



Gracious Balance

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Christmas Letter

"I salute you.

I am your friend, and my love for you goes deep.

There is nothing I can give you which you have not.

But there is much, very much, that, while I cannot give it, you can take.

No heaven can come to us unless our hearts find rest in it today.

Take heaven!

No peace lies in the future which is not hidden in this present little instant.

Take peace!

The gloom of the world is but a shadow.

Behind it, yet within our reach, is joy.

There is radiance and glory in darkness, could we but see.

And to see, we have only to look.

I beseech you to look!

Life is so generous a giver.

But we, judging its gifts by their covering, cast them away as ugly or heavy or hard.

Remove the covering, and you will find beneath it a living splendour, woven of love by wisdom, with power. Welcome it, grasp it, and you touch the angel's hand that brings it to you.

Everything we call a trial, a sorrow or a duty, believe me that angel's hand is there.

The gift is there and the wonder of an overshadowing presence.

Your joys, too, be not content with them as joys.

They, too, conceal diviner gifts.

Life is so full of meaning and purpose, so full of beauty beneath its covering, that you will find earth but cloaks your heaven.

Courage then to claim it; that is all!

But courage you have, and the knowledge that we are pilgrims together, wending through unknown country home.

And so, at this time, I greet you, not quite as the world sends greetings, but with profound esteem and with the prayer that for you, now and forever, the day breaks and shadows flee away."

Written on Christmas Eve, 1513,

by Fra Giovanni

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Happy Holiday!!!

A New Years Eve Gift

On December 31, 2009, the planet is given the rare gift of a New Years Eve Lunar Eclipse (not visible here). This is a sacred energy portal that asks us to be exact of our wishes and in speaking the future

into existence. On this New Years Eve, plan a Holy Holiday with deliberation and exactness. Write down what yearns within your heart to be birthed into the fullness of earth at this time. Give those powerful words to the New

Years eclipse as an offering, a blessings, that yearns to be fulfilled. Speak your powerful words aloud into the ethers and command the elements of time to seize the day and become all they have yearned to be.



Carrots, Eggs or Coffee

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up; she was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, 'Tell me what

you see.'

'Carrots, eggs, and coffee,' she replied.

Her mother brought her closer and asked her to feel the carrots... She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been

fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

'Which are you?' she asked her daughter. 'When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?'

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hard-

ened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is the darkest and trials are their greatest do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?



Quotation on Love by Maharishi Mahesh Yogi

There is no difficulty that enough love will not conquer,

no disease that enough love will not heal,

no door that enough love will not open,

no gulf that enough love will not bridge,

no wall that enough love will not throw down,

no sin that enough love will not redeem.

It makes no difference how deeply seated may be the trouble, how great the mistake; sufficient realization of love will resolve it all.

If only you could love enough, you would be the happiest and most powerful being in the world.



~Maharishi



Five Seconds in the Future

Marilyn Schlitz connected volunteers to a series of monitors, similar to a lie detector, to measure their heartbeat, perspiration and other nervous activity. She then had them sit in front of a computer screen and began showing them a series of images which were selected at random by the computer from a large collection. These images were described as either "neutral" (boring) or "emotional" (erotic or morbid). As expected, the subjects showed physical and mental excitement when the "emotional" images were shown and showed less reaction to the "neutral" images. But as the experiment continued, something weird happened.

Researchers began to see that most people, unconsciously, began to react to the "emotional" images a full 5 sec-

onds before they were selected by the computer program! What's more, they did not react to the "neutral" images. This result was statistically significant ($p=0.00003$) and has been repeated many times. It strongly suggests that subjects can perceive the future.

Another study, described in the Journal of Alternative and Complementary Medicine, was reported by psychophysicologist Rollin McCraty and his colleagues from the Institute of Heart Math in Boulder Creek, California. McCraty's group simultaneously measured skin conductance, heart rate, and brainwave activity before, during, and after 26 participants viewed emotional and calm pictures. They found that both the heart ($p < 0.001$) and the brain ($p < 0.05$) responded about 5 seconds before the fu-

ture emotional stimuli, and to their amazement, that the heart responded before the brain. They also observed significant gender differences in the processing of this future information (women performed better, on average, than men). They concluded: "Our findings suggest that intuitive perception is not a discrete function produced by a single part or system of the body alone. Rather, it appears that intuition may in fact be a system-wide process involving at least the heart and brain, together, in the processing and decoding of intuitive information." They highlighted that "the fact that the heart is involved in the perception of a future external event is a surprising, even astounding result, especially from the classical perspective that assigns the brain an exclusive role [for perception]."



*Ring the bells that still
can ring,
Forget your perfect
offering.
There is a crack in
everything,
That's how the light
gets in.*

~ Leonard Cohen

<http://www.youtube.com/watch?v=gxxY5RvkoPI>

Mercury Retrograde: December 26/09 - January 15/10

Normally all planets move forward in orbit, but three times a year Mercury goes "retrograde" which means "moving back".

It is a time when, to an observer on Earth, Mercury appears to stop in its orbital track, back up for awhile, and then slowly move forward again. The time when it stops and moves back is called "Mercury Retrograde". Of course, planets do not really reverse course, it just appears that way from Earth.

All planets in the solar system go through retrograde periods, but because Mercury is the planet that rules the way we communicate, it is a time when communication often breaks down.

Wires get crossed, plans are suddenly changed, messages lost, your cell phone dies in the middle of a call, a package never arrives,

we get into petty bickering with others, the fax breaks, the e-mail never arrives, the internet connection is slower than usual, you set your alarm but it goes off at the wrong time, appt. times get mixed up, you're late to an appointment even though you left early . . . it's a time where you may feel that you just can't get on the right wavelength. Trouble seems to multiply, travel plans go wrong, couples split. You may feel it's happening only to you but in fact it's happening to everyone.

Does this mean that we have no choice and must suffer communication breakdown for three weeks three times a year?? Absolutely not. By knowing what Mercury Retrograde means and when it will occur, you can protect yourself from many of its effects.

While you're busy getting ready for the holidays, don't forget to

back up your computer, catch up on phone calls, settle your accounts, get your car serviced, etc. The shadow period starts 10 days before Mercury Retrograde begins and is an excellent time to tend to those types of details.

Mercury, currently in the sign of Capricorn, urges us to look at the structures and existing patterns in our lives. Ask yourself whether an established custom is zapping your energy. Are you attending gatherings that you are no longer motivated to attend? During the retrograde period, you may feel a need to commit to "changing such patterns" in the coming year.

Mercury's pattern shows us that, as in nature, there's wisdom in slowing down every so often, taking a few steps back and reconsidering how and when -to move forward again.

Mercury Retrograde is a good time to:

- Review your life and the decisions you have made
- Readjust your priorities
- Retreat to give yourself the space you need
- Recharge your batteries
- Repair any damage you caused to objects or relationships
- Return to your core set of values
- Reflect on who you are and where you are going
- Reward yourself for success

~from Alice Inoue



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"In the Energy of Love"

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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

EMF Balancing Technique Phase I-IV Practitioner Training is being offered in Toronto during the holidays. Check the website for details as they become available.

2010 teaching schedules for Reiki and EMF Balancing Technique will be posted in late December.

Treat yourself to **EMF Balancing Technique sessions**. Book by e-mail or phone.



December 21, Winter Solstice.

Celebrate the light within and those powerful energies assisting to awaken our world in this blessed time. This is the day when darkest night breaks and so begins the return of light.

Merry Christmas!

Happy Hanukah!

Happy New Year!

Rejoice! This is the time of completion, evaluation, rebirth and celebration.



Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favour rests."

Luke 2:13-14