning any creative endeavor
- Sense into loving presence and stabilize your intentions within this energy
- Liberate ego appropriation that often gets mixed into acts of service — forgiving, understanding, and relaxing into the purity of your desire to be of service

Module 12: Integration Session & Extended Satsang



In this 60-minute session, you'll experience the Circulating the Nectars meditation and a powerful mantra, followed by a 15-minute summary of the previous session on **Embodying**

Your Highest Potential. Miranda will then work experientially with participants in satsang style to support deeper integration of the material and transmission of the themes.

The *Life of Grace* Bonus Collection (\$350 Value!)

In addition to Miranda's transformative 12-part virtual course, you'll receive an exclusive bonus collection of teachings valued at \$350. These complimentary sessions promise to deepen your understanding and practice of the teachings in the course.

Walking the Mystical Path With Depth & Substance

Audio Dialogue With Miranda Macpherson and Russ Hudson

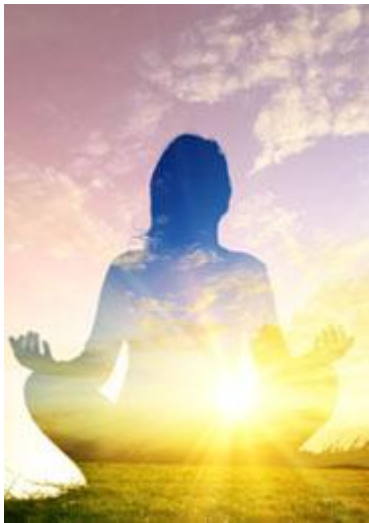


Russ Hudson, revered Enneagram teacher, co-author of *The Wisdom of the Enneagram* and fellow Shift faculty, joins Miranda for a robust dialogue on what it truly means to walk the mystical path amidst the dizzying level of change and uncertainty of contemporary culture. They explore the gifts and challenges of practicing beyond the structure of an established tradition, and how to avoid the pitfalls that limit the potential of the path to truly transform us into more graceful human beings. You'll discover how to determine whether or not your practice is truly supporting your awakening process. Miranda and Russ have been friends for over 15 years, and share a love for the mystical traditions while simultaneously being dedicated to living in the world, but not of it.

Russ Hudson is co-founder of The Enneagram Institute, and is one of the principal scholars and innovative thinkers in the Enneagram world today. He's also President of Enneagram Personality Types, Inc. He's been co-teaching the Enneagram Professional Training Programs since 1991, and is a founding director and former vice-president of the International Enneagram Association. Russ is co-author of *The Wisdom Of The Enneagram*, *Personality Types*, *Understanding the Enneagram*, *Discovering Your Personality Type*, and *The Power Of The Enneagram*. Russ also assisted Don Riso in writing *Enneagram Transformations*. He holds a degree in East Asian Studies from Columbia University in New York, from which he graduated Phi Beta Kappa.

Guided Meditations

Set of 2 Audio Meditations From Miranda Macpherson



These two powerful meditations will help you deepen your practice, and support you to more fully awaken to the teachings of the course.

Mountain of Presence

In reality, you exist within a mountain of boundless support, powered by the life force that births everything you see into existence. This is a central concentration practice recommended as a powerful antidote to the multi-tasking distractedness of modern life. Listening daily will help you stabilize in presence, quiet your mind, settle your emotions, and dissolve into deep silence.

Music: Harmonium by Miranda Macpherson; tamboura and bells by Richard Quinn.

Vast Heart, Vast Mind

The human heart is the axis point between heaven and earth. Through breath and focused attention, this meditation, accompanied by lovely bells, helps loosen the cobwebs of closure within your heart so as to liberate the vast compassion, love, beauty, and joy that is your essential heart. Opening up inner space, you are invited beyond ordinary mind to pure awareness, knowing, and pristine clarity.

Introduction to Holistic Self-inquiry

Video From Miranda Macpherson With Neal Rogin

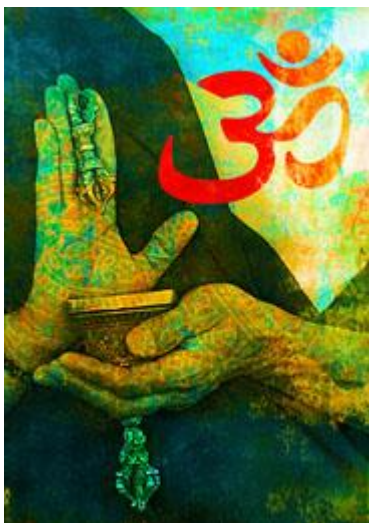


In this video, Miranda demonstrates deepening into the self-inquiry process with Neal Rogin, her longtime sangha member and assistant. All of the great mystical traditions ultimately say we are already one with the fabric of being; however, most of us don't feel this in our everyday emotional experience. You'll get an opportunity to taste your true nature and begin to learn to abide from unity consciousness and walk through this world in freedom. Self-inquiry is among the core practices Miranda suggests to help liberate us from the obstacles to direct experience of our true nature.

Neal Rogin is a multi-award winning writer, filmmaker, humorist, and social observer whose work has reached millions of people around the world. Throughout his career, he has demonstrated a unique ability to conceive and communicate ideas that move people to action and change the way they think. He's a founding board member of The Pachamama Alliance and a member of the Turning Tide Coalition with Lynne Twist, John and Ocean Robbins, and Vicki Robin, and the Transformational Leadership Council, a group founded by author Jack Canfield, and that numbers among its members Marianne Williamson, John Gray, and Michael Beckwith.

Mantras for Awakening

Audio Recordings From Miranda Macpherson



Sometimes, ordinary language cannot accurately express the deepest dimensions of our being — the love for the sacred mystery that is boundless being and bliss. Yet, we can contact our nonlinear depths through sound, silence, and prayer. This is the way of devotion. It opens up courage, compassion, and joy, and supports true surrender. Sanskrit mantras are ancient syllables that exert precise positive effects on the body, heart, and mind. Lean into the mantras as you lean your head into the pillow at night. Dissolve into the mantra and it draws you back into the origin of your being. As you chant, feel into your own prayers — your truest yearnings for yourself and for the world. Intoning these ancient sounds, you join with all beings throughout time who have ever prayed these prayers. Now your prayers are part of a continuing stream of the awakening heart. May they become part of your daily life — supporting you to reside AS the heart of Being.

In this special bonus, you'll receive recordings of:

- **Om Nama Shivaya:** A powerful version of the Hindu mantra for surrender, the god Shiva is part of the trinity consisting of Brahma (creation), Vishnu (sustenance), and Shiva (destruction)
- **Om Namo Bhagavate Vasudevaya:** This is the Hindu mantra meaning, "I bow to the God within, the divinity of my true nature. Please remove all obstacles."