



Gracious Balance

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Gracious Balance Newsletter

Welcome to the March 2009 issue of the Gracious Balance Newsletter created to connect with and inform clients and friends.

I will be including articles about EMF Balancing Technique, Reiki and spiritual items of general interest.

Watch for postings of upcoming events held by myself as well as other community events of interest. If you have any events you would like included in the newsletter, please let me know.

If you do not wish to receive the newsletter, e-mail marianne@graciousbalance.com.

com, write **'cancel'** in the subject line and I will remove you from the mailing list. If you received this newsletter from someone else and would like to be added to the mailing list, e-mail marianne@graciousbalance.com, and write **'add me'** in the subject line.

Phase XII of the EMF Balancing Technique®: Activating the Energy of Your Emerging Evolutionary

The New Human living within the energetic transformation of the New Earth! With this profound new expression of self, you will know you have transformed, and you will be equipped with new tools to manage your evolution.

In the Phase XII session, five templates in the core, between the Crown Chakra and Centre Above are activated. These are templates of change of consciousness. Numerologically, five is the number of creativity and change.

The purpose of this session is to begin to co-create the energetic foundations of support to live your life as an Emerging Evolutionary. In this session you choose where to place your energies; passion is a part of the evolving evolutionary, and the energy is intensifying.



The energy and power of wholeness is there, available to everyone. We knew it to be possible, but now we have a place to hold that energy. Now Human consciousness can graciously embrace the new self and let go of the old.

What does it mean to be an emerging evolutionary? It means bringing the Individual I and the Infinite I together, bringing the worlds together.

The Individual I is expressed through the aura/energy field. The Infinite I is expressed through the Core Energy.

We can bring our higher knowledge and understandings through into our daily lives.

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The Sixth Age of Man

An experiment reported by Robert A. Wilson in his book *Cosmic Trigger*²² may shed some light on where things are headed. Here is the gist of his story.

A small group of computer scientists from Stanford University were interested in the increasing technological developments and scientific knowledge being created at an ever-accelerating rate. So they created a computer program and chronologically plotted the great technological and scientific discoveries in the world, starting at the

beginning of urbanization, around 4,000–5,000 B.C.E. They included pivotal inventions and discoveries such as the wheel, the printing press, the steam engine, the splitting of the atom, and computers. They asked the program to project into the future and predict great discoveries yet to be made. After 1975, the projected pattern of discovery took a sudden upturn and went off the computer graph at the year 2011, at which point the computer's predictions ended. Amazingly, the pre-

dictions showed eighteen discoveries equivalent in magnitude to the splitting of the atom in the last 30 minutes of the year 2010. If you think the atomic age has complicated our lives, just imagine the mind-boggling consequences of eighteen such discoveries occurring all at once!

There is a fascinating correlation here. Even though this computer was making predictions in 1985 at Stanford University, a much older "computer," in the guise of the ancient Mayan calendar,

dating back nearly 1,700 years, made another prediction along these same lines. Their calendar also ends in the year 2011 (2012 by some calculations). According to the Mayans this date is the end of what they called the Fifth Age of Man, the Age of Intellect, and the beginning of the Sixth Age of Man, the Age of the Gods.

If the Mayans and the computer predictions at Stanford are right, we are in for quite a "shift" in our world in the near future!

Robert A. Wilson, *Cosmic Trigger*, Tempe, AZ: New Falcon Publications, 1985.

Participate in the 15th Annual Solar Wave, March 20, 2009

Calling all Lightworkers!

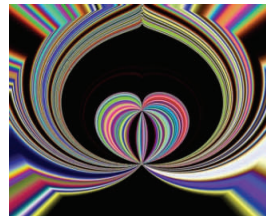
This is your time to SHINE, SERVE, SHARE with the world. At **Equinox Sunrise**, March 20, 2009, join in a Global Sunrise Celebration.

Meditate at home or join together in ceremony

All like-minded, heart-centered souls are called to join together in an unstoppable Solar Wave of Joyful Celebration and Heart Centered Community Service that moves across the face of Earth with the dawn.

As we move into one heart and joyfully serve in meditation we help all of Humanity move into One Heart.

The Prophecies have come to pass, and we have turned a corner toward a bright new age. Let us celebrate in Love!



For Kitchener-Waterloo residents we have a special ceremony planned:

Where: Waterloo Park: meet in the parking lot at the Young Street entrance

When: March 20, 2009 at 7:30 a.m. until 8:00 a.m.

Who: Led by Maddy Coughlin

A Message from the Hopi Elders

You have been telling the people that this is the Eleventh Hour.

Now you must go back and tell the people that this is The Hour.

Here are the things that must be considered:

- Where are you living?
- What are you doing?
- What are your relationships?
- Are you in right relation?
- Where is your water?
- Know your garden.

It is time to speak your Truth.

Create your community.
Be good to each other.

And do not look outside yourself for the leader.

This could be a good time!

There is a river flowing now very fast.

It is so great and swift that there are those who will be afraid.

They will try to hold on to the shore. They will feel like they are being torn apart, and they will suffer greatly.

Know the river has its destination.

The elders say we must let go of the shore, push off toward the middle of the river,

keep our eyes open, and our heads above the water.

See who is there with you and celebrate.

At this time in history, we are to take nothing personally, least of all ourselves!

For the moment we do, our spiritual growth and journey comes to a halt.

The time of the lonely wolf is over.
Gather yourselves!

Banish the word struggle from your attitude and vocabulary.
All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.

The Elders,
Oraibi, Arizona
Hopi Nation



Kryon's Seven Cosmic Laws

1. You can never return to a less-aware state.

The number one represents *new beginnings* in numerological terms.

2. In every Human Being there is profound divinity. But it's not intuitive.

You know it's there, but the truth of who you are is hidden. If you're going to search for the divine, you've got to mean it. It cannot be casual, or you won't get answers.

Two in numerological terms represents the *duality*.

3. You are dearly loved.

The number three in numerology represents the *catalyst*.

4. Everything that you learn spiritually in one expression (lifetime) carries over to the next.

Number four in numerological terms is an Earth number and involves structure. It's a *grounding* number.

5. You give permission of the cosmos to rearrange things around you.

Numerologically, five represents the energy of *CHANGE*.

6. As soon as you start this search of yours, as soon as you push on the door, as soon as Spirit sees pure intent, all of your universal family knows it.

The number six is the *center*—the most sacred number in the series. It represents communication, prayer and the "pipeline" to the Higher-Self.

7. Every single one of you has an effect on the fabric of reality on this planet when you send light.

Number seven is a number of *divinity*.

(From another source: Number Eight means paradise regained, plenty and renewal; Number Nine means completion; Number Ten means creation; Number Eleven means enlightenment; Number Twelve means the illusion of time; Number Thirteen means divination)



To learn more about Kryon, visit www.kryon.com

Arcturian Meditation

"We will begin by saying that your current lives consist of many holograms layered upon each other - this layering effect creates an overlapping. **The space where the hologram intersects is called a "Vesica Piscis".**

"This centre space where the intersection occurs is unique in that it is a pathway or gateway. It is not entirely ruled by the universal laws of your 3rd dimensional reality - it is therefore a place where there is an unlimited ability to connect with 5th dimensional frequency and higher, it is the Morphogenetic or Quantum Field.

Within this space exists a fabric or matrix of light fibres that contain information that can be plucked or vibrated.

When the fibres or order of the information is altered you affect change in ALL directions outside of your linear time & space. You can navigate the infinite realms of pure potential from this space."



"Visualize yourself in the 1st circle. In the 2nd circle visualize a pulsating with radiant rainbow liquid light. See the circles intersecting and creating the Vesica Piscis.

Once you can see this, place yourself in that space and proceed to connect through your heart chakra.

From your heart in true authenticity and purity allow your imagination to dream your new reality."

~ the Arcturians



Vesica Piscis in the Chalice Well



The Age of Aquarius

Forty years ago, the intuitive words of a song called *Aquarius*, brought the dawning of the new age into our collective awareness:

*When the Moon is in the seventh house
And Jupiter aligns with Mars.
Then peace will guide the planets
And love will steer the stars.*

At dawn on 14th February the Cosmos actually embodied this perfect alignment to support our collective manifestation of love and peace and the dawning of the Age of Aquarius.

The Aquarian chart of 14th February revealed an incredible concentration of cosmic influences blending with the energies of Aquarius in the twelfth house. Expansive Jupiter and energetic Mars are aligned with the higher purpose of the North Node. The presence of Chiron the wounded healer offers us the opportunity to heal the schisms that have separated us for so long. Neptune emphasizes collective humanitarian movements and the co-creation of social justice. And the presence of the radiant Sun enlightens the entire alignment.

Mercury also in the twelfth house but just beyond the cusp in Capricorn, allies with transformational Pluto to communicate and anchor the Shift throughout our global structures and institutions.

The Moon in Libra in the seventh house emphasizes harmonious relationships.

Venus in Aries in the first house energizes and empowers dynamic co-creativity.

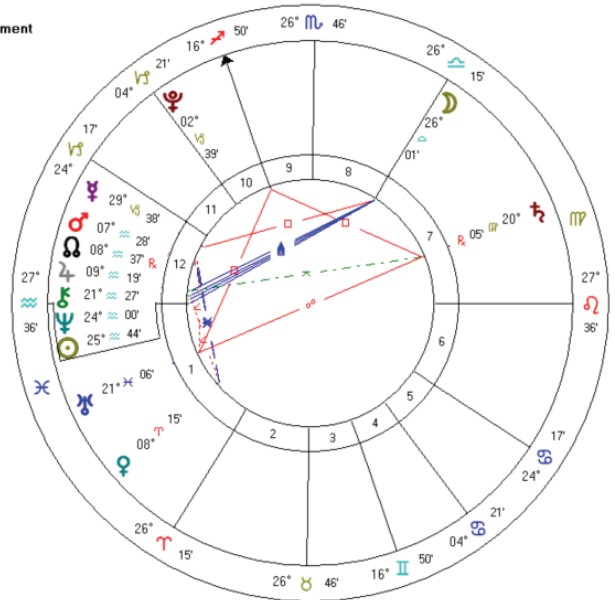
And whilst Saturn the great task master in opposition to Uranus the unexpected awakener is suggesting an ongoing confrontation as the dregs of the unsustainable old paradigm reluctantly give way to the untested hope of the new, their placements in Virgo and Pisces brings practical altruism and visionary inspiration to the transition.

Having searched for over a thousand years, one can find no other alignments in the past of this incredible significance. But amazingly, at one moment in time nearly fifty years ago, the collective voices of our ancient ancestors seem to have been given such a cosmic voice to energetically seed this coming Age and the birth of the Aquarian human.

In 1962 at the same time on the same day, as 2009, Jupiter and Mars were in Aquarius in the twelfth house and the Moon in the seventh house. But then the awesome concentration of planets that energize the 2009 alignment was missing.

And instead of the North Node (higher purpose) being aligned with Jupiter and

**Aquarian alignment
Natal Chart**
14 Feb 2009, 5 at
07:25 UT +0:00
greenwich
51°N29'00"W00'
Geocentric
Tropical
Placidus
Axiom Node



Astrological chart for February 14, 2009

Notice all the activity blending with Aquarius in the 12th house (the 12th house represents the subconscious/unconscious)

Mars as it is in 2009, it was in opposition.

What this means is that back in 1962 it was the so-called south node rather than the north node that was aligned with Jupiter and Mars.

The south node represents what we bring in from the past. So in 1962 the potential for us the birth the Age of Aquarius came through from our collective race memory - but only now are we able to fully manifest its higher purpose. In 1962 we essentially took a collective in-breath of possibility and now with the cosmic support of the Aquarian alignment of 14th February 2009 we are able to take the out-breath and make it happen.

The second verse of the song Aquarius is;

*Harmony and understanding
Sympathy and trust abounding
No more falsehoods or derisions
Golden living dreams of visions
Magic crystal revelation
And the minds true liberation
Aquarius!
Aquarius!*



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In the Energy of Love

www.graciousbalance.com

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

Reiki Trainings

Reiki I:

April 4 in Waterloo

March 7 & May 16 in Toronto

Reiki II:

April 5 in Waterloo

March 8 & May 17 in Toronto

Reiki Master Practitioner:

A new one-day course available by request

Reiki Master Teacher:

A two-day course: by request

Trainings include certification, instruction, manuals, and practical application.

EMF Balancing

Technique®

Practitioner Trainings

Master in Practice: Phases V-VIII EMF Personal Growth Training is being offered in **Waterloo on March 23—28.** & **Toronto on April 20—25**

Internship for professional certification can follow for those students wishing to be professional practitioners.

See the website for pricing.

www.graciousbalance.com

Additional trainings you require can be scheduled on request

Meditation and Prayer Gatherings

Meditation/Prayer gatherings are being held at my home. They last for about two hours, have a teaching, a discussion, meditation, and prayer. Please **RSVP** if you would like to join our groups so I can arrange my space accordingly.

Waterloo: Wednesdays, March 18, April 1, April 15, April 29, May 13 at 7:30 p.m.

Toronto: Wednesdays, March 11 & 25, April 8, April 22, May 6 at 7:30 p.m.

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Donations Appreciated

15th Annual Solar Wave

Spring Equinox Meditation Ceremony

For Kitchener-Waterloo residents we have a special ceremony planned:

Where: Waterloo Park: meet in the parking lot at the Young Street entrance

When: March 20, 2009 at 7:30 a.m. until 8:00 a.m.

Who: Led by Maddy Coughlin

Join us in joyful heart-centred celebration