



# Gracious Balance

Marianne Esther Zinn

April 2014

## Loving Intent in this time of transformation

In honour of my partner, the Universe, and in honour of myself, I give this intent:

I choose to be clearer and more focused in defining who I am in the Universe, as I honour my individuality, and build upon our unity in love, peace and balance. And to inspire others to do the same to their highest good.

~Peggy Phoenix Dubro

PASSOVER is here again. It is the 3322 year anniversary of the exodus of the Jewish people from Egypt. During this time, there is a return in the spiral of time of the energy of freedom from oppression, and there is extra help available from the Universe to obtain that freedom.

Take the opportunity at this time to consider from what you would like to free yourself. Make a list of 3 things.

The energy of Passover speaks to more than one layer of reality. Shackles can be of the realm of the physical, emotional psychological or spiritual.

Passover offers hope that no situation is hopeless.

On EASTER Morning, the Resurrection Flame bathes the Earth in more Light than Humanity has previously experienced and every person and every particle and wave of Life on Earth will be invited to Resurrect into higher frequencies of Light than we have experienced before. This is a Cosmic Moment that we can all take advantage of by being aware of what is happening and by affirming the reality of the experience. Following the Easter spiral of the energy of resurrection comes the CARDINAL GRAND CROSS, peaking on Apr. 22, 23, 24. This will be a powerful time for all of us to focus on the Divine Alchemy taking place within our four Earthly Bodies.

### Inside this issue:

Quantum Healing Day Poster 2

NeuroOptimal® 3

Cardinal Grand Cross 4

Upcoming Events 6

I am presenting **NeuroOptimal®** neurofeedback in the Prayer Room  
**Quantum Healing Day**  
**Saturday, April 26**  
**Unity Kitchener**

*This is an extraordinary event with quality exhibitors and yummy food. I hope you can join us there.*





# Quantum Healing Day

Saturday, April 26th, 10 am - 5 pm

Come explore the fields of energy!

25+ Different Modalities & Products plus Speakers' Corner

Learn! Sample! Explore!

Acupuncture, Celtic Reiki, Crystals, Chakras,  
Intuitives, Holistic Therapy, Angel Readings,  
Massage, Vibrations, Hypnosis, Salt Therapy,  
Jewelry, Products for Detoxing, Supplements,  
Body Care, Norwex 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."



## NeuroOptimal® Neurofeedback powered by Zengar

I am pleased to announce that I am a certified NeuroOptimal® trainer, and have purchased a machine.

I am now ready to accept clients. Call or email to make an appointment.

### What is NeuroOptimal®?

NeuroOptimal® is considered by many to be the most highly evolved form of Neurofeedback available today. After more than 20 years in the neuroscience field and related disciplines, Dr. Valdeane Brown and Dr. Susan Cheshire Brown have developed a safe, effective system that gives feedback directly to your brain allowing it to regulate itself more efficiently

Although NeuroOptimal® is not a medical treatment for illnesses, and trainers do not diagnose or treat medical disorders, many people have experienced relief from physical, mental, and emotional symptoms. Athletes, professionals, students and musicians have also experienced enhanced performance.

Since no electrical energy is directed toward the brain, NeuroOptimal® has been shown to be 100% safe and entirely self-regulating.



### Is Your Brain Functioning Efficiently?

Your brain is capable of optimal functions, but when your central nervous system is off kilter your brain operates inefficiently.

Symptoms of a malfunctioning central nervous system can include:

- memory problems
- poor performance on tasks
- difficulty sleeping
- feeling low or sad
- difficulty paying attention
- over-activity
- overeating
- feeling anxious
- addictions
- head aches
- catching colds and infections
- irritability
- feeling stressed & overwhelmed
- chemo-brain
- Inability to focus
- Poor motivation
- Poor physical performance

### Ready To Experience Personal Transformation With NeuroOptimal®?

We know that given the right information, the brain can transform itself effortlessly. With NeuroOptimal® the expertise is the software, making powerful and safe transformation accessible for everyone.

NeuroOptimal allows the client's own brain to use the feedback information given to it during a session to balance and optimize itself.

Neither the trainer nor the NeuroOptimal® system manipulates or tries to train a brain to change in any particular way.

In a session, you relax in a comfortable chair and listen to peaceful music as you watch patterns flow gently on the monitor screen.. Five electrodes bring information from your brain into the computer where an image of your brain's activity is reflected to itself for consideration.

**For more information, visit**

**[www.zengar.com](http://www.zengar.com)**

I am introducing NeuroOptimal® at Unity's Quantum Healing Day.

Come see me there and try it out.



## Cardinal Grand Cross

It sure feels like Mercury Retrograde, doesn't it? Well, "something's up" as many of you have noticed and asked about. Well, the official name of what has been going on that you have been feeling is "**Cardinal Grand Cross**," and astrologically is considered very powerful and can affect many areas of our lives at once. It's almost as if we are being stretched apart at the seams in some way.

A grand cross in the sky is formed when four planets (or more) are at 90 degree angles from each other, formed by a set of two oppositions. When planets are in opposition to each other in the sky, they create tension and many of us can feel that tension in our lives in the areas where growth, change and movement is necessary.

We started feeling this particular grand cross as early as August of 2013, and it is happening now, and peaking the final week of April (2014). Without getting into the nitty-gritty details of the planets (Jupiter, Mars, Uranus, Pluto, Venus) and the positions, let's see if you have experienced any of the following:

- Feeling like there is so much you want/need/"have" to do and just don't know how you can get it done.
- Tension with others or within yourself that causes more "stress" than usual
- Issues that you can no longer ignore and need to confront others with
- Feeling like you need to end certain chapters in your life (or you have done so already)
- Having unexpected situations come up that now you have to choose a new path to navigate (health, job, home, relationships).

Yet at the same time, you may have noticed:

- Some areas of your life going extremely well
- Unexpected synchronicities and delightful events
- Connections with some people being extra positive
- Deep down feeling like everything is going to be alright (even though at times you are not certain) – In other words feeling kind of "crazy" in a good way.
- Feeling blessed and appreciative, even though things are tough.

### My Advice:

1. Trust, that beyond a shadow of a doubt, that no matter *what* is happening in your life, it is helping you to break free from limiting attitudes and false beliefs about you and your life. If it is a particularly challenging time for you, just take it day by day and find moments of joy in each day.
2. Many feel they are at a crossroads of some sort, and if you feel you are too, just know that when you are ready, things will change – and not a moment before. Do what you can, and remember that it IS a time of change, so making choices that are best for you, are better for everyone.
3. Awareness is the key, and the starting point. If you are feeling the planetary patterns in the sky, recognize that your consciousness is shifting and stay in each moment as best you can and allow the transformation to unfold.

As I always say – everything is going to be alright, and we are all in this together. Let's continue this path together and walk towards that which we most desire in our lives. Help each other. Love each other. Live in your heart more than ever. It is the safest place to be right now.

~By Alice Inoue



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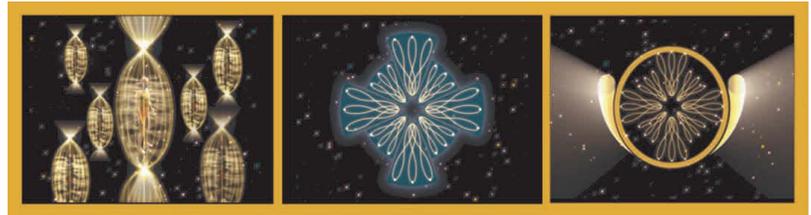
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*"In the Energy of Love"*

[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

You will combine 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.

**Contact Marianne to book other trainings**

**See the website for pricing.**

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

### EMF Balancing Technique®

#### Reflections Sessions

I offer 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 a registered clergy person, and I would be honoured to officiate any of your celebrations.**

