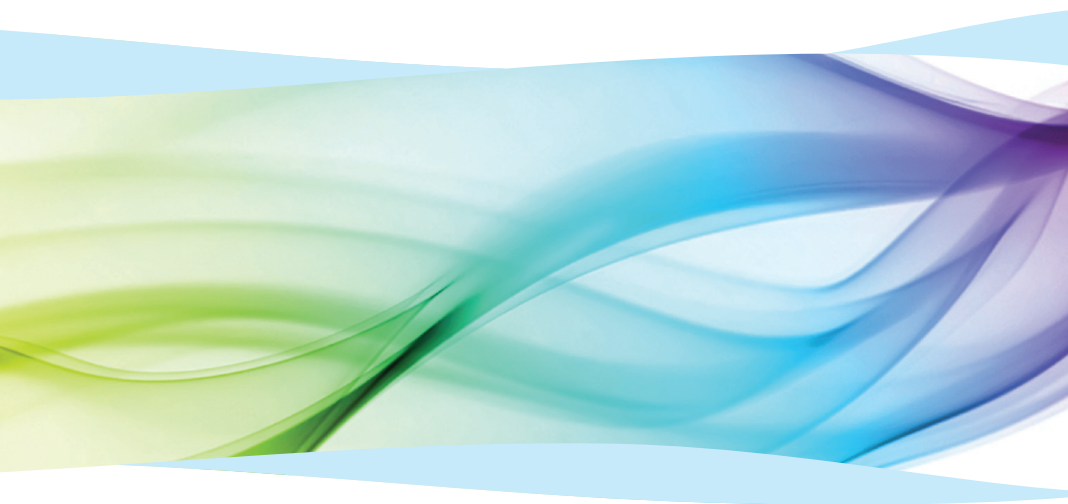


INFINITE GRACE

Changing the Paradigm Series

VOLUME 3



Jeddah Mali

 Learning Strategies Corporation

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PROGRAM TITLES AND TIMES

CD 1

Introduction to *Infinite Grace*

Track 1 (27 Mins)

Expansion (Meditation 1)

Introduction – Track 2 (10 Mins)

Meditation – Track 3 (29 Mins)

CD 2

Light (Meditation 2)

Introduction – Track 1 (12 Mins)

Meditation – Track 2 (28 Mins)

CD 3

Harmony (Meditation 3)

Introduction – Track 1 (11 Mins)

Meditation – Track 2 (28 Mins)

CD 4

Love (Meditation 4)

Introduction – Track 1 (11 Mins)

Meditation – Track 2 (28 Mins)

CD 5

Beauty (Meditation 5)

Introduction – Track 1 (9 Mins)

Meditation – Track 2 (27 Mins)

Reverence (Meditation 6)

Introduction – Track 3 (38 Mins)

Meditation – Track 4 (29 Mins)

CD 6

Wisdom (Meditation 7)

Introduction – Track 1 (10 Mins)

Meditation – Track 2 (31 Mins)

CD 7

Grace (Meditation 8)

Introduction – Track 1 (5 Mins)

Meditation – Track 2 (28 Mins)

Blessing (Meditation 9)

Introduction – Track 3 (1 Min)

Meditation – Track 4 (29 Mins)

Infinite Grace Conclusion

Track 5 (3 Mins)

CHANGING THE PARADIGM SERIES

INFINITE GRACE

“The universe is very beautiful, yet it says nothing. The four seasons abide by a fixed law, yet they are not heard. All creation is based upon absolute principles, yet nothing speaks. And the true Sage, taking his stand upon the beauty of the universe, pierces the principles of created things. Hence the saying that the perfect man does nothing, the true Sage performs nothing, beyond gazing at the universe. For man’s intellect, however keen, face to face with the countless evolutions of things, their death and birth, their squareness and roundness, can never reach the root. There creation is, and there it has ever been.”

– Chuang Tzu (Chapter 22)

INTRODUCTION ●●●●

Welcome to *Infinite Grace*, the third and final volume in the *Changing the Paradigm Series*. In the previous programs we learned about the laws that govern existence (*Seeds of Enlightenment*) and how these laws operate within a human context (*Embracing Freedom*). *Infinite Grace* is dedicated to

revealing the nature of existence through experience. Here we explore how understanding the nature of existence leads to a greater understanding of the bigger picture—and a greater alignment with life itself.

There are nine teachings in this volume. The meditations in this volume are encoded with specific energy frequencies to help you experience direct resonance with Awareness itself. The teachings form a progression, so please listen to the meditations in sequence, as you have done with previous volumes in this series. Each meditation concludes with music rather than voice, so you can continue to meditate in silence if you wish.

There is an introductory audio session for this volume on Session 1, so you know what to expect. In addition this booklet explores the questions, *What is Life all About* and *What is the Bigger Picture*. If needed, you can also reference the booklets from the previous volumes for additional instructions.

MEDITATION DESCRIPTIONS ●●●●

Meditation 1 – Expansion

Expansion is inherent to our nature. When our conscious attention is resting quietly in the present moment, the quality of expansion can be readily felt. The impulse of expansion is woven into the energy that creates all form as a way to develop its potential from the inside out. This innate

expansion has the potential to uplift, develop, and support every area of life—from personal to national to global—because every area of life has this predisposition at its core.

Meditation 2 – Light

All existence is made from an intricate, interweaving web of light, and our energy field and physical body are no different. Every state of our being is dependent on a pattern and frequency of energy, and each pattern manifests as light. Consciousness itself is a form of light, and its light reflects the structure of awareness. As we mature in our ability to reside in the higher frequencies of conscious awareness, we increase the power of light to transform, awaken, and enlighten.

Meditation 3 – Harmony

The qualities of existence combine in a state of perfect harmony. All forms of being arising from awareness are likewise harmonious. Harmony does not need to be created—it simply needs to be allowed. The more familiar we become with our innate harmony through conscious attention, the more reassured we will be that it is our eternal abiding nature, and the more we will then allow it to manifest on earth through our thoughts, words, and deeds.

Meditation 4 – Love

Love is awareness in movement. It is the state produced from the combination of expansion, light, and harmony, which make up the nature of awareness. The conscious recognition of our true nature, first perceived in

the heart, gives love its association there. However, consciousness continues its journey of awakening long after that first glimpse, until consciousness can see—and experience—the full extent of its true nature. This is the living state of love.

Meditation 5 – Beauty

What is the source of beauty? Consciousness recognizes the interplay of expansion, light, and harmony, moved by love, and consciousness records the experience as beauty. Something is *beauty-full* to us when we see these innate qualities expressed in form. Beauty leaves us inspired, uplifted, transformed—even hushed and reverent. Beauty is a potent reminder of our nature and the origin of all existence.

Meditation 6 – Reverence

Reverence is the state we enter into when we meet our true nature. It is the attitude we develop as we deepen the relationship with our being. A profound appreciation and respect overtake us when we realize how beautiful we truly are. We feel the sweetness of that connection. The state of reverence transforms our attitude to self, to being, to life itself. It leaves us humbly grateful.

Meditation 7 – Wisdom

Wisdom is the understanding of, and alignment with, the innate intelligence of awareness. Wisdom develops when we are in trust, meeting life without

fear and doubt. This expansion offers a bird's eye view, allowing us to discern our full spectrum of frequencies. We recognize we are the sea of awareness. The integration of this truth generates mature wisdom, which always brings harmonious and beneficial outcomes.

Meditation 8 – Grace

A state of grace is one of complete immersion in sentient awareness. When we enter a state of grace, the illusion of separation is lifted, and consciousness perceives awareness directly. There is no volition to do anything, be anything, or know anything. There is only the all-encompassing experience of receiving the fullness of awareness with nothing held back. The experience impresses itself upon our consciousness as an indelible reminder of how enjoyable just being is. It is a taste of the union that awaits all beings.

Meditation 9 – Blessing

Now we have come to the end of our teachings, and we wish to offer you our loving blessings. There is nothing to do and nothing to learn (except to realize how much we love you). We ask that you simply relax and receive, and bask in our warm embrace. May you remember the truth of your being. Wherever you go, our love and blessings go with you.

WHAT IS LIFE ALL ABOUT? ●●●●

If we ask ourselves, *what is the purpose of life (why are we here, why does anything exist)*, what answer would we come up with? For many people this question never surfaces, because they are so occupied just getting through each day. They may have a vague sense of life being about surviving, but since this does not offer much comfort, the investigation does not go any further. The plain fact is, most people do not know why they exist. And considering we all clearly do exist, it's surprising the exploration of existence isn't more overtly pursued.

In the gap between daily life and the truth of existence, there's a lot of room for assumptions. Assumptions, by definition, are formed in the mind without investigation to back them up. They are hasty conclusions about our experiences. They lack the direct knowledge of existence that can only come through conscious experience.

This lack of direct knowledge is the gap in which the mind develops fear, and it accounts for why so many of these assumptions are fearful. Now one or two of these assumptions would not throw our understanding of life off course. But when our fundamental connection to life is consistently based on faulty conclusions, we end up with a situation where what we believe about life and what is true remain separate.

Comfortingly, the nature of existence leads us inexorably towards a unification of these two. This is the role consciousness plays—to provide

a direct experience of existence—and as a result, supply an uninterrupted stream of direct truth. Truth about... the nature, function, operation, laws, and purpose of existence. And from this we develop conscious knowledge through experience.

What does direct conscious experience reveal about existence? That it is in the form of *being* (we call it *beingness*, which is a good word to convey *being* is both noun and verb simultaneously. This, in fact, is the essence of life—being both the source of life and simultaneously living it). This '*being being*' we call the *sea of awareness*. The source of all Life.

Why does awareness need to explore itself? If awareness didn't have the faculty of consciousness, it would still exist, but it would not experience that existence. Consciousness gives rise to the possibility to experience *being*, as it is, without any interpretation from mind. So consciousness gives awareness access to the *experience* of its nature and laws. It enables the direct experience of its structure, to feel the qualities of its nature, to experience *being* manifest in form.

Thus, creation is an airing of the nature of awareness—exploring unmanifest nature through the experience of manifest form. The permutations of this exploration are endless. As consciousness explores and experiences the nature of awareness, awareness builds a greater conscious awareness of *being*. This is referred to as *the evolution of consciousness*.

Does the evolution of consciousness have a purpose? Not in the sense that most people would understand purpose. Consciousness is continually in the process of uniting with pure awareness. Seeing the eternal design within the temporary creations. And, yes, within the temporary there's exploration, learning, and growth. There's expression and creativity. There's thought, belief, and assumption. There's even illusion and apparent individuality. But none of that changes the bigger picture—all existence is awareness simply being true to its nature.

You might ask *where are we in this equation?* We aren't! There is no actual individuality, it's all awareness. There's only the appearance of it to create a temporary platform to experience separation and the creative impulse under the influence of separation. However, the sweet spot in the midst of existence is the enjoyment of being that comes about from consciousness recognizing awareness in every facet of creation. So if we had to ascribe any sense of purpose to consciousness, it would be this recognition of itself.

The meditations in *Infinite Grace* reveal the nature of existence through experience. We come to realize that expansion, light, and harmony are not wishful states of human existence. They are the fundamental fabric of all existence. Here on Earth, the ecology of the planet is an expression of these existential qualities. Human presence does not yet reflect such an alignment. The raw materials are in place, the potential is there. Only the conscious understanding of the first two (expansion and light) is missing!

This is why it is vitally important for the human family to become more conscious. It is the key that will unlock our nature and our potential from their stasis.

“I find that somehow, by shifting the focus of attention, I become the very thing I look at, and experience the kind of consciousness it has; I become the inner witness of the thing. I call this capacity of entering other focal points of consciousness, love; you may give it any name you like. Love says ‘I am everything.’ Wisdom says ‘I am nothing.’ Between the two, my life flows. Since at any point of time and space I can be both the subject and the object of experience, I express it by saying that I am both, and neither, and beyond both.”

– Nisargadata Maharaj

WHAT IS THE BIGGER PICTURE? ●●●●

Individuality is an extremely narrow perception of life. Human beings view existence from an Earth-centric perspective. Such narrowness misses most of the picture—and therefore, most of the point.

If we look back through history, aside from indigenous cultures who have always recognized our inherent unity with existence, most of humanity has operated under the narrow perception of singularity, with regard to both people and planet. This has developed into the dominant and accepted

worldview, but it has isolated man from the rest of existence in the process. We have spent our history without the certainty or comfort of existential unity, companionship, and support. This aloneness has been responsible for the erroneous understanding, beliefs, attitudes, and behaviors humankind has developed.

Lack of interest in human existence extends to the cosmos. So the same vague unease about our own origins feeds into contempt about the possibility of other life forms. We shut out perceptions of existence that do not tally with our physically orientated senses. This typifies the approach of modern humankind to the wider cosmos—*if we cannot see it, it does not exist!* In subscribing to this approach, we fail to see our relative place in the cosmos. Consequently, we miss vital clues about life that, if embraced, would radically alter our understanding of human presence and the way we organize ourselves here on Earth.

Physical form is only one of the infinite options available to the creativity of awareness (and Earth is only one of the infinite options available within matter). The possibilities of form are truly endless—from the subtlest high-frequency thought forms to the densest matter.

Intersecting Earth, and just outside our normal Earthly perception, lies a vast matrix of coalesced energy forms. These forms are held within an ascending frequency structure, creating planes of existence. On each subsequent

plane, the nature of awareness is increasingly aligned to how form is expressed. In other words, there is less and less influence coming from thought forms that are out of alignment with the nature of awareness. Each ascending plane represents a greater example of alignment.

Navigating these planes consciously allows us to develop the skills and steadiness necessary to facilitate alignment between our true nature and our physical presence. We draw on the understanding garnered in higher planes and apply it to human presence and provision on Earth.

For instance, as occurs in other planes, we can allow the innate expansion of awareness to influence the gesture of our thought forms. Here on Earth this would influence the way we relate with other humans, which in turn would affect our attitude to other nations. It's a simplistic example, but it shows how a true understanding of our nature reaches into all aspects of life. This has the effect of placing Earthly life in the correct relationship to the whole—returning it to its place in the continuum of Truth (the bigger picture).

UNSEEN HELPERS

Human understanding of this continuum is, comparatively, miniscule. That is why there are hierarchies of helpers in other planes assigned to assist us. They lend their conscious perception to the Earthly plane, and in doing so,

raise the operating frequency of our planet. Of course, this is possible from within the Earth plane, too, and is the basis for the teachings we have shared with you throughout this series.

Assistance comes in many forms. In the previous volume of this series (*Embracing Freedom*) we welcomed assistance from *unseen helpers*. This reference was deliberately vague then, so let us be more specific now.

The evolution of consciousness in general, and the Earth in particular, is overseen by powerful hierarchies—angels and archangels, masters and guides. The angelic hierarchies exist as a coalescence of divine thought. The master hierarchies exist as the culmination of conscious exploration. The pathway of their conscious learning is available as conscious wisdom. They are vast powerhouses of expansion, light, and harmony, and their presence automatically uplifts energy frequencies. Their existence is dedicated to assisting consciousness to recognize and hold its focus on the nature and function of awareness.

How does this fit into our earlier statements about individuality not being permanently possible? The structure of existence at this level of being does not require individuality to operate and is not perceived through individual faculties. This is awareness revealed as unified *beingness*.

Because all beingness arises from the nature of awareness, this nature provides all existence with a common language. It is our code to access all forms of creation. Hence we are able to log on to the angelic and master

realms through conscious intent. We have the possibility to download assistance, in the form of heightened frequencies, readily and instantly.

Communion with such beings resets the energy patterns in our energy field. We learn just what is required if we wish to reside consciously in such frequencies. And this is the crux of such a relationship. These beings will not override the learning that leads to conscious evolution. Enduring conscious understanding is accessed by demonstrating willingness and trust in the nature of awareness—your nature, the nature of existence—and consciously allowing that nature to be expressed through your beingness. Then the realms of conscious expansion, light, and harmony flood your being. This assistance is not based on a *decision* as to whether help can be given. It is the natural outcome of automatic alignment.

There is also a form of assistance—loving, compassionate, and benevolent—which is given in response to prayers and invocations. This is a temporary uplift designed to reshuffle your energy field. It favorably predisposes you towards a conscious understanding of how your being functions and what conditions will allow you to access that alignment more permanently.

Human beings live in a universe designed to support and encourage an expansive experience of being. That so many currently do not is no fault of the design, only our use of the mechanism.

Let us reiterate. *Existence itself is benevolent before we even create with it. Awareness could not have done a better job of designing itself. It could*

not have made it easier to access expansion, light, and harmony. This is the longed-for Truth. This IS the bigger picture. You see, there is nothing to fear, there is nothing to doubt. The news is all good.

“For everything that lives is holy, life delights in life.”

– William Blake

WHAT CHANGES IN THE LIGHT OF THAT KNOWLEDGE? ●●●●

As we consciously realign with a wider and more accurate view of life, what is important to us changes. We are no longer trying to exert control over self and circumstances in order to preserve an identity. We are able to relax into our being, knowing it contains all the ingredients for happiness. Without any effort, an expanded perception of being gradually dissolves a limited, and narrow, identity. Along with it go fear and all its derivatives.

The beliefs we entertain inwardly create our outward experience. So when fear is no longer driving thought, feeling, and action, then thought, feeling, and action are freed up to express our true nature. And this is a beautiful experience.

Imagine you awake one morning, and before your eyes have even opened, you know something is different. You feel a complete alignment between your presence, your experience of physicality, your surroundings, and the

wider world. Imagine how this would feel. That each of these elements within your experience was gently humming the same tune—each with its own unique voice—like a choir drawing on a range of sound from bass to soprano and harmonizing the sound into a rich, cohesive whole.

If this is your experience on awakening then imagine how your day would unfold. If this is your experience of being, imagine how you would use your life. You can immediately see that everything changes, *everything*. Our moment-to-moment experience of being, how we express that connection to others, our use of a lifetime here on Earth. Imagine each moment free from fear, doubt, uncertainty, a sinking feeling of lack or wrong, the urgency to escape life. Imagine uninterrupted peace, certainty, contentment, knowing.

Every single being is encoded with the volition to move towards this state. That encoding would be cruel indeed if it were impossible. But this volition is the widespread advertisement for our nature and simultaneously highlights its essence. If you are conscious of that through repeated experience and, as a direct result, your ongoing relationship to life is one of love, beauty, and reverence, you will develop the wisdom to allow Grace to enter. ***You will be a living expression of Truth.***

Your presence will unify all the elements of life into a cohesive whole. You will be the microcosm of the macrocosm, with full alignment between the two. For everything is a living expression of awareness. Earth, man, and

heaven display that expression differently, but the consciously aware know the difference lies only in the expression and not the source.

“Life ceases to be a task and becomes natural and simple, in itself an ecstasy.”

– Nisargadata Maharaj

WHERE ARE WE HEADING? ●●●●

Home.

As consciousness expands into the ascending frequencies of awareness, it reaches and crosses thresholds. In Earthly terms, the time moving up to a new threshold is full of change, uncertainty, confusion, and questioning. What has been accepted as the norm starts to shift beneath us. When change is rapid and from many directions, it challenges our sense of identity, our belief system, and our sense of security. The tendency is to cling ever more tightly to what we know, even if that is already falling away.

While it's true we will see many changes on many levels in our lifetime, all of them are in response to one compelling impulse—the journey of consciousness towards greater awareness. We cannot delay this journey. We cannot get off at the next stop. We cannot pause the next moment till we catch our breath. Existence will roll on and on, following its nature to exist,

to expand, to harmonize. Peace will be found by going with it, allowing your being to be the stage on which existence plays.

Consciousness is ascending to a frequency the planet has not yet stabilized. This will take a period of integration. The veils between the worlds are thinning. What has remained outside our perception is now being revealed. We are taking our rightful place in the cosmos. We can greatly assist the planet and its inhabitants by developing and maintaining an inner steadiness. By allowing consciousness to reside in trust, we will provide reassuring certainty and stability for others.

This beautiful blue and green planet is waking up from a long sleep. There's no Plan B, and there doesn't need to be. Existence cannot and will not fail. It knows what it's doing. This unfolding is orchestrated by the intelligence that governs the miracle of life. Let us greet this new day with love. Let us walk in trust. Let us rest in Infinite Grace.

"If a thing loves, it is infinite."

– William Blake

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

– Jesus (Matthew 7:7-8)

ABOUT JEDDAH MALI ●●●●



As a child Jeddah Mali had an innate ability to understand and interact with universal energy. She also knew that most people were not aware of this potential within themselves. As a result, it lays largely undiscovered, despite always being accessible for those who choose to look for it.

Jeddah spent most of her early adulthood in Asia, including study periods with the great masters, including His Holiness the Dalai Lama, His Holiness Ajahn Buddhadasa, Lama Zopa Rinpoche, Master Goenka, and many realized teachers in the Tibetan, Theravadan, and Bhutanese traditions of Buddhism.

However, it was Jeddah's own awakening that encouraged her to bring through her present teachings; the means to experience our essence as the Sea of Awareness. This experience permanently alters how we perceive ourselves and how we perceive all life. As a result it has a direct impact on us as a species and the future of our planet, which is the reason for her work.

Since that time, Jeddah has become widely followed and received. She teaches internationally through personal mentoring, group events, retreats, and her popular audio programs. Her website is www.JeddahMali.com.

To attend a special event with Jeddah Mali visit www.LearningStrategies.com/Seeds/Retreat.asp.



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