



Gracious Balance

Marianne Zinn-Kuwabara

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Gracious Balance Newsletter

Welcome to the May 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 write me.

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

Inside this issue:

Equivalent Terms for 'Universal Life Force' 2

Sacred Geometry: The Fractal Universe 2

Fractal Images 2

Jeshua's Mantra 3

Poetry: Dante and Hafiz 3

My two favorite poems

Why are Essential Oils so Precious, Costly and Rare? 4

~an article by Glenda Green

Upcoming Events 5

~ classes, workshops and a peaceful path retreat

UCL® Tai Ji and the EMF Balancing Technique®

For anyone, UCL Tai Ji is an easy, effective and profound method to balance, harmonize and calibrate energy and to feel yourself fully present in your body. This is done by playing with, understanding and strengthening the Lattice with graceful and flowing Tai Ji movements. These graceful movements work creatively with your Lattice and strengthen your connection to the Universal Energy or Cosmic Lattice. When your physical body

and your gestures are in alignment with these energies, your intentions and your actions are much more powerful.

This method merges the ancient art of Tai Ji with the understanding of the important system in our energy anatomy called the Universal Calibration Lattice. UCL Tai Ji was conceived in conjunction with Peggy Phoenix Dubro.

To see a demonstration video, copy this address into your internet browser (e.g. Explorer):

<http://www.emfworldwidestore.com/emfworldwide/en/media-gallery/ucl-tai-ji-dvd>

It is so beautiful!!!!

If you are interested in learning this technique, contact Marianne.

Offering a New Service — Wedding Officiant !

Many of my friends and clients know that I was ordained in **Spiritis Church** some time ago.

In keeping with my calling to provide ministerial service, I have recently also become ordained in All Seasons Church of Canada, and as such am now **registered by the Province of Ontario** as a wedding officiant and I offer spiritual, non-denominational ceremonies.

I officiated at my first wedding in Kentucky two years ago, marrying my brother-in-law and sister-in-law **on ice!**

I am now happy to report that I am available to book weddings in Ontario and am performing my first one this month.

I am also available to officiate at baptisms, naming ceremonies and sacred renewal of vows.



My Ordination Day



Equivalent Terms for Universal Life Force

Ankh
 Animal Magnetism
 Arunquiltha
 Bioenergy
 Bimagnetism
 Gana
 Ki
 Mana
 Manitou
 M'gbe
 Mulungu
 Mumia

Ancient Egypt
 Mesmer
 Aborigine
 N. America/Eur.
 N. America/Eur.
 S. America
 Japan
 Polynesia
 Algonquian
 Hiru Pygmy
 Ghana
 Paracelsus



Ntoro
 Ntu
 Oki
 Orenda
 Pneuma
 Prana
 Qi (Ch'i)
 Subtle Energy
 Sila
 Tane
 Ton
 Wakan

Ashanti
 Bantu
 Huron
 Iroquois
 Ancient Greece
 India
 China
 N. America/Eur.
 Inuit
 Hawaii
 Dakota
 Lakota

Sacred Geometry: The Fractal Universe—*similarity and uniqueness*

Sacred Geometry is composed of Divine Patterns that are recursive embedded fractals. This means that every Divine Pattern is repeated over and over again, in ever larger sizes, into infinity, according to precise mathematical formulas. It is for this reason that an atom looks like a solar system. It is for this reason that it has been written that each Child of Light is made in the image and likeness of The Divine.

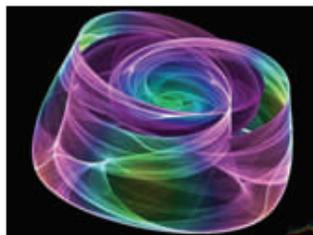
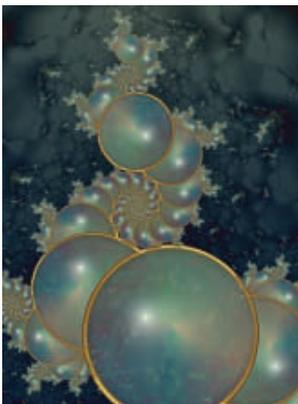
"As above, so below."

However, even though fractals are similar, each one has unique features. Everything in Creation that is an expression of Divine Consciousness and Feeling is therefore also individual and one of a kind. This is a most important polarity: sameness and uniqueness. Therefore, the ONE BEING expresses through Universal Life which is made up of many continuums that express polarities. Each expression of the Divine is similar and yet each is unique.

Fractal Images

Fractal Art

Generated Mathematically



Human Body Fractals



Fractals in Nature





Jeshua's Mantra

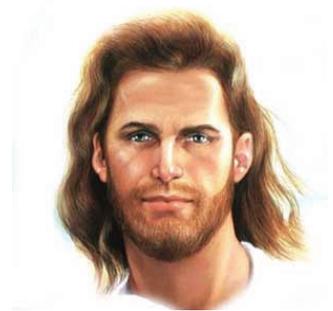


The North Pole at Sunset

Peace, Be still, and know that I am God.
Peace, Be still, and know that I Am.
Peace, Be still, and know.
Peace, Be still.
Peace, Be.
Peace,

Peace,

Peace...



Jeshua as painted by Glenda Green
www lovewithoutend.com

Poetry of Dante

The love of God, unutterable and perfect,
 Flows into a pure soul the way that light
 Rushes into a transparent object.

The more love that it finds, the more it gives itself,
 So that as we grow clear and open,
 The more complete the joy of heaven is.

And the more souls who resonate together,
 The greater the intensity of their love,
 And mirror like, each soul reflects the other.

Dante



Poetry of Hafiz

I Heard God Laughing

You have not danced so badly my dear, trying to hold hands with the Beautiful One.
 You have waltzed with great style,
 My sweet, crushed angel,
 To have ever neared God's heart at all.

Our Partner is notoriously difficult to follow, and even His best musicians are not always easy to hear...
 The mind and body are famous for holding the heart ransom,
 But Hafiz knows the Beloved's eternal habits.
 Have patience, for He will not be able to resist your longing for long.

Hafiz





Why are Essential Oils so Precious, Costly and Rare?

Essential oils are the pure botanical essences of plants—complex mixtures of naturally occurring compounds that play a number of vital roles in plant life. They are called essential because they are necessary for the life of the plant and contain the “essence” of the plant. Essential oils give plants their fragrance, flavour, character, and life as well as protect the plants from infection and infestation from competing forces. They are literally the life blood of the plant kingdom and carry within them a vital force that is legendary for healing, anointing, and inspiring. They have been used in every culture, and are mentioned in virtually every sacred text of the world.

Just as there are different grades of diamonds (and true investment grades are not available commercially) so, too, there are many grades of essential oils. These qualities are determined by a number of factors. Among these factors are such things as the quality of the source plant (whether it was commercially grown or wild harvested) and the manner of distilling ...whether chemicals were used in distilling or whether the oils were cold pressed and pure. Our Sacred Oils are blends of the purest oils available, in most cases from wild harvested plants, with no additives or carrier oils used in the blends.

Essential oils are extracted from certain varieties of trees, shrubs, herbs, grasses, and flowers. The oil is concentrated in different parts of the plant. Myrrh, frankincense, and benzoin oils are extracted from the resin of their respective trees. Cinnamon oil comes from the bark of the tree, and pine oil comes from the needles and twigs of *Pinus sylvestris*. Mandarin, lemon, lime, grapefruit, and bergamot oils are squeezed from the peel of the fruits. Geranium oil comes from the leaves and stalks, while cumin oil comes from the seeds, and ginger oil comes from the root-like stems which grow under or along the ground.

Essential oil is extracted from the plant by a variety of means, depending again on the particular species. The most common method is steam distillation, although other important methods are centrifugal extraction, hydraulic expression, and enfleurage (infusion into neutral oils). Solvent extraction is also commonly used for commercial grades of oil, but is not an acceptable process for therapeutic grades or for oils to be used in sacred blends.

It takes a great deal of work to produce a tiny amount of essential oil. Sixty thousand rose blossoms are required to produce one ounce of rose oil. Jasmine flowers must be picked by hand before the sun becomes hot on the very first day they open. These are delicate flowers, requiring careful handling. The fact that it takes eight million hand-picked jasmine blossoms to produce 2.2 pounds of oil makes this one of the most expensive oils in the world. A sandalwood tree must be thirty years old and thirty feet high before it is cut down for distillation. Therefore, its life blood comes at a handsome price. On the other hand lavender plants are field grown crops. Not only are they more abundant, they are also higher yielding. 220 pounds of lavender will provide 7 pounds of oil. There are many other variables that affect harvest, availability and quality. The same species of plant grown in different countries under different soil and altitude conditions will produce oils which differ in their chemical makeup and therapeutic properties. The trade in essential oils is worldwide, with markets ranging from the United States to China, India, Thailand, Java, Indonesia, Egypt, Saudi Arabia, Israel, Ethiopia, Somalia, Bulgaria, Turkey, France, Britain, Guatemala, Brazil, Australia, and Russia, to name only a few.

Although aroma is the hallmark of essential oil, there is much more to it than that. These substances are very complex in their molecular structure, and very powerful. The essential oil of oregano, for example, is twenty-six times more powerful as an antiseptic than phenol, which is the active ingredient in many commercial cleansing materials.

On average, an essential oil contains one hundred components. The chief of these are terpenes, alcohols, esters, aldehydes, ketones, and phenols, and although technology is beginning to identify more of the components, there remain many more to be discovered. The full chemical blueprint has not been drawn. However, we know enough to confirm that the chemicals making up an essential oil are non-invasive to the human body—that we and they are made of the same material. The aromatic chemicals found in essential oils are derived from phenyl propane, and these are the precursors of amino acids which link to make the proteins that provide the building blocks for just about everything in the human body from the smallest enzyme to the skeleton. Another large group of chemicals found in essential oils are the terpenoids which are formed from acetyl-coenzyme A, which in the human organism plays a crucial role in the production of hormones, vitamins, and energy.

As well as being non-invasive and nontoxic to the human organism, essential oils are non-invasive in terms of heat and electromagnetism. Each body cell is electrically charged and the effect of electricity, in all its forms, plays a part in the healing process. The clockwise and counter clockwise characteristics of essential oils have been known for a long time but need to be examined more thoroughly in view of the growing awareness about the importance of the body's electromagnetic fields. It could be that these aspects of the essential oils contribute towards stimulating the body's own natural healing mechanisms.



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

"In the Energy of Love"

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

Upcoming Events

Reiki Trainings

Reiki I:

July 3 & Sept. 13 in Waterloo
May 16 & Aug. 9 in Toronto

Reiki II:

July 10 & Sept. 20 in Waterloo
May 17 & Aug. 16 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

Energetic Foundations: Phases I-IV Personal Growth Training

Waterloo on July 13 – 18
Toronto on November 24 - 29.

Internship for professional certification can follow for those students wishing to practice professionally.

See the website for pricing.

www.graciousbalance.com

**Additional required trainings
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, May 13,
May 27, June 10, June 24 at 7:30
p.m.**

**Toronto: Wednesdays, May 6,
May 20, June 3, June 17 at 7:30
p.m.**

marianne@graciousbalance.com

Donations Appreciated

Peaceful Path Retreat

Join **Jane Booth Robertson**, author of *In Silence, Discovering Self through Meditation*

**Friday evening, June 12 to
Sunday afternoon, June 14**
at the beautiful Glen Tara Re-
treat Centre near Mount For-
est, Ontario.

This is a holistic retreat for women; a time to pamper, nurture, meditate and play, to experience inner peace and creative consciousness and experience joy in nature. Don't miss out. Space is limited.

[http://www.goldenlightcentre.com/
workshops/index.php](http://www.goldenlightcentre.com/workshops/index.php)