



Book

WORK

BY
INTHIRANI

Arul

THE PULSE OF GRACE

A 28-Day Journey of Presence, Patience, Prayer, and Practice

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Seeing beyond limitation: Presence begins when you stop trying to fix or force life into shape. It's the still point where grace enters. Presence asks you to put down your striving and simply meet the moment as it is.

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Trusting divine timing: Patience isn't waiting—it's trusting. It is the space between effort and grace where the unseen is still working on your behalf.

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Aligning with grace: Prayer is the moment your human heart remembers its divine origin. It's less about words and more about resonance—a frequency of surrender that connects you to love itself.

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Turning intention into embodiment: Practice is devotion in motion. It is how love takes form—through action, consistency, and care. Every act of kindness, every patient moment, every choice to show up again is a thread in love's tapestry.

05 → THE 28-DAY PULSE OF GRACE JOURNEY

A self-guided challenge where each week focuses on one pillar per week.

WELCOME

"Grace is not something you wait for—it's something you live." - Inthirani Arul



This workbook is your invitation to slow down and meet life as it is.

Each page is designed to guide you back into presence, patience, prayer, and practice – the four threads that form the Pulse of Grace.

You'll learn to listen beyond sound, see beyond sight, and act beyond fear.

This is not a workbook to complete; it is a rhythm to live.

Over the next four weeks, you'll be invited to explore four living principles:

Presence. Patience. Prayer. Practice.

Each one is a doorway to a deeper way of being:

- Presence helps you see beyond limitation and meet life as it is.
- Patience teaches you to trust divine timing and release control.
- Prayer aligns your will with grace, awakening inner peace.
- Practice turns intention into embodiment, weaving love into motion.

As you move through these reflections, you'll learn how to transform ordinary moments into sacred expressions of love. This isn't just a workbook—it's a spiritual rhythm, a daily alignment, a return to grace.



ABOUT ME

I'm Inthirani Arul – a lifelong caregiver, counselor, and believer in the quiet miracles that happen when we meet life with love. For more than three decades, I've walked beside individuals and families, learning that service is not just what we do – it's who we become.

My journey with my beloved Guruji, Mahendra Kumar Trivedi, awakened me to the truth that grace is not outside us; it lives in every act of presence, patience, prayer, and practice.

My hope is, that by the time you complete this workbook, you will walk away with:

- A renewed sense of peace and spiritual clarity
- The ability to listen deeply—to yourself, to others, and to grace
- A greater trust in divine timing and your soul's path
- A living practice that turns every act of care into worship
- And above all, an embodied knowing that love builds worlds

So take a breath. Slow down. Let this be your sacred pause. Every page is an invitation to listen—to grace, to stillness, to the divine heartbeat within you.



Email: inthirani@inthirani.com



PILLAR ONE

Presence

SEEING BEYOND LIMITATION

Presence begins when you stop trying to fix or force life into shape. It's the still point where grace enters. Presence asks you to put down your striving and simply meet the moment as it is.

REFLECTION PROMPTS:

1. When was the last time I felt truly present with someone or something?
2. What distractions pull me away from this moment most often?
3. How can I listen beyond words today?

EMBODIMENT EXERCISE

Spend five minutes sitting in silence with your hand over your heart. Feel your heart beat. Repeat softly: “[insert Inthirani’s prayer].”



PILLAR TWO

Patience

TRUSTING DIVINE TIMING

Patience isn't waiting—it's trusting. It is the space between effort and grace where the unseen is still working on your behalf.

REFLECTION PROMPTS:

1. Where in my life am I trying to rush the process?
2. What would it feel like to rest in divine timing instead of controlling the outcome?
3. What has waiting taught me in the past?

EMBODIMENT EXERCISE

Choose one area where you feel impatient. Write a letter to God, expressing gratitude in advance for all that is unfolding at the right time with Grace in that area.



PILLAR THREE

Prayer

ALIGNING WITH GRACE

Prayer is the moment your human heart remembers its divine origin. It's less about words and more about resonance—a frequency of surrender that connects you to love itself.

REFLECTION PROMPTS:

1. Where in my life am I trying to rush the process?
2. What would it feel like to rest in divine timing instead of controlling the outcome?
3. What has waiting taught me in the past?

EMBODIMENT EXERCISE

Light a candle or sit by natural light. Speak a simple prayer:
“May I be guided by your grace. May I see through love’s eyes.”



PILLAR FOUR

Practice

TURNING INTENTION INTO EMBODIMENT

Practice (the implementation of the first 3 principles) is devotion in motion. It is how love takes form—through action, consistency, and care. Every act of kindness, every patient moment, every choice to show up again is a thread in love’s design.

REFLECTION PROMPTS:

1. What small acts can I repeat daily to live my faith?
2. Where in my life am I being invited to practice instead of perfect?
3. How can I bring grace into the ordinary moments of my day?

EMBODIMENT EXERCISE

Choose one action today—listening deeply, speaking kindly, or serving quietly—and dedicate it as an offering to grace.

28 *Day*

JOURNALING GUIDE

A DAILY SELF GUIDED
IMPLEMENTATION OF
PRESENCE, PATIENCE,
PRAYER, AND PRACTICE



*"The Pulse of Grace is the
heartbeat of my Devotion, each
beat a conversation between
the human and the Divine."*

- Inthirani



Welcome to The Pulse of Grace Journal, a sacred space created to help you slow down, listen deeply, and reconnect with the quiet rhythm of divine love that moves through all things. This journal is a sanctuary for your reflections, prayers, and moments of awakening — a companion on your journey toward presence, peace, and spiritual alignment.

For me, grace has always been more than a concept; it is a living pulse — the steady heartbeat of the Divine guiding, holding, and shaping our lives in ways we often can't yet see. Through my own path of caregiving, loss, healing, and divine guidance, I've learned that every act of care, every pause for stillness, and every breath of patience can become a sacred conversation with the God of your understanding.

This journal is designed to help you experience that same truth for yourself. Within these pages, you will explore the four living principles that form The Pulse of Grace:

How to Use this Journal

- Begin each day with stillness — take a breath, whisper “I am here. Grace is here,” and invite divine presence.
- Read the day's intention and let it guide your thoughts, actions, and attitude.
- Reflect in the morning, midday, and evening to stay connected to grace throughout your day.
- Write freely and honestly — this journal is your sacred conversation with God.
- Focus on one pillar each day — Presence, Patience, Prayer, or Practice — and embody it in small, intentional ways.
- Treat each reflection prompt as a doorway to divine insight, not a task to complete.
- If you miss a day, return gently; grace flows beyond time and order.
- End each week by noting one truth or blessing that grace revealed to you.
- Let this journal become your rhythm — a daily alignment of your heart with divine love.

Each reflection, question, and quiet moment you record here becomes a way of tuning into the Divine that already lives within you.

You'll begin to see that love is not something we wait to feel — it is something we practice until it becomes the language of our lives.

May this journal be your daily pause.

May it remind you to breathe, to listen, and to trust the unseen movement of grace.

And may you walk away from this experience with a heart more open, a spirit more peaceful, and a deeper knowing that love truly builds worlds.

With grace,
Inthirani

Living the Pulse of Grace

A daily invitation to walk with God through Presence, Patience, Prayer, and Practice.

The Pulse of Grace is not something you strive for — it's something you remember and surrender to. It's the rhythm already pulsing within your soul, guiding you to listen more deeply, trust more fully, and serve more tenderly.

Each of the four pillars is a pathway to living in divine flow — a way to align your daily actions and attitude with the love of God moving through you. When embodied, they become a living prayer — turning the ordinary moments of your life into sacred encounters with grace.

Take a few moments each morning to open your heart with one simple request:

“

“God, let me be led by Your grace today.”

Then choose one pillar to embody — Presence, Patience, Prayer, or Practice — and let it shape the way you listen, speak, move, and serve.

PRESENCE — “I AM HERE.”

Presence is the first conversation between your soul and God. It's where you stop rushing, stop performing, and simply arrive.

When you are present, you are not trying to make something happen — you are allowing what already is to reveal its sacredness.

Live it through:

- Listening without interrupting.
- Noticing beauty in the ordinary.
- Pausing before reacting.
- Offering full attention to whomever stands before you.

Whisper this prayer:

“God, awaken my senses to Your presence in this moment. Let me see through Your eyes and love through Your heart.”

Living the Pulse of Grace

A daily invitation to walk with God through Presence, Patience, Prayer, and Practice.

PATIENCE — “GRACE UNFOLDS IN PERFECT TIME.”

Patience is the quiet trust that divine order is always at work. It is not stillness born of fear — it is rest born of faith.

When you choose patience, you choose to move with God’s rhythm, not ahead of it.

Live it through:

- Breathing when things don’t go as planned.
- Trusting that delays carry purpose.
- Releasing the need to control outcomes.
- Offering the same patience to yourself that God offers you daily.

Whisper this prayer:

“God, help me trust Your timing even when I don’t understand Your plan. Teach me to wait with hope, knowing You are never late.”

PRAYER — “MY WORDS ALIGN WITH LOVE.”

Prayer is your constant communion with grace — the bridge between your heart and the Divine. It’s not confined to words spoken on your knees; it’s a frequency you live in every breath. When your words, thoughts, and silence come from love, your life itself becomes prayer.

Live it through:

- Speaking peace before correction.
- Turning worries into whispered prayers.
- Thanking God throughout the day, even for the unseen.
- Listening after you pray, trusting the answer may come as stillness.

Whisper this prayer:

“God, align my heart with Yours. Let my words be blessings and my silence be worship.”

Living the Pulse of Grace

A daily invitation to walk with God through Presence, Patience, Prayer, and Practice.

PRACTICE — “I EMBODY GRACE THROUGH ACTION.”

Practice is devotion in motion. It’s how love takes form — through action, consistency, and care. When you live with intention, every act becomes sacred. The goal is not perfection, but **implementation** — allowing grace to move through your hands, your words, and your daily choices.

Live it through:

- Doing one thing with full love and attention.
- Serving others quietly, without expectation.
- Bringing beauty and care to the smallest tasks.
- Living what you pray — not just speaking it.

Whisper this prayer:

*“God, let my actions become a reflection of Your grace.
May my service be worship and my life a living prayer.”*

DAILY EMBODIMENT PRACTICE

At the start of each day:

1. Pause — Take three deep breaths.
2. Choose — Select the pillar that feels most alive or needed today.
3. Pray — Whisper a short prayer of alignment.
4. Live — Let every decision, word, and action flow from that intention.

At the end of each day, gently ask yourself:

“Where did I see God in my day?”
“How did grace move through me?”

You’ll begin to notice the rhythm — the sacred pulse — weaving through your hours, your heart, your service, and your stillness.

DAILY JOURNALING GUIDE

Each day, choose one pillar to embody. Let it guide your thoughts, your speech, and your energy. This is not about perfection — it's about allowing the God of your understanding to lead you in the ordinary moments where grace becomes visible.

DAY () — (PILLARS OF GRACE: PRESENCE, PATIENCE, PRAYER, OR PRACTICE)

Daily Intention:

(Write your personal intention for today — one simple sentence that centers your heart in grace.) Example: "I will meet this day with calm awareness."

Morning Reflection — The Pulse of Beginning

"Grace meets me in this moment."

Take a few quiet breaths. Before writing, close your eyes and ask:

"What is grace inviting me to notice today?"

Prompt:

- What do I feel in this present moment?
- What am I grateful for as this day begins?

How can I embody the pillars of Grace — Presence, Patience, Prayer, or Practice — in my actions and attitude today?

DAILY JOURNALING GUIDE

Midday Moment — The Pause of Awareness

“In stillness, I return to the rhythm of grace.”

Prompt:

- *What is unfolding in my day right now?*
- *Where have I seen or felt grace since this morning?*
- *Is there a moment where I can pause and listen more deeply?*

Grace Practice:

Write one simple action you can take this afternoon to honor your chosen pillar of Grace for today.

Example: “Speak gently,” “Listen without interrupting,” “Rest for five minutes,” or “Offer kindness.”

DAILY JOURNALING GUIDE

Evening Reflection — The Pulse of Completion

“Love was here all along.”

As the day comes to a close, look back gently — without judgment.

Prompt:

- *Where did I feel most connected to love today?*
- *What challenged my patience or faith, and what did it teach me?*
- *What am I releasing into grace tonight?*

Closing Gratitude:

Write three things that reminded you of Divine love today.

THE PULSE OF GRACE MINI COURSE

A 4-WEEK JOURNEY TO LIVING
PRESENCE, PATIENCE, PRAYER, AND PRACTICE

What if your daily life could become a living prayer?

You don't need to escape your world to find peace — you simply need to learn how to meet it differently.

The Pulse of Grace Mini Course is a 4-week journey to help you align your inner rhythm with the Divine one already guiding your path. Through gentle teachings, reflective practices, and moments of sacred stillness, you'll rediscover how presence, patience, prayer, and practice can bring clarity, peace, and purpose to every part of your life.

This is not another self-help course.

It's a guided return — to your spirit, your calling, and the grace that's been whispering to you all along.

You'll Learn How To:

- Cultivate deep presence so you can meet life as it is — not as you wish it to be.
- Trust divine timing instead of forcing outcomes.
- Turn communication into communion — through prayer that feels alive and real.
- Transform intention into embodiment — so love becomes your natural way of being.

By the end of four weeks, you'll have a living spiritual rhythm — your own Pulse of Grace — to carry into every conversation, challenge, and act of service.

Learn more: www.inthirani.com/grace





Experiencing Inthirani was very profound. She brought such passion and enthusiasm in her teachings. I could connect to her vulnerability, her professionalism and ambition. Hearing her story, the obstacles she faced and how she was able to overcome her challenges inspired me. Inthirani has a nurturing spirit in which she brings you into her arms and guides you to accomplish your own goals to live a more fulfilling life.

Elena Cordero, Arms Pahrump Photography

TESTIMONIALS



Inthirani Arul is an absolutely spectacular speaker. I got the opportunity to hear her speak a couple weeks ago and she completely inspired me. She filled me with hope because no matter the challenges or obstacles we encounter on our journey through life we can learn from them. She taught us how to be the best version of ourselves that we can be and how we can truly become the great leaders that we are destined to be. Watching her speak with a passionate heart and enthusiastic spirit truly fuelled my own personal fire to go out and be the best me I can be. I can say for certain that this will not be the last time I will hear her speak. She is a wonderful giving person. I am proud to call her my friend, my role model and my inspiration. She helped me find the greatness within me and she will defiantly help you find the greatness within yourself.

Sarah-Elizabeth Hyde

A portrait of Inthirani Arul, a woman with long dark hair, smiling warmly. She is wearing a bright yellow zip-up jacket over a colorful patterned scarf. Her hands are clasped in front of her, and she is wearing a gold bracelet and rings. The background is a plain, light-colored wall.

*Patience is not waiting for
something to happen; it's trusting
that grace is already at work.*

-Inthirani Arul

THANK YOU

www.inthirani.com/grace