



Gracious Balance

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April 2010

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.”

~Martha Graham



Painting by Francene Hart

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EMF Balancing Technique®: Phase XIII is here!

Phase XIII: The Way of the Evolutionary

The circle is complete. This new and final session can be experienced as an introduction to the EMF Balancing Technique® or as the culmination and review of Phases I – XIII.

It is a way to consciously direct your energy to create the life of your choice. The Lattice Logic understandings provide a lifestyle, a method of reasoning for you to experience what it means to think with your heart and feel with your mind as you direct your own energy. This session can be delivered to an individual co-creator or to a group of co-creators. It is a quick and direct way of touching a deep and profound space inside of yourself where you have greater clarity and focus. The Logic of the Lattice supports you in bringing out your inner wisdom during the session; And here is the best part – the support continues after the session! It goes with you because it IS you.

After receiving a Phase XIII session, you, the co-creator may choose to continue either with Phase I, Phase V or Phase IX. It is important to commit to the chosen group of Phases and follow through before changing to another group of sessions.

Call to find out more, or to book an individual session, or group session. I would be happy to provide your group with a 2 hour seminar which would include a Phase XIII session.



Mudras for Health: a lesser known part of the practice of yoga

Mudras, or hand positions in Yoga have been in use in the East for thousands of years. They have been, and still are used as a spiritual practice as a way on the path to enlightenment. However, they're also used for physical ailments,

To use a mudra, hold it for at least a couple of minutes, and it is usually more effective to do them longer. Start at 10 minutes and work up to as much as 45 minutes. You might spread that time over the day, but you could also make it a part of your meditation practice. Hold the finger-positions with both hands at the same time. This will have a more powerful effect than doing it with just one hand. Fingers should remain comfortable during the procedure and not held stiffly or tight. There are many mudras to try. Search online for more information.

Here are 3 mudras to try:

Gyan Mudra (Mudra of Knowledge):



Specialty: As it is a mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.

Benefits:

- Increases memory power and sharpens the brain
- Enhances concentration and prevents Insomnia
- Benefits psychological disorders like Mental, Hysteria, Anger and Depression

Surya Mudra (Mudra of Sun):

Specialty:

It sharpens the center in thyroid gland.

Benefits:

- It reduces cholesterol in body and helps in reducing weight
- It reduces anxiety
- It corrects indigestion problems



Prana Mudra (Mudra of Life):



Specialty:

As it is the mudra of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

Benefits:

- It improves immunity
- Improves the power of eyes and reduces eye related diseases
- It removes vitamin deficiency and fatigue



Kirael on Tiger Woods

Yes. Tiger Woods has spent most of his young life and adulthood practicing and playing golf from the fourth dimension. That's why he's so enthralled with playing the game. Watch his eyes when he's playing golf. He's all fourth-dimensional. He reached the point where he was able to look back at the third dimension. When he did, he saw that he was failing that journey. So he went backwards into that third-dimensional portal and got into the sex scandal.

He chose a difficult journey, but he will come out of it quickly, the hard way, having learned something; and he'll be better for it. He knows that he has to stop what he's been doing and get back to what he wants to accomplish. Let him do his journey. His sponsors will come back begging to get into his journey. He is the best at what he does. He'll come out of this thing as the most powerful golfer ever to live on this planet. Until you get to the fourth dimension, no one will come close to him. Whoever gets him as a mate—his current wife or someone else—will get a fourth-dimensional being in a third-dimensional body process. <http://kirael.com>



The Coming of the Kingdom of Shambhala

Joanna Macy recounts the ancient **Tibetan prophesy of the coming of the Kingdom of Shambhala**.

"Tell me, Choegyal Rinpoche, about the coming of the Kingdom of Shambhala." Among the Tibetans I had been hearing referenced to this ancient prophesy, and conjectures that, after twelve centuries, it was coming true in our time. "Can you please tell me in your own words?" I asked.

And slowly, with pauses to reflect, he did. Watching his face, I listened to every word. I was arrested by his description of the Shambhala warrior, for this was clearly a metaphor for the bodhisattva - the hero figure that had so caught my attention in my studies of Mahayana Buddhism. Later in my room by the gully, I wrote down what he said.

"There comes a time when all life on earth is in danger. Barbarian powers have arisen. Although they waste their wealth in preparation to annihilate each other, they have much in common: weapons of unfathomable devastation and technologies that lay waste the world. It is now, when the future of all beings hangs by the frailest of threads, that the kingdom of Shambhala emerges. "You cannot go there, for it is not a place. It exists in the hearts and minds of the Shambhala warriors. But you cannot recognize a Shambhala warrior by sight, for there is no uniform or insignia, there are no banners. And there are no barricades from which to threaten the enemy, for the Shambhala warriors have no land of their own. Always they move on the terrain of the barbarians themselves. Now comes the time when great courage is required of the Shambhala warriors, moral and physical courage. For they must go into the very heart of the barbarian power and dismantle the weapons. To remove these weapons, in every sense of the word, they must go into the corridors of power where the decisions are made.

"The Shambhala warriors know they can do this because the weapons are manomaya, mind-made. This is very important to remember, Joanna. These weapons are made by the human mind! So they can be unmade by the human mind! The Shambhala warriors know that the dangers that threaten life on Earth do not come from evil deities or extraterrestrial powers. They arise from our own choices and relationships. So, now, the Shambhala warrior must go into training.

"How do they train?" I asked. "They train in the use of two weapons." That is the word he used - weapons. "What are they? I asked. And he held up his hands the way the lamas hold the ritual objects of dorje and bell, as they dance. "The weapons are compassion and insight. Both are necessary. We need this first one," he said, lifting his right hand, "because it provides us the fuel, it moves us out to act on behalf of other beings. But by itself it can burn us out. So we need the second as well, which is insight into the dependent co-arising of all things. It lets us see that the battle is not between good people and bad people, for the line between good and evil runs through every human heart. We realize that we are interconnected, as in a web, and that each act with pure motivation affects the entire web, bringing consequences we cannot measure or even see. "But insight alone," he said, "can seem too cool to keep us going. So we need as well the heat of compassion, our openness to the world's pain. Both weapons or tools are necessary to the Shambhala warrior."

This article is from Joanna Macy's Widening Circles Memoirs, published in the Timeline/Jan/Feb issue. Timeline is published by the Foundation of Global Community <http://www.globalcommunity.org/index.shtml>



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"In the Energy of Love"

www.graciousbalance.com

EMF Balancing Technique®

Transform your life!

- Deepen energetic connections to the Earth & your Infinite Self.
- Honour and acknowledge your sacredness
- Experience profound peace filled self-empowerment
- Integrate body, mind, emotion and Spirit gracefully
- Organize your infinite consciousness which is expanding

Upcoming Events

Reiki Trainings

Reiki I - \$150

May 1 in Waterloo

May 8 in Toronto

Reiki II - \$200

May 2 in Waterloo

May 15 in Toronto

Reiki Master Practitioner

April 27/10 in Waterloo - \$250

Reiki Master Teacher:

A two-day course: by request

Trainings include certification, instruction, manuals, and practical application.

EMF Balancing Technique®

Practitioner Training

Phases V-VIII

"Practice of Mastery"

Toronto

Coming again in July

Practitioner Training

"Freedom in the Energy of Love"

Phases IX-XII

Coming in August

[See the website for pricing.](#)

Kryon Summer Light Conference



June 18, 19, 20

Presenters

Lee Carroll & Kryon

Peggy Phoenix Dubro (developer of EMF Balancing Technique)

Bruce H. Lipton (author of *The Biology of Belief*)

Robert Coxon (musician and channeler)

Dr. Todd Ovokaitys (renown physician, researcher and toner)

William Jones (crystal bowl musician)

Come and enjoy beautiful Sedona, Az. & an inspiring conference

Maybe I will see you there!

<http://www.kryon.com/seminar%20images/sedona2010/SED2010.html>