

Grace and awakening

The key to spiritual awakening is abandonment, surrender, recognizing our incapacity as individuals to know God through the mind. Other ways of referring to the same thing are: not-knowing and poverty of spirit.

Meister Eckhart, in one of his sermons, speaks about “the poor in spirit” and defines them as those who know nothing, those who are empty. In summary he says that if we become totally empty, God will fill us up immediately as if He could not avoid it. Without that emptiness it is not possible to become conscious of Reality, of God’s presence.

This “emptying” and the consequent “filling” are the two faces of the same coin, they take place simultaneously. From our usual limited point of view, that being inundated by presence is lived as something coming from outside, without our participation, and this is what is usually meant by the word “Grace”.

Although it may seem that the process of surrendering is something that we do, ultimately is also grace. It is God, the only one with real capacity to do anything, who does it in us, and it is for that reason that it is effective.

Everything is Grace.

Pedro Brañas