

# Evolution of Grace



*Living Gracefully  
with Yourself, Your Neighbors and Your World*

Cathy Russell, Ph.D.  
September 16, 2009

## **Walk Through Deep Time**

Workshop 12:00 noon, Adams State College Student Life Center located in the Student Union Building

## **DNA and the Tree of Life**

Slide show, talk and discussion. 6:00 pm. Adams State College ES Building room 103

## **About the Facilitator**

Cathy Russell will be facilitating this workshop and talk. She earned her Ph.D. by studying the evolution of bacteria. She now teaches the Epic of Evolution to people of all ages, religions and philosophies. In addition to producing the Epic of Evolution web site, she also hosts the Art of Grace web site.

“I am passionate about promoting the Epic of Evolution because I believe that understanding this story leads to personal and planetary well being. Paul Hawken, author of *Blessed Unrest*, states one of my sentiments so succinctly: ‘We cannot save our planet unless humankind undergoes a widespread spiritual and religious awakening.’ At the heart of this awakening is an inspiring evolutionary worldview and the realization that each of us is a co-creator with the evolutionary impulse.”

*Understand Your Past*  
*Celebrate Your Present*  
*Transform Your Future*

## **Walk Through Deep Time**

In this workshop, you are invited to explore 13.7 billion years of cosmic, biological, and cultural evolution. Walking past tiles signifying major events in the Epic of Evolution, you will experience our creation story as revealed in ever greater detail through the collaborative work of thousands of scientists from all philosophies and faith traditions. While walking through time, people notice several patterns of evolution, including trends toward greater complexity, cooperation, consciousness and compassion.

After walking through the past, participants are invited to remember a moment of grace in their lives when they felt a powerful and joyous connection to something greater than themselves.

From this state of awareness, participants will envision events they would like to see happen in the future (such as universal literacy, renewable and clean energy, universal democracy, clean water for all, end of war, elimination of poverty, elimination of malaria, etc.). Finally, as a group, we will walk into this new future.

## **What DNA Tells Us About the Tree of Life**

Scientists have revealed a Tree of Life that shows what mystics have known for ages: that we are all one, and that diversity is an expression of an underlying unity. For thousands of years and in many cultures, the Tree of Life has been an icon of kinship, a symbol

of life, and a map of creation. This modern Tree of Life is based on the molecular code of life: DNA. Beginning with the origin of life nearly four billion years ago, this tree illustrates how species have changed over time. DNA evidence also shows the often overlooked importance of cooperation in evolution. The Tree of Life celebrates the realization that we are all survivors of billions of years of evolution.

For more information about the Tree of Life, visit [www.epicofevolution.com/treeoflife.html](http://www.epicofevolution.com/treeoflife.html)

## Evolution of Grace

The pinnacle of conscious evolution is living in a state of grace. We are living in the state of grace when we are aware of the unearned blessings of existence, when we rest in the serenity of each moment and when our lives flow effortlessly to create heaven on earth. To live in grace is to unite harmoniously with the powers that continuously create the universe.

While there are many paths to grace, exploring the Epic of Evolution is a solid and direct path built on a foundation that grows stronger with each new paving stone of scientific discovery. The better we understand the power that creates the universe, the better we are able to align with this power, and so, enjoy the state of grace.

The purpose of this workshop and talk on the Evolution of Grace is to help you find ways to live more gracefully with yourself, with others and with the universe.

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For more information, visit:

[www.epicofevolution.com](http://www.epicofevolution.com)

[www.artofgrace.org](http://www.artofgrace.org)

or contact Cathy Russell at

[cathy@lightheartmedia.com](mailto:cathy@lightheartmedia.com)

*“I find the epic of evolution, from the “Hot Big Bang” to Homo sapiens, an illumination of how the Creator God is and has been creating.”*

~ Arthur Peacocke, Biochemist and Priest

*“The stories of evolution have the power to unite all peoples.”*

~ Lynn Margulis and Dorion Sagan

*“I see a science that tells us there is indeed a design to life. And the name of that design is evolution.”*

~ Kenneth Miller, author of *Finding Darwin's God*

*“Nothing in biology makes sense except in the light of evolution.”*

~Theodosius Dobzhansky

*“Someday after we have mastered the winds, the waves, the tides, and gravity, we shall harness . . . the energies of love. Then for the second times in history of the world, man will have discovered fire.”*

~ Teilhard de Chardin, Priest and Paleontologist

*“The order of the universe is toward compassion.”*

~ Rev. Dr. Pete Terpenning