



# Gracious Balance

Marianne Zinn

January 2014

## 2014 Blessing

*May there be more peace on earth, more abundance and more equity. May there be more joy, healing, and charity. May troubles be resolved in spectacular and wonderful ways to the benefit of all. May Love be increased on our planet, and light flow freely into dark spaces.*

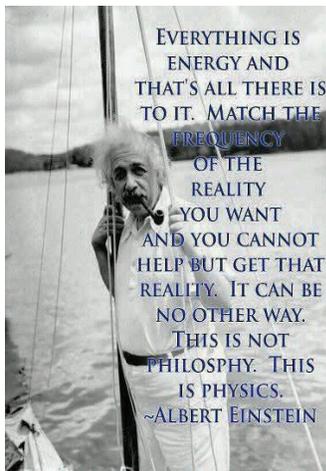
*May we be blessed.*

### Save the Dates

I am so excited to announce that **Peggy Phoenix Dubro** will be coming to Toronto with Lee Carroll and Robert Coxon for one day only during a **Kryon At-Home event, November 29.**

**Kryon will also have a special day for Russian speakers on November 30**

**The arrangements for both days are yet to be announced.**



*Time is a wondrous and powerful dynamic of our universe that is yet to be seen accurately. Time is a dynamic of energy, coordination and attraction, and not just the basis of history and future potential. Through the addiction to stories, however, time is feared, maligned, and considered a source of aberration. When you view time as the consecutive record of events (whether physical or social), you create history...his-story, her-story, its-story! For lack of higher understanding, people make sense out of time with the stories they tell. This creates the desire to see the future as a continuation or correction of the past, and nothing new ever happens. When a story ends, there is often pain and sorrow. This is falsely blamed on time. The real hurt is caused because you believed in the story more than you believed in life. You took an identity from the story that you believed in more than yourself. Then the story ended. You felt betrayed or lost. When I said long ago that a man must lose his life to find it, I was referring to the delusion of story-generated identities. If you would truly possess the fullness of life, you must shift your attention from the identity you hold in stories to the truth of who you really are.*

~The Keys of Jeshua, chapter 23. p. 308

### Inside this issue:

Waves of Conscious Transformation 2

Reflections 2

Quotation from Nisargadatta Maharaj 2

Biophotons: The Human Body Emits, Communicates With and is Made From Light 3

Conscious Level versus Location Level 4

2014: The Year of Love Predictions for the Power Periods of 2014 5

Upcoming Events 6



## The Waves of Conscious Transformation

In September of 2013, I travelled to Italy to take two courses with Peggy Phoenix Dubro.

The first was the **Waves of Conscious Transformation**, a new modality introduced for the first time that day. It consists of unique fusions of Light and Sound created from the quantum perceptions of Peggy Phoenix Dubro and the extraordinary Pineal Toning of Dr. Todd Ovokaitys.

The Waves offers a combination of intention, movement and toning done together by the practitioner and the client.

The first 12 Waves amplify and fine tune the energy of the templates of the EMF Balancing Technique work with the energy of the intentions of the waves of conscious

In 2014, the next 12 Waves will be taught. Those will focus upon the points of light within the head.

In 2015, the final 12 Waves will be introduced. The focus is still being formulated.



### Reflections

The second course I took from Peggy was Reflections Teacher Training.

I am now ready to offer a one-day seminar to train you to facilitate your own personal Reflections sessions.

If you complete this seminar, you are eligible to participate in a second one-day seminar to train you to facilitate Reflections sessions for others.

## Quotation from Nisargadatta Maharaj

Put your awareness to work, not your mind. The mind is not the right instrument for this task. The timeless can be reached only by the timeless. Your body and your mind are born subject to time; only awareness is timeless, even in the now.

To me nothing ever happens. There is something changeless, motionless, immovable, rock-like, unassailable; a solid mass of pure being-consciousness-bliss. I am never out of it. Nothing can take me out of it, no torture, no calamity.

We are the creators and creatures of each other, causing and bearing each other's burden.

I find that somehow, by shifting the focus of attention, I become the very thing I look at, and experience the kind of consciousness it has; I become the inner witness of the thing. I call this capacity of entering other focal points of consciousness, love; you may give it any name you like.

Love says "I am everything". Wisdom says "I am nothing". Between the two, my life flows. Since at any point of time and space I can be both the subject and the object of experience, I express it by saying that I am both, and neither, and beyond both.

Unless you make tremendous efforts, you will not be convinced that effort will take you nowhere. The self is so self-confident that unless it is totally discouraged it will not give up. Mere verbal conviction is not enough. Hard facts alone can show the absolute nothingness of the self-image.

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 any effort on your part..



## Biophotons: The Human Body Emits, Communicates with, and is Made from Light

Nothing is more amazing than the highly improbable fact that we exist. Given the sheer insanity of our existential condition, and bodily incarnation as a whole, and considering that our earthly existence is partially formed from sunlight and requires the continual consumption of condensed sunlight in the form of food, it may not sound so farfetched **that our body emits light**. Indeed, the human body emits **biophotons**, also known as ultraweak photon emissions (UPE), with a visibility 1,000 times lower than the sensitivity of our naked eye. While not visible to us, these particles of light (or waves, depending on how you are measuring them) are part of the visible electromagnetic spectrum (380-780 nm) and are detectable via sophisticated modern instrumentation.

### The Physical and "Mental" Eye Emits Light

Istvan Bókkon's hypothesis suggests that photons released from chemical processes within the brain produce biophysical pictures during visual imagery, and a recent study found that when subjects actively imagined light in a very dark environment *their intention* produced significant increases in ultraweak photo emissions. This is consistent with an emerging view that biophotons are not solely cellular metabolic by-products, but rather, because biophoton intensity can be considerably higher inside cells than outside, it is possible for the mind to access this energy gradient to create intrinsic biophysical pictures during visual perception and imagery.

### The Body's Circadian Biophoton Output

Because the metabolism of the body changes in a circadian fashion, biophoton emissions also variate along the axis of diurnal time. Research has mapped out distinct anatomical locations within the body where biophoton emissions are stronger and weaker, depending on the time of the day:

*Generally, the fluctuation in photon counts over the body was lower in the morning than in the afternoon. The thorax-abdomen region emitted lowest and most constantly. The upper extremities and the head region emitted most and increasingly over the day. Spectral analysis of low, intermediate and high emission from the superior frontal part of the right leg, the forehead and the palms in the sensitivity range of the photomultiplier showed the major spontaneous emission at 470-570 nm. The central palm area of hand emission showed a larger contribution of the 420-470 nm range in the spectrum of spontaneous emission from the hand in autumn/winter. The spectrum of delayed luminescence from the hand showed major emission in the same range as spontaneous emission.*

### Human Skin May Capture Energy and Information from Sunlight

Perhaps most extraordinary of all is the possibility that our bodily surface contains cells capable of efficiently trapping the energy and information from ultraviolet radiation. A study published in the *Journal of Photochemistry and Photobiology* in 1993, titled, "Artificial sunlight irradiation induces ultraweak photon emission in human skin fibroblasts," discovered that when light from an artificial sunlight source was applied to fibroblasts from either normal subjects or with the condition xeroderma pigmentosum, characterized by deficient DNA repair mechanisms, it induced far higher emissions of ultraweak photons (10-20 times) in the xeroderma pigmentosum group. The researchers concluded from this experiment that "These data suggest that xeroderma pigmentosum cells tend to lose the capacity of efficient storage of ultraweak photons, **indicating the existence of an efficient intracellular photon trapping system within human cells.**"

More recent research has also identified measurable differences in biophoton emission between normal and melanoma cells.



## Conscious Level vs. Location Level

One of the many metaphysical topics that cause confusion today is the concept of ascension to a higher level of existence.

Many teachers have said that we have had opportunities in recent years to ascend to the fourth "dimension" (higher-physical fourth density) and even the fifth "dimension" (nonphysical fifth density.) And yet, here we are, all standing around in third density. No one has ascended, none of our friends have suddenly disappeared into higher realms of existence, and it can all end up sounding like empty promises.

The promises actually weren't empty; they were valid concepts that were simply misunderstood by the teachers. Let's look at some new terminology that will clear away the confusion. Attendees on that course now have the ability to reach 5D soul consciousness at any time. That means reaching the 5D CONSCIOUS LEVEL while their physical bodies are still located in this 3D LOCATION LEVEL. Conscious Level and Location Level are often two different things. Even though your physical body is stationed in the 3D Location Level, your Conscious Level can vary from minute to minute. You can be focused on a practical challenge requiring 3D thinking one minute, then go into heart-centered 4D consciousness the next minute and then, with some training, launch even further into 5D soul consciousness.

Here's another example of Conscious Level versus Location Level. Bear in mind that all things in Creation have some form of consciousness because everything in the universe is composed of consciousness. Energy is no exception; it is composed of consciousness in a compressed form. At the lowest density of awareness exist the building blocks of the physical universe - basic chemical elements like hydrogen, copper, calcium and silicon. These basic elements exhibit a 1D (first-density) Conscious Level, yet they exist with us in this 3D world. Their Location Level is 3D even though their Conscious Level is 1D.

A little further up the scale of consciousness is the plant kingdom in the 2D, second-density Conscious Level. Again, their 3D Location Level is different to their 2D Conscious Level. In fact, there is no Planet Earth in manifestation below our 3D level of existence. The primary consciousness of Gaia, the Mother Earth, exists in 7D seventh-density consciousness, which is the first layer of the cosmic realms of awareness. Besides her root consciousness in 7D, Gaia maintains a presence in the 6D angelic realms, the 5D soul realms, the 4D subtle realms, and the 3D physical realm.

So, when do we get out of 3D and physically move up into the more subtle physical world of 4D? No one on the planet has ever known the answer to that question but, when it happens, it will be looked back upon as the main event of The Shift. So, even though we refer to these changing times as The Shift, they are really leading up to the big event of a migration of all matter into 4D, which may occur either suddenly or gradually. When it happens, The Shift into the 4D Location Level will include everyone. There will be no early ascendees disappearing from 3D and moving into 4D ahead of time. The reason for this is simple: No individual can invoke enough of the energy required to transform their physical body from 3D into 4D. The planet has the energy required and, when she transforms her physical body from a 3D Location Level to 4D, our bodies, like all physical matter, will go along for the ride.

The rapid changes leading up to The Shift have been accelerating since the 1960's. As part of the ongoing evolution of the galaxy, the Earth is required to move up in vibration. Rather than respond to the Divine directive immediately, she chose to spend several decades preparing humanity with higher energies. When humankind is sufficiently ready to make the transition into a higher physical density, she will vibrationally "move up in the heavens" and we will then be located in the 4D frequency band of existence.

In the meantime, the doorway is open for you to experience higher states of consciousness than ever before. You can tune into your 5D Conscious Level of soul awareness, gaining valuable insights into how you can transform your life for the better.

~ Owen K. Waters



## 2014: The Year of Love - Predictions for the Power Periods of 2014

In 2014 there will be 5 power periods, and we have three Mercury retrogrades, in February, June and October, Venus is retrograde until March 1, Mars is retrograde until July 21, then the larger planets also retrograde through the year, adding an extra punch to some already intense energies. Plus, we have the 5th Uranus/Pluto square in April, as well as two eclipses that month. It will be an especially powerful month:

**January:** The year starts off, on January 1, with a bang featuring a powerful new moon that is also part of a Cardinal Grand Cross (the most powerful astrological alignment) involving the four major areas of life, action, feelings and emotions, partnerships, and career. This is a 'change or be changed', take charge or be run over', new moon that sets the energy for the year. Don't be surprised at what you decide you 'can't take any more of' or are ready to let go of with no regrets.

It may be wise to pause before you speak in anger because what you set in motion will be permanent. Venus is also retrograde, so there is very little softening of the energy at this time, use it wisely. Mars is activating the Uranus/Pluto square, and Mercury is beginning its retro shadow in January and will be retrograde during most of February.

**March through July:** Mars goes through its retrograde cycle, ending its shadow in July. This transit began in 2013 and in Libra, Mars activates issues around partnerships of all kinds. The retrograde period, from March to May 20 will continuously touch sensitive points of the previous months' aspects, so this period could be quite telling in the areas of relationships, which is not limited to romance. Any relationship that is undecided, struggling, or ready to end could see its demise at this time. And those that are strong, balanced, fulfilling and harmonious will be empowered by Mars' position. If anything, any relationship you are not sure of will be clarified during this time.

**April:** If we thought November 2013 was powerful, April 2014 will take that energy to a new level. We have the 5th Uranus Pluto square, exact on April 22, which corresponds to the throat chakra. There will be issues around speech and speaking, having a voice or finding your voice, on personal and global levels. It is definitely going to be a game changer as it occurs between two eclipses in April, on the 15th and the 29th, and another Grand Cross. In astrology, Grand Cross alignments are powerful agents of change and this month will set those wheels in motion on personal and global levels.

**June:** This month will bring secrets to the forefront, things that will shock the world and while the people involved won't be as contrite or as apologetic as we would hope, what is revealed clears the air and brings forward truth that many people have suspected but no one could prove. This involves governments and officials from different countries, in a strange web of deception and corruption that is going to come from sources no one expects and involve people that are not normally implicated in these kinds of matters.

**October:** We will see the results of April's eclipses in October, as well as two new eclipses that will complete this year's cycle. I feel a power shift in this month, as the balance of power, which has been held by a few people who own and run the world's governments and financial institutions, turns and there is a more equitable sharing, more transparency, more truth that comes out although it isn't pleasant and creates disruption in the world. There is also a shakeup in the financial markets this month that creates some panic, especially in people who depend on their investments for living expenses. The financial markets won't collapse but they will lose ground and there will be a re-adjustment.

**December:** This month feels like a definite wrap-up for the year which will be a time for assessment and making new choices, in very conscious and powerful ways. There seems to be a stronger energy of community around this month, as in people coming together and deciding what they want next but in a shared way. I also feel that this Christmas will be more of a celebration than we felt in 2013, which didn't feel like a holiday at all. We will have completed many transitions in 2014 and we can use December to rest, reflect, regroup and set our intentions for the new year.

~Jennifer Hoffman



Gracious Balance

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

Waterloo : 519-886-0035

Toronto: 647-439-3852

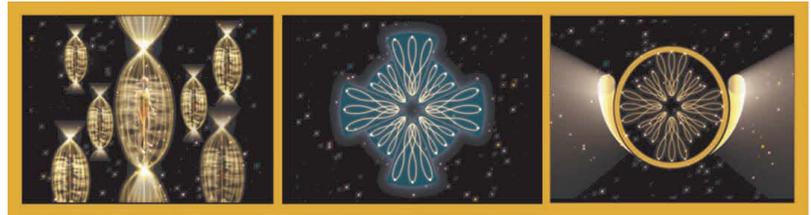
E-mail: [marianne@graciousbalance.com](mailto:marianne@graciousbalance.com)

*"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

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 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

**As a member of the clergy of CCCC, I am listed with the Registrar General as a legal wedding officiant.**

**I would be honoured to officiate any of your celebrations.**

### EMF Balancing Technique®

#### Practitioner Trainings

##### Phases I - IV

*"Energetic Foundations"*

**Toronto**

**Feb. 10-12, 17-19**