

Beyond Nursing:

Of Gravity and Grace ...

We all know the meanings of these two words gravity and grace. Dictionary meaning of gravity is pulling force of the earth, weightfulness, heaviness, the state or condition of being grave!! And the word 'Grace' means elegance, balance, grace of God, free and undeserved favour of god, assistance given by God to humans for their regeneration or sanctification. Grace also many other meanings; such as a short prayer as 'say grace before dinner'; 'she looks graceful'.

But what are these words doing here in this column of beyond nursing?

Yes, this time I thought that all of us, the readers of IJNS should contemplate on these two words, because "gravity ties us down and the grace lifts us up".

Gravity is our need; we need to stand firmly on the ground. We can do all worldly functions well when we have a strong balanced position on a strong ground. But there should be a limit to it. Many people spend their entire lives looking for gaining weight (power) to show to the world, because they must have some weight to throw around. In the process they get firmly bound or tied down to their physical material world that grace of the God doesn't touch them. Even the gravity (pull) of the relationships also tie people down so strongly that God's grace may not reach them, they may not be receptive to it.

However, God's grace finds you and is bestowed on you when you are ready to receive it. When you are light, not weighed down by the pull of power, material world and relationships God's grace will find you, you need not even ask for it.

Everybody in this universe wants to be happy and blissful & grace takes you into this permanent state of blissfulness. We can have both gravity as well as grace of God, if we first understand and create the limits of gravity (bindings), try to free ourselves from unnecessary attachments. By doing so we feel lighter and God's grace starts flowing into our lives.

Why not start today, take the first step towards attracting God's Grace.....

- Dr. Usha Ukande