



Gracious Balance

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Message of Love

"You are on a great adventure, and you have traveled far. Love has ventured into remote places so that each soul, through unique experiences, could know itself as an individual and eventually arrive at its fulfillment within the Heart of God. The Creator, in his great wisdom and boundless love, propelled himself AS LOVE into countless dimensions and particles of love, which are his children. As love, you were created in the image of your Source, and each point of consciousness seeks to know itself as I AM. With all journeys, there are surprises and mystery, forgetfulness and awakening, discovery and learning, abandonment and forsaking. As the adventure unfolded and personalities began to emerge with radically different qualities, it seemed that each was not only separate from the others, but from its Source as well. Birthing has been a painful experience for many souls, because the illusion of separation was believed to be real and the comparison of divergent pathways was often used to discriminate, deny, alienate, abuse, and reject. Such diversity has also provided a magnificent symphony of interrelated possibilities."

~The Keys of Jeshua, Chapter 24, p. 325



Here is an old picture of me

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Meditation for Presence, Wisdom and Peace

We have a powerful energy center spinning 2 feet/60 cm below our feet. Focus on your Center Below and on your feet. Imagine yourself standing in your most beloved spot on the planet. Look around you, and feel a deep gratitude for the intense beauty of Life.

Know that within every physical particle resides the Love of the Universe. Inhale and exhale Universal Love. Breathe deeply, and observe or be aware of what you are feeling or sensing.

With your breath, give this intent:

I give the intent for a balanced, healthy walk on the planet, being fully present in my body in my daily life.

We have a powerful energy center spinning 2 feet/60 cm above our heads. Focus your attention on your Center Above and on the crown of your head. Imagine yourself looking up to the sky. The expanse is magnificent. Feel a deep gratitude for the gift of infinity. Know that within every physical particle resides the Love of the Universe. Inhale and exhale Universal Love. Breathe deeply, and observe or be aware of what you are feeling or sensing.

With your breath, give this intent:

As I gaze upward, I give the intent to express more of my greater wisdom in my daily life.

Being fully present in your body, and open to your greater wisdom, focus your attention within your heart center. Know that within every physical particle resides the Love of the Universe. Inhale the Love of the Universe and exhale the Love of your Heart.

With your breath, give this intent:

As I experience the profound peace of my heart, I give the intent to radiate more of my wholeness, my holiness from the core of my being in my daily life.

Breathe deeply, observe or be aware of what you are feeling or sensing.

And so I am.

And so we are.

~ inspired by Peggy Phoenix Dubro





He Drinks the Sun

"Every morning, from the aurora, the Sun projected on the space a profusion of gold Sparks;" and with these sparks of gold, we can fill our spirit, our soul, our intellect, our hearts, and our physical body. Throughout our body can benefit from this gold, from the brain to the feet.

There are different types of light. The light you need for your nervous system and throughout our body is the sunlight before dawn. It is more subtle, the more spiritual light, and acts in our psychic bodies. For this reason, if we know how to look at the Sun, a door opens into our solar plexus and we started to drink light. It's like a tank which is filled with a beautiful quintessence. When the tank overflows, we only feel the need to distribute this elixir to all living creatures, and there is no bigger joy that give what they have received from the Sun. "



~Omraam Mikhaël Aïvanhov (a spiritual leader of the last century)

Mercury Retrograde in Pisces and Aquarius



Between February 6-28, Mercury moves retrograde.

Last year's retrogrades concerned our emotions. For many of us, it brought emotion to the surface as a reminder of how feelings and awakening are intertwined. Negative emotions are not bad as they teach us about the internal dialog, old wounds, and intricate patterns. By increasing our awareness of how our inner patterns work, we find the freedom to create a new dream of life.

The retrograde begins in Pisces (water) and will likely touch on old issues before moving into Aquarius a few days later. Aquarius concerns the mind of the individual and how it affects the collective mind. Everyone feels the influence of other people's thoughts. Our mood can soar or fall in response to other people's thoughts or words. (It's important to know how much we feel other people's thoughts on both conscious and subconscious levels.) In the big picture, they can alter our self-esteem, encourage or discourage, or allow us to see a perspective of life that we might have missed.

Retrogrades ask us to slow down, re-examine our decisions, and see life differently. It's a good time to finish projections, rest, and review particular aspects on life. It's not a good time to initiate projects, but it's a great time to finish anything needing completion.

Confusion with communication typically accompanies Mercury retrograde. It's good to visualize the internet and phone working wonderfully (even when they don't.) Arrive early for flights and take extra time for road trips. Think twice before sending emails or responding to bothersome comments. Don't sign contracts or initiate new projects.

On the highest level, Aquarius is ruled by Uranus, the guardian of the quantum field and the instant response to prayer or heart-felt desire. The lesson is about learning more of how we connect with it—or don't. This passage of time can be a beautiful lesson if we focus on our power to alter our experience of life, or we can see as it another frustrating retrograde.

It's always a choice.

~from Julia Griffin (onetrueself.com)



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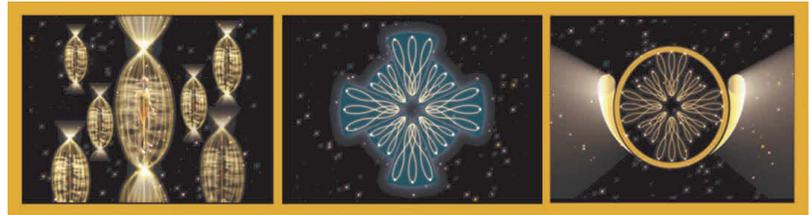
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"In the Energy of Love"

www.graciousbalance.com

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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 !

Offerings From 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 trainings in any of the Balancing Work techniques

See the website for details.

www.graciousbalance.com

NeurOptimal®

I have recently become a certified trainer for the Zengar NeurOptimal® neural feedback unit. NeurOptimal® is a designed to be a non-linear, dynamic system (quantum) that focuses on the central nervous system - the hub of all functions in the human body. As such, it is not surprising that users have experienced successful outcomes across a broad spectrum of concerns.

Clients typically find NeurOptimal® neurofeedback systems effective in resolving issues in five general categories:

- Wellness and Personal Growth
- Slowing the Effects of Brain Aging including "chemo brain"
- Achieving an Artistic or Athletic Performance Edge
- Help with Specific Cognitive, Emotional, or Physical Challenges (e.g., ADHD, anxiety, chronic pain, insomnia)
- Enhancing Academic Performance

Ceremonies

As clergy of Community Catholic Church of Canada, I would be honoured to officiate any of your celebrations including Weddings, Funerals/Life Celebrations, Eucharist/Communion, Baptisms/Naming Ceremonies and Vow Renewals.

The ceremonies offered can be religious, spiritual or civil.

CCCC honours the original teachings of love and inclusion.

As a community of home parishes, we offer to bring the church to you.

