



# Gracious Balance

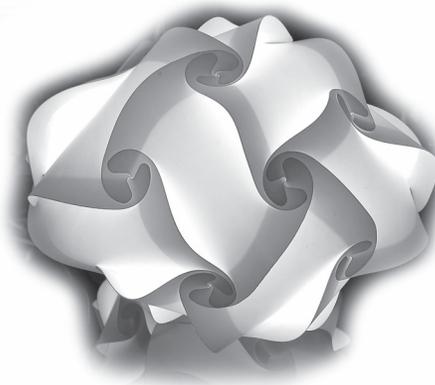
Marianne Zinn-Kuwabara

February 2010

## Message from God

*There is only One of us.  
Who you are, is who I Am.  
How you Be is how I Be.  
How you love Me is how I love you.  
We are One.*

*~ Message from God  
through Maureen Moss*



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(葛飾北齋)  
*Japanese artist, ukiyo-e  
painter and printmaker*

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## EMF Balancing Technique® News

In October of last year I was invited to Russia where I received an honorary membership in the Integrative Psychology Institute. It was wonderful to receive such an honor from those who have taken education beyond the limits of their professions and created a formal institute of learning.

The Lattice and the EMF work in a very real way are being seen as branch of human development, **energy psychology**. The EMF Balancing Technique is more than a psychology however; it is a way for more individuals to begin to

understand themselves as an evolving human being.

New understandings about our brains being brought to light through **brain science** also offer new support for what we have been doing through our work with the Lattice.

These findings will be in my new book that represents the completion of the Thirteen Phases of the EMF Balancing Technique. I am in the process of writing now and will give my very best effort to finalize this book project in 2010. The book will provide a greater understanding of who

the EMF Balancing Technique providers are and what they offer. As always, there will be practical and usable information for daily life, and we will continue to promote self responsibility”.

~ Peggy Phoenix Dubro





## Katsushika Hokusai

### HOKUSAI SAYS

Hokusai says Look carefully.  
 He says pay attention, notice.  
 He says keep looking, stay curious.  
 He says there is no end to seeing.

He says Look Forward to getting old.  
 He says keep changing,  
 you just get more who you really are.  
 He says get stuck, accept it, repeat yourself  
 as long as it's interesting.

He says keep doing what you love.  
 He says keep praying.  
 He says every one of us is a child,

every one of us is ancient,  
 every one of us has a body.  
 He says every one of us is frightened.  
 He says every one of us has to find a way to live with fear.

He says everything is alive -  
 shells, buildings, people, fish, mountains, trees.  
 Wood is alive.  
 Water is alive.  
 Everything has its own life.  
 Everything lives inside us.  
 He says live with the world inside you.

He says it doesn't matter if you draw, or write books.  
 It doesn't matter if you saw wood, or catch fish.  
 It doesn't matter if you sit at home  
 and stare at the ants on your verandah or the shadows of the trees  
 and grasses in your garden.

It matters that you care.  
 It matters that you feel.  
 It matters that you notice.  
 It matters that life lives through you.

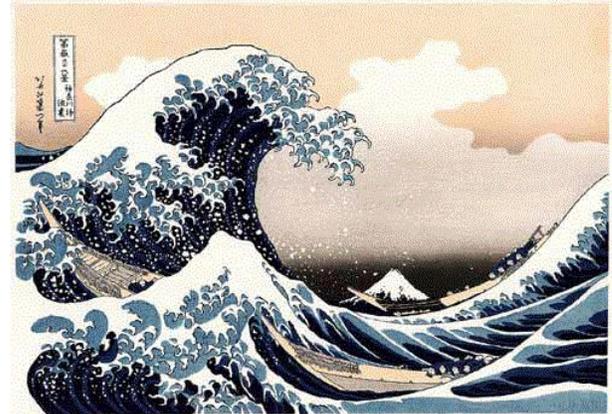
Contentment is life living through you.  
 Joy is life living through you.  
 Satisfaction and strength  
 are life living through you.  
 Peace is life living through you.

He says don't be afraid.  
 Don't be afraid.  
 Look, feel, let life take you by the hand.  
 Let life live through you.

~ by Roger Keyes in honour of Katsushika Hokusai

**Katsushika Hokusai** (葛飾北斎, 1760–1849)

*Japanese artist, ukiyo-e painter and printmaker  
 of the Edo Period*



The Great Wave



Hibiscus and Sparrow



Cherry Blossom Festival



## The Breath of Life

"The sharing of adamantine particles is the breath of life," Jesus said.

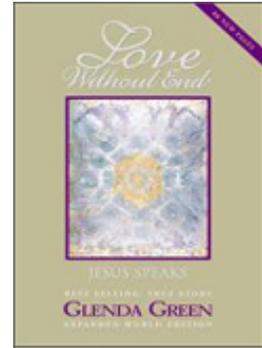
"There is an ongoing exchange of these particles throughout existence. They not only comprise organic life, but also the planet, the wind, and every substance that is.

Everything breathes for the whole of its duration. Inhaling and exhaling, these particles bring vital balance and connections to life.

To one who is attuned, an illness is clearly revealed through irregularities in the breath of life.

In the presence of love a natural rebalance occurs. This is how the laying on of hands can help to restore health to another. Such is the power of healing touch or even a simple hug."

Glenda Green, *Love Without End*, "The Adamantine Particles," Chapter 5



"When you change your heart, you change your life"

## A Message from Peggy Phoenix Dubro Originator of the EMF Balancing Technique®

Dear CoCreators!

I greet you in the energy of love and honor as you are co-creating your most enlightened life during these momentous times of challenge and change!

The energy is everywhere. There is clearly a growing collective interest in understanding per-

sonal energy, and in learning what we are capable of doing with our personal energy. These days when people ask me what I do, my response is **"I teach people how to understand and manage their personal energy."**

I usually hear "That sounds great! I could use some of that understanding myself." The ability to manage and work with

your personal energy in a focused and clear manner is a skill that can be learned, practiced, and improved upon. Dear Co-creator, "To manage your most precious resource – your personal energy" has always been a mantra associated with the EMF Balancing Technique work.

~Peggy Phoenix Dubro



Remember it is here and now in everyday life you evolve your ability to manifest all that you are"

## A Worldwide Sonic Meditation for Peace on Earth

"There is a prophecy leading to 2012 that suggests when people sound together with their voice as a singing prayer for world peace and harmony, it can have a significant effect in restoring peace on earth. Join thousands throughout the planet for the 8th

Annual WORLD SOUND HEALING DAY on Sunday, February 14, 2010. At 12 noon Eastern Standard Time (EST-- New York Time), sound forth for 5 minutes with the "AH", created and projected with the energy of compassion and love, sending a sonic val-

entine to Gaia, our Mother Earth. At that time, please go to [templeofsacredsound.org](http://templeofsacredsound.org) to enhance the vibratory effect as we sound together for planetary peace and harmony. Please visit this link: [healingsounds.com](http://healingsounds.com) for more information.

### An Invitation from Jonathan Goldman

Participate in a world peace toning and chanting event on World Sound Healing Day, Sunday February 14 at 12 noon, EST



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 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

**Gift yourself and book a session !**

## Upcoming Events

### Reiki Trainings

**Reiki I - \$150**

Feb. 6 in Waterloo

Feb. 27 in Toronto

**Reiki II - \$200**

Feb. 7 in Waterloo

Feb. 28 in Toronto

#### **Reiki Master Practitioner**

A one-day course: by request

#### **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**

**March 13, 14, 17, 18, 19, 20**

#### **Practitioner Training**

*"Freedom in the Energy of Love"*

**Phases IX-XII**

**Course coming in late Spring**

See the website for pricing.  
[www.graciousbalance.com](http://www.graciousbalance.com)

### UCL Workshop

**Waterloo: Sunday, March 7, 2010**

*"A Step towards Balance, Peace, and Self-empowerment"*

This 1-day workshop stands alone as a valuable, personal growth experience. It is also the first step in becoming an EMF Balancing Technique Accredited Practitioner should you so choose. The workshop includes instruction and a manual.

**Morning Program:** A fast paced and informative overview of the Universal Calibration Lattice, what it looks like and how it works and how it can work for you in your individual growth and evolution.

**Afternoon Program:** Experience an afternoon of activity and energetic alignments, honoring your unique pattern of Wholeness. Learn exercises of clear co-creation. Practice transmitting balancing energy across the room or around the world. Understand your part in the family of Humanity. Receive and learn how to give an empowering, loving and nurturing EMF Balancing Technique Introductory Session.

**Cost: \$99**