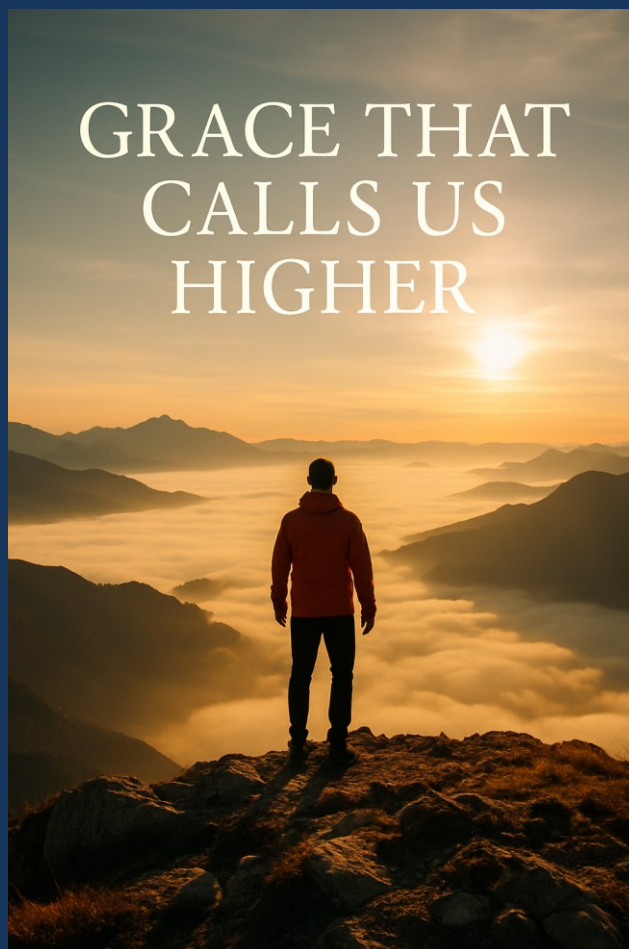


# Grace that Calls Us Higher



*Dr. Jeffrey E. Hansen, Ph.D.*

Grace and the Work God Still Does in Us

## Grace...

It is one of the most beautiful words in the human vocabulary, but we toss it around without really feeling the weight of what it means. We talk about grace as if it were casual, something light, something soft. But real grace is fierce. Real grace confronts us. Real grace exposes what is still unfinished within us. We think of God's grace toward us and that is a breathtaking thing. His grace always leads us to the cross. His grace pulls us into redemption. His grace heals what we cannot heal on our own.

But then comes the harder truth. After we meet Him at His cross, we are not meant to use grace as an excuse or a shield for our old patterns. We are meant to live into greater grace. To embody what we have received. To extend the grace of Christ to others in the same way He has extended it to us. And that part is much harder than the poetry of it.

Because lately I have realized that grace has been asking something from me that I have not wanted to face.

I have been in conflict at work. I have been carrying a lot at once. The death of my brother Gregg. His long and quiet drifting away before he passed. The tragic nature of it. The unresolved pain of not hearing his voice in that long stretch before the end. And then, at the same time, the accusations at Madigan. The claims that I had defrauded the government, which were resolved but came like a blow when I was already grieving. The timing of all of it left me struggling. Old wounds resurfaced. Old voices whispered again. Old patterns came back online.

Then I stepped deeper into Holdfast and AnchorPoint surrounded by good people, sincere people, honest people, and yet the ache to matter still pulled at me. That hunger to be seen. That inner pressure that says your value is in your achievement. When Gregg stopped speaking, even though it was not rejection, even though he was losing his footing and falling inside his own storm, something in me absorbed it like a verdict. That silence carved a heavy mark on my soul. It echoed childhood wounds that had once convinced me I did not matter. Those old survival strategies rose again. The overachieving that became my weapon. The internal pile driver that pushed pain underground. The cruise missile approach to stress. The strategies that looked like competence but were actually fortresses built around fear.



Twenty years ago, when everything fell apart, I believed God had dealt with those wounds. And He did, at that stage. His healing though is not a single moment. His healing is multi staged. You reach one altitude and you cruise there for awhile. Maybe twenty thousand feet. Maybe thirty thousand. Then God says that altitude is not enough, my child. We are going higher. And the turbulence begins again.

The Madigan situation and my brother's death shook free what I thought had been healed. My old patterns resurfaced at work. My need to matter returned. My need to be seen rose to the surface. My ego wrapped itself around my identity again. And God whispered the word that I had forgotten. Grace.

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Grace told me to show grace to my bosses. To Tim my boss. To Seth who is now President. To the leaders around me. Grace told me conflict is no longer about winning. It is no longer about being right. It is no longer about proving anything or being seen or being admired. Those are wounds from another time. They have no place in the life God has called me to now. God told me to lay it all at the cross. To surrender the need to fight. To give Him the space to solve the conflict. He told me that my ego was too loud and that my soul needed to be quiet so His work could continue.

And this is where NeuroFaith® comes in.  
My own framework.  
My own work.  
My own teaching.

NeuroFaith® has always been about the intersection of neuroscience and the spiritual journey. It is the place where polyvagal truth meets heart healing. It is the place where early trauma patterns meet the grace of God. It is the place where HeartMath® coherence becomes a way of restoring the inner world so the soul can hear clearly again. NeuroFaith® says that what happens in us biologically and what happens in us spiritually are never separate. The nervous system holds stories. The soul holds deeper ones. And God works in both.

NeuroFaith® says we are not to export our wounds into our relationships and workplaces. We export the healed place. We export coherence. We export compassion. We export humility shaped by grace. But to do that, we must be willing to see the parts of us that still carry old pain. We must let the Holy Spirit breathe into the places where our identity is still tangled in old messages. We must let God draw us upward to higher altitudes of healing so that what we export to others is different than what we once exported from our wounds.

And I would not have seen any of this without wise counsel. Without my family, especially my soulmate Leah. Without friends who let me be messy without judgment. Without Pastor Earl who quietly listens while I vent and then drops small but seismic words that reorient my heart. He reminded me that the God who began a good work in me will continue that work. He began it twenty years ago when I fell apart on every level. He stabilized me. He let me fly at a new altitude for a long time. And now He is drawing me higher.

Grace is not simple. Grace is not soft. Grace is not passive. Grace is strength through surrender. Grace is identity under the cross rather than performance under pressure. Grace is choosing peace when the old wounds want you to fight. And real grace demands that I extend to others what I have received from Christ.

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Grace calls me higher.  
Grace calls me deeper.  
Grace calls me to release the old patterns and the old ego.  
Grace calls me to live the very things I teach in NeuroFaith®.  
Grace calls me to export something new.

And in the middle of all that, God is teaching me to breathe again.

This is what grace does. It rewires the nervous system. It rewrites the story. It rescues us from the tyranny of old patterns and reintroduces us to the truth of who we are in Christ. I am not done learning, and neither are you. But the God who carried me through collapse twenty years ago is the same God who is carrying me now. He takes us from altitude to altitude, healing layer by layer, until what we export into the world is no longer pain but peace. That is the journey. That is the calling. That is grace.



And if God is doing this work in me, then my prayer is that you, dear friend, will let Him do it in you too. When He calls you higher, trust Him. When He whispers that it is time to rise, pull back the yoke and let your soul climb. There are altitudes of healing and freedom that you have not yet seen. There are heavens He wants to show you, places of peace and clarity that only become visible when you let Him lift you above the old storms. Let Him take you there. Let grace carry you.

Philippians 1.6

*"He who began a good work in you will carry it on to completion until the day of Christ Jesus."*

Isaiah 40.31

*"But those who hope in the Lord will renew their strength. They will soar on wings like eagles. They will run and not grow weary. They will walk and not be faint."*