



# Gracious Balance

Marianne Esther Zinn

April 2013

## Time is in the Mind

Time is in the mind, space is in the mind. The law of cause and effect is also a way of thinking. In reality all is here and now and all is one. Multiplicity and diversity are in the mind only.

The mind craves for formulations and definitions, always eager to squeeze reality into a verbal shape.

A quiet mind is all you need. All else will happen rightly, once your mind is quiet. As the sun on rising makes the world active, so does self-awareness affect changes in the mind. In the light of calm and steady self-awareness inner energies wake up and work miracles without effort on your part.

The mind covers up reality, without knowing it. To know the nature of the mind, you need intelligence, the capacity to look at the mind in silent and dispassionate awareness.

Awareness is ever there. It need not be realized. Open the shutter of the mind, and it will be flooded with light.

There is nothing to practice. To know yourself, be yourself. To be yourself, stop imagining yourself to be this or that. Just be. Let your true nature emerge. Don't disturb your mind with seeking.

Look at your mind dispassionately; this is enough to calm it. When it is quiet, you can go beyond it. Do not keep it busy all the time. Stop it - and just be. If you give it a rest, it will settle down and recover its purity and strength. Constant thinking makes it decay.

The unchangeable can only be realized in silence. Once realised, it will deeply affect the changeable, itself remaining unaffected.

This attitude of silent observation is the very foundation of yoga. You see the picture, but you are not the picture.

To locate a thing you need space, to place an event you need time; but the timeless and spaceless defies handling. It makes everything perceivable, yet itself is beyond perception. The mind cannot know what is beyond the mind, but the mind is known by what is beyond it.

You are not in the body, the body is in you! The mind is in you. They happen to you. They are there because you find them interesting.

Nisargadatta Maharaju

### Inside this issue:

*PanEuRhythmy* 2

*Chaldean Numerology* 3

*Quantum Healing Day* 4

*My Sweet Crushed Angel by Hafiz* 5

*Quotation by Baird T. Spalding* 5

*Upcoming Events* 6





## PanEuRhythm

I discovered a sacred dance which feels like prayer in motion called PanEuRhythm. It is so very beautiful. It can be danced alone, but is intended to be danced in company. It is done in a circle, to prescribed movements, music, and intentions.

PAN: all embracing, cosmic

EU: grace, the essence, that from which everything emerges

RHYTHM: a universal principle of periodicity

“Paneurhythm is a vast science which in the future will be studied and its knowledge fully applied to the implementation of the Great Law, i.e. to protect peace and harmony inhuman souls. If you dance the Paneurhythm correctly, the positive forces of Nature will flow through you and connect you with one another, and connect all of you with the unbounded Cosmic Circle of Great Beings.” ~ Beinsa Douno, originator of Paneurhythm

Check out videos of the annual gathering of dancers at Rila Mountain Bulgaria. It will make your heart sing.

Here is a 3 minute video which will give you an idea of Paneurhythm.

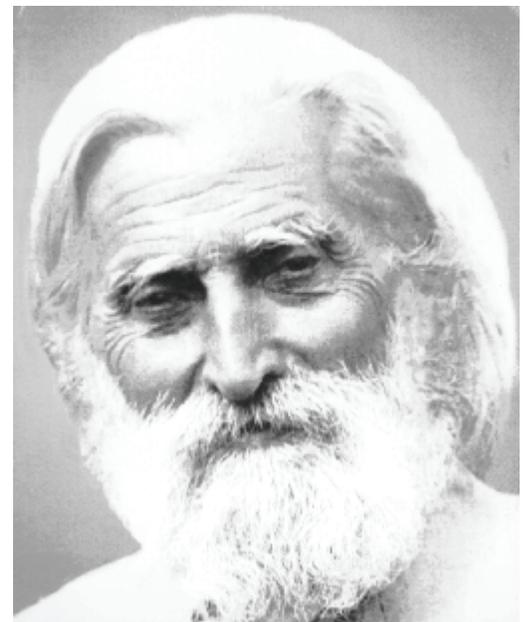
<http://www.youtube.com/watch?v=nXTIPnDbx70>

This video is over an hour long, but it explains the whole thing, philosophy and all.

<http://www.youtube.com/watch?v=PMtx-bIOSbU>



Dancing Paneurhythm



Deinsa Douno 1864-1944



## Chaldean Numerology Revealing your God Code or Foundational Blueprint with numbers

I recently had a Chaldean numerology reading done by Joanne Justis. She was really amazing! My goal for the reading was to determine if the energy of my name was better being Marianne Esther Zinn-Kuwabara, or if it would be preferable to return to my birth name of Marianne Esther Zinn. The answer was definitive, and so I am reverting back to my birth name. I have been very busy changing everything over.

The Chaldeans were the first to recognize that all things are energy and connect sounds to vibrations, vibrations to numbers, and numbers to letters. Highly spiritual in nature, this system is an original in the numbers game and was the first to connect the original meanings of the letters to name analysis. It looks beyond your name to the individual letter energies and what they mean to you, and beyond your date of birth to the specific vibrations of your Lifepath, or what you are here to do, be, or learn. (*Lagan, Heather Alicia*)

Here is a quick chart to explain the differences between the two styles of numerology. Notice in Western numerology, the numbers are assigned according to placement in the alphabet, and in Chaldean numerology, the numbers are assigned according to the resonance of the language of the ancient Sumarians from over 4,000 years ago. I thought it made so much sense to assign numbers by resonance rather than position. Also notice the number 9 is treated differently.

**Modern (Western) Alphabet/Number Assignment**  
Assignment of Numbers 1 - 9

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

**Original Sacred Alphabet**  
Numerical Values with Letters Assigned

1	2	3	4	5	6	7	8
(A) aleph	(B) beth	(C) chaf	(D) daleth	<del>(E)</del> Not Original	(U) vau	(O) ayin	<del>(F)</del> Not Original
(I) yod	(K) kaph	(G) gimel	(M) mem	(H) he	(V) vau	(Z) zain	(P) pe
<del>(J)</del> Not Original	(R) resh	(L) lamed	(T) teth	(N) nun	<del>(W)</del> Not Original		
(Q) qoph		(S) semakh		(X) tzaddi			
(Y) yod							



## Quantum Healing Day

See me at Quantum Healing Day. This is a really interesting and informative community event. Don't miss it if you live in the Kitchener-Waterloo area.



25+ Different Modalities & Products plus Speakers' Corner

Learn! Sample! Explore!

Access Bars, Angel Readings, Crystals,

Reiki, Mediumship, Quantum Wave,

"Encarting", Therapeutic Touch, Tuning

Forks, Yoga, and more!

Admission \$2.00

Draw for Door Prize

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



2631 Kingsway Drive, Kitchener 519 894-0810

"Unity Kitchener does not endorse, nor is liable for the practices of any practitioner/ vendor at the Quantum Healing Day. Such liability rests solely with the person/organization offering the product and/or services."



## My Sweet Crushed Angel

You have not danced so badly, my dear,  
Trying to hold hands with the Beautiful One.

You have waltzed with great style,  
My sweet, crushed angel,  
To have ever neared God's Heart at all.

Our Partner is notoriously difficult to follow, And  
even His best musicians are not always easy To hear.

So what if the music has stopped for a while.

So what  
If the price of admission to the Divine  
Is out of reach tonight.

So what, my dear,  
If you do not have the ante to gamble for Real Love.

The mind and body are famous  
For holding the heart ransom,  
But Hafiz knows the Beloved's eternal habits.

Have patience,  
For He will not be able to resist your longing For  
long.

You have not danced so badly, my dear,  
Trying to kiss the Beautiful One.

You have actually waltzed with tremendous style, O my  
sweet, Oh my sweet, crushed angel.

~ Hafiz ~



## Quotation” Baird T. Spalding From “Life and Teaching of the Masters of the Far East”

*To love is to release God’s unlimited storehouse of golden treasure. If we love, we cannot help giving, and to give is to gain, and the law of love is fulfilled*



Gracious Balance

556 Royal Beech Court, Waterloo  
&  
404-80 Charles St. E., Toronto

Waterloo : 519-886-0035

Toronto: 647-439-3852

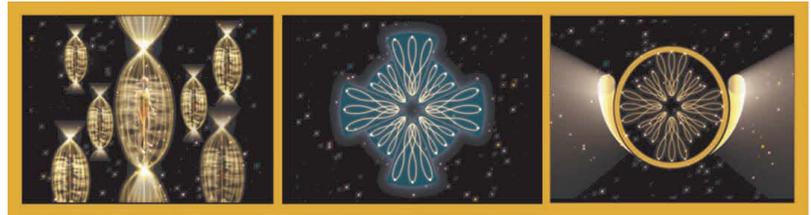
E-mail: [marianne@graciousbalance.com](mailto:marianne@graciousbalance.com)

*"In the Energy of Love"*

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

## EMF Balancing Technique®

Transform your life!



- Deepen energetic connections to 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

**Call anytime to book sessions !**

## Upcoming Events with Marianne

### Yoga for the Lattice Classes

This combines yoga postures and breathing techniques with a contemporary understanding of the human energy anatomy. The UCL, intimately related to and radiating from the traditional chakra system, provides evidence to support the growing awareness that we are capable of conscious evolution, both individually and collectively.

Marianne is a registered teacher of Yoga for the Lattice. Ask how you can participate in a class.

Contact Marianne to book other trainings

See the website for pricing.

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

### EMF Balancing Technique®

#### Reflections Sessions

Remember, I am offering guided sessions in this modality for those who would like to explore and heighten their ability to manifest their co-creative projects in the energy of wholeness.

This work is a new step in the blossoming field of energy psychology as we become more responsible for our own co-creations. In a session, the client learns to set intent with clarity and focus, strengthens that intent from his/her own source of wisdom, and considers what he/she is willing to give and receive in the pursuit of their desired co-creation as they practise the nobler attributes of divine humanity. The intent is facilitated by grace and wholeness.

This is truly a new work assisting the new human living in the new earth. **Call or e-mail for an appointment if the Reflections work is of interest to you.**

### Ceremonies

I am pleased to announce that I have been incardinated as a priest in CCCC and as such, am able to officiate at any of your ceremonies, be they religious, spiritual, or civil. I am listed with the Registrar General as a legal wedding officiant, and have created a parish website with more information at [www.graciousspirit.com](http://www.graciousspirit.com)

### EMF Balancing Technique®

#### Practitioner Trainings

#### The Lattice Workshop

*"Energetic Foundations"*

**\$99**

**Toronto**

**May, 2013**