

TRANSFORMATIVE SERIES



A MINDSET BOOKLET



G.R.A.C.E.  
THE HEART OF HUMANITY



Kimble Greene, PhD

*G.R.A.C.E.: The Heart of Humanity*

Transformative Series  
A Mindset Booklet

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Excerpts from – *The Power To Thrive: When Surviving Is No Longer Enough*

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**Contact:**

[kimble@drkimblegreene.com](mailto:kimble@drkimblegreene.com)  
[www.drkimblegreene.com](http://www.drkimblegreene.com)

**G.R.A.C.E.**

*The Heart of Humanity*

Kimble Greene, PhD

“I will hold myself to a standard of G.R.A.C.E., not perfection.”

Unknown



**G**race is one of those words that can be interpreted in a number of ways. For many, it holds meaning as a religious sentiment. However, the definition of grace as relevant to my philosophies is, ‘the quality or state of being respectful, compassionate and honorable’. Most important is extending grace to yourself first, after all you cannot give away what you do not already possess.

Specifically, I define grace as:

- G** = generosity-of-spirit
- R** = respect (for self and others)
- A** = authenticity
- C** = consciousness
- E** = empathy

**Generosity-of-Spirit** - The term as well as the concept is elusive. It no longer exclusively pertains to religious beliefs, learned values, or cognitive conceptions. Rather, it’s the holistic experience of the human being, both physical and nonphysical, as well as our connection to Source or universal energetic presence. Spirit is the life force, the essence of your being as well as the essence of all things. Spirit manifests in human beings as divinity, cosmic memory, collective knowing, unconditional love, intuition, creativity, and more. The embodiment of the human spirit is present and active from birth and perhaps conception.

Spirit is the being essence encompassing mind, body, emotions, and soul while simultaneously transcending human experience and linking the individual to universal collective Spirit. “Spirit is the essence of life, the energy of the universe that creates all things. Each one of us is a part of that

spirit—a divine entity. So, the spirit is the higher Self, the eternal being that lives within us” (Living in the Light, Shakti Gawain, 1986).

Spirit is not gifted to us from some external source at later stages of development. We are innately aware of our natural spiritual essence from birth. Our primary purpose here on earth is ultimately of a spiritual nature. Humans possess an innate, natural ability to stand with one foot in physical reality and the other in spiritual experience. We have the ability to travel between these two planes, physical and metaphysical, with ease and ownership.

It’s vital to nurture your spiritual development just as you do your cognitive, physical, and emotional growth. Your human experience is of a holistic nature – mind, body, emotions, and spirit.

We’re not simply human beings or physical/biological forms of life. We are both spiritual and human simultaneously. The Dalai Lama said it wonderfully, “We are not human beings having a spiritual experience, we are spiritual beings having a human experience.” So, be generous in spirit with yourself first and all of life.

**Respect** (for self and others) – Self respect is a given when it comes to healing, growth, wellbeing, and success (personal and/or professional). Knowing this intellectually does not automatically lead to respecting ourselves in thought and action. For example, how often to you think to yourself, ‘I am so stupid’, or ‘What an idiot I am’, or even worse, ‘I hate myself’, and so on.

You’ll recall from previous teachings that everything is energy, including thoughts and feelings. When you consistently think of yourself in derogatory ways, you simultaneously create the energy aligned with that thought or feelings. This then becomes the energy that fuels you. Respectful thoughts and beliefs, about yourself and others, is vital for overall health, wellbeing, and success.

Regarding respect for others, you cannot give away what you do not possess. In other words, if you don’t have \$5, you cannot give away \$5. The same goes for emotions and thoughts. If you do not have respect for yourself, even when you’ve erred, you will be unable to hold and authentically express the energy and emotion of respect for others. Words matter because they become the fuel that underlies how you experience yourself and the world.

Like faith and trust, respect is easier to practice when things are going well. The challenge arises when the going gets tough, personally and as a leader. Recently, I had another opportunity to practice grace in the face of adversity. Did I want to lash out at first? Yes! My feelings were hurt, and my ego bruised. It usually takes about 24 hours for my emotions settle. I’ve learned - the hard way - not to react by making rash decisions or blasting off any crazy-pants emails during that cooling off period. A day later, when the extreme emotions have settled a bit, the choice to respond with grace rises to the surface. The beauty of it is – grace always pays off! So, why do I put myself through the roller coaster of reactions before choosing grace? It’s simple, I’m human and imperfect.

Each of us differs in the time it takes to shift from reaction to response. Reaction is often erratically emotional and sometimes volatile whereas a response is usually mindful and lucid. And for every one of us, grace shows up in its own special way. If time allows refrain from ‘reacting’ and ride out the wave of emotion. When you regain inner balance and composure, the opportunity to ‘respond’ - with grace - will become evident, flowing forth naturally from your heart. Wear your grace.

**Authenticity** – Defined as being, ‘True to one’s own personality, spirit, or character’, it is also the truest expression of who you are at your core. Ralph Waldo Emerson said, “The man is only half himself, the other half is his expression.” When you are engaged in authentic self-expression, you’ve tapped into your internal power and the extraordinary being you already are. You aren’t a human doing – you’re a human being. You aren’t your external activities – you are your inner essence. When you’re focused on doing, controlling, and getting – all outside-in tactics – you’re giving your power away and depleting your natural internal energy sources which diminishes the strength and influence of your authenticity.

Marianne Williamson suggests, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be?” (*A Return To Love*, 1992). This is the essence of authenticity, who you are at your core, your purpose, your passion, and your grace.

Life can throw you off track. By paying too much attention to others’ viewpoints, opinions, and rules, you devalue your authenticity, you confuse yourself to the point of self-doubt and even self-sabotage. While the pressure to succumb external pressures and influences is tempting, it is actually easier and requires much less energy to believe in and live your authentic truth, namely you are whole, you are well, you are intelligent, you are powerful, you are important, you have purpose, and you are enough. The key to creating your most well-lived life is in honoring the amazing being you really are at your core and living your life authentically. It’s choosing showing up in the world authentically which elevates your magnetism, your ability to create, and the power and influence to transform your future and the world.

**Consciousness** - The quality or state of being aware and present: knowledge and understanding that something is happening or exists; being present in mind, body, emotions, and spirit.

Perhaps the most essential aspect of consciousness focuses on your internal space, energy, and state of awareness in preparation for becoming present and attending to both your inner and outer worlds. Not only is consciousness the foundation for connecting outward toward every living thing and the world, it is also more significantly a mechanism for going inward, a pathway for connecting to and revealing your unique essence.

Being conscious of yourself, from the inside-out, is reflected in how you relate to and communicate with yourself as well as the world around you. When you are aware of and connected to your essence and grace as a human-spiritual being your relationship with yourself and others will reflect that. When your view of yourself and/or others is judgmental and devaluing your consciousness is limited, you will not be present beyond your judgement and the underlying fear(s). These limitations will also be reflected in your communication with others and in your overall self-expression and presence in the world.

All too often we derive our awareness of self from external sources such as cultural, familial, professional, or religious expectations. Rules about how and what to feel, what to say, what to do, timelines, goals, milestones, and so forth become our guideposts. What's vital, amidst these external pressures and influences, is to become aware of who you are at your core and how you desire to show up in the world authentically and gracefully. It is within the space of consciousness that you have access to the present and unlimited power within yourself to influence the world around you.

**Empathy** – An awareness of other people's emotions and an effort to understand how they feel or what they may be experiencing. Empathy is an understanding of our shared humanity. It's the ability to see yourself in another person's shoes. Compassion adds another dimension of a desire to help. Without empathy there is no compassion.

Empathy arises when we shift from cognitive or intellectual intelligence (IQ) to heart or emotional intelligence (EQ). We are dual beings: human and spirit - physical and metaphysical. Our human selves are designed and wired for survival. The drive to survive does not, by itself, consider the plight of another – empathy. It is only when we shift from surviving to thriving, from head to heart, from physical to metaphysical that the quality of empathy has potential. Empathy is an integral part of our natural, balanced, and integrated (physical and metaphysical) state of balance and grace.

With empathy, the gentle acceptance of the imperfections in ourselves and others has potential. This is when forgiveness becomes possible. Unlike most, I don't adhere to the conventional definition of forgiveness: The act of excusing a mistake or offense of another. From my perspective, forgiveness is about You, not another person.

Forgiveness is freedom. To be forgiving is for giving yourself the freedom to release the judgmental and critical thoughts you've been holding onto about another person, a situation, or yourself. Forgiveness is not about giving absolution to the wrongdoer or the situation or even yourself. It's about letting go of the negative feelings you've attached to them so you can liberate your mind, body, and spirit from the chains of unsupportive emotion, thought, and energy. This release frees you to move forward and interact empathetically with yourself and the world.

When you shift away from holding onto the anger or judgment you have about yourself or someone who has done you wrong by putting that judgment behind you and replacing it with empathy and forgiveness, you create space within yourself for thoughts, feelings, and energy that supports your future and your goals, you are wearing your grace.

## **Conclusion**

Over the course of my 35+ year career, I've studied the link between grace, imperfection, and real power. At first glance, you might wonder, 'What does imperfection have to do with grace and especially power'? After observing and guiding folks for more than 3 decades, I can tell you without grace you'd be hard-pressed to embrace your own imperfections (not to mention everybody else's) and without that, real power will forever elude you.

It's the inherent imperfections in all life that clarifies the pathway ahead and fortifies our unique ability to evolve and transform. With the influence of empathy, mastery of grace, and the acceptance of imperfection comes real power. In transformational leaders, it is real power that propels them forward into health, balance, influence, and success.

With grace comes the gentle acceptance of imperfection, in ourselves and others. Without imperfection, we'd be sanitized robots. Without imperfection, our destiny would be unclear.

With the mastery of grace and the acceptance of imperfection comes real power. Real Power is the genuine expression of who you are at your core. It's choosing showing up in the world gracefully which elevates your magnetism, your ability to create, and the power and influence to transform your future and the world.





Dr. Kimble Greene has been transforming lives and empowering leaders for 35+ years. She holds a PhD in Psychology and expertise in agency administration, strategic consulting, and personal/leadership development. Kimble is internationally acclaimed for her game-changing approach to personal transformation and evolutionary leadership - *The Monarch Method*<sup>™</sup>. Kimble's globally recognized method along with her groundbreaking philosophies (*The Catalyst Factor*<sup>™</sup>) are a unique blend of psychology, neuroscience, epigenetics, and quantum physics that takes her clients on an enriching journey of self-evolution and empowerment. Kimble's approaches, her expertise, and unassuming style makes her unique work with individuals and leaders transformative. She is the author of several books including the Amazon #1 bestseller - *You Are Not Broken*; *The Power to Thrive: When surviving is no longer enough*; *Powerful Beyond Measure: The pathway to evolutionary leadership*; *One: Embracing Life & Illuminating Your Spirit*; and *The Monarch Method*<sup>™</sup> 6-book series.