

# Grace Sessions

Embodying Harmony

Sharing Our Love

Healing Our World

Quarterly listening gatherings for music lovers, healers & all who care

> Music Appreciation to Heal Our Selves, Our Relationships & Our World





## The Grace Sessions



We are providing a special space and a loving process in the Wisocracy World Café

to listen together, reflect deeply, and honor the emotional grace of beloved music.

We will listen first and then gather quarterly in The Grace Sessions

— spaces of music, emotional depth, and meaningful connection.



😕 Embodying Harmony — 🤎 Sharing Love — 🔵 Healing the World

5. Collaborative World

4. Beloved Community

3. Compassion, Understanding, Kindness

2. Being Mindful and Fully Present In the Present Moment

1. Meditation, Peace, Serenity, Balance, Harmony



#### 1. What Is Grace?

Grace comes from the Latin *gratia* (favor, kindness, thankfulness) and the Greek *charis* (a gift freely given).

But grace isn't just a religious idea — It's the capacity to respond with care when the world pushes with force.

It's the uncalculated gesture. The unexpected kindness.

The calm in a storm that has no end.

Grace is not performance or inauthentic compassion.

Grace is what emerges when we return to inner balance.



## 2. Why the World Needs Grace Now

We are living through an age of acceleration and disorder:

- Climate collapse, social fragmentation, economic pressure.
- Lacking wisdom leads to spiritual disorientation.
- Our systems reward speed, dominance, and spectacle.
- People are afraid, reactive, and exhausted.

Grace restores balance, harmony, and equilibrium. It offers a different path: one of attunement, repair, and care.

When we practice grace, we invite others out of panic — to be fully present in the present moment.



### 3. Grace Is a Form of Transformation

Grace is not weakness.

It is the strongest refusal to become what the crisis wants us to be

— disconnected from wisdom and each other, frantic, reactive, offensive, violent.

It says:

- "I will not rush to respond. I will respond with awareness."
- "I will not speak to dominate. I will speak to restore."
- "I will not abandon myself to the chaos. I will hold center."

Grace is how we protect our humanity in an inhumane system.



## 4. The Grace Sessions: An Invitation to Harmony

The Grace Sessions are not scheduled webinars or performances.

They are quiet offerings —

listening experiences, shared reflections, and soul-tuning practices that help us return to **balance and harmony** in a fractured world.

We provide music with emotional wisdom to create a healing space.

You can listen anytime.

Reflect. Pause. Share what arises.

And when people say, "Include me," we can gather quarterly.





- 1. Download the Grace Sessions PowerPoint and share it with your beloved community.
- 2. Listen and enjoy the music posted on our webpage.
- 3. Send us your reflection to post for others to read.
- 4. Gather with us quarterly to enjoy meaningful connection, balance, and harmony.

# Help Us Find the Graceful Ones

The Grace Series gatherings rely on your help in finding people who value this kind of harmony and reflection.

Please share this with family, friends, and colleagues. Invite them to register for our quarterly gathering.

## **Music Appreciation to Heal** Our Selves, Our Relationships & Our World Grace Session Gatherings





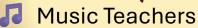


January, April, July & October on Zoom 4th Wednesday, 4 PM ET

Join us in the Wisocracy World Café for a quarterly gathering of deep listening and reflection through music appreciation. Each Grace Session centers around a musical composition that opens the heart and restores inner balance.

#### Together, we will:

- **Listen deeply** to music of emotional and spiritual grace
- Reflect and share in a circle of peace, compassion, and kindness
- **Explore how music** can guide us in healing ourselves, our relationships, and our world



- Music Students
- Music Lovers
- Musicians of All Kinds
- Healers, Reflective Listeners
- Anyone Seeking Inner Balance

You Can Register Here



by Pat Metheny

— a quiet, spacious work of harmonic tenderness





"Learning from the work of Gandhi,
Martin Luther King, Jr. popularized the term "Beloved Community"
first expressed in the early twentieth century by the founder
of the Fellowship of Reconciliation, Josiah Royce.

Dr. King's Beloved Community is a global vision in which love and trust win out over hatred and fear. Cooperation is nurtured through friendly action. Discrimination and intolerance give way to a spirit of inclusion and appreciation. Personal and international disputes dissolve through commitment to nonviolence, peaceful conflict resolution, and reconciliation of adversaries.

The cycle of retributive violence gives way to lasting peace through reconciliation and healing.

Peace with justice prevails over war and military conflict, and poverty, hunger, and homelessness are ended.

The wealth of the Earth is shared. This is the vision of the "Beloved Community" envisioned by Josiah Royce and Martin Luther King, Jr., and millions of their followers today.

Dr. King expressed this type of understanding that goodwill would transform negativity into positivity.

Love would bring about miracles in the hearts of people."

Sandy Hinden – 7 Keys to Love



## "If I Could"

by Pat Metheny, with Lyle Mays on piano, is often quietly revered by fans of their work.

In jazz forums, music blogs, and under YouTube uploads of the track, you will find heartfelt tributes

— people describing it as: "achingly beautiful," "the sound of longing and gentleness combined,"

"music that feels like memory".

The piece, released initially on *First Circle in 1984*, is incredibly intimate.

It's unlike some of Metheny's more rhythmically expansive work

— instead, it feels like a whispered reflection. The soft voicing, the restrained phrasing, the space between notes — it's a kind of musical grace that speaks more than it plays.

#### Why It Stands Out:

#### Harmonic warmth:

Lyle Mays' harmonic sensibility gives the piece an emotional complexity that unfolds slowly.

#### Melodic tenderness:

Metheny's touch on this track is light and vulnerable, almost as if he's cradling the melody.

#### **Emotional maturity:**

It's not flashy. It's not trying to impress. It's just honest.

This track often shows up in curated lists titled something like "Songs That Make You Cry and You Don't Know Why."



## You Can Visit Our Webpage Here



Listen to More Wonderful Music Here



## You Can Communicate With Us Here

Email Sandy Hinden at: <a href="mailto:sanfordhinden@verizon.net">sanfordhinden@verizon.net</a>



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