



Gracious Balance

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Gracious Balance Newsletter

Welcome to Issue II of the Gracious Balance Newsletter written 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

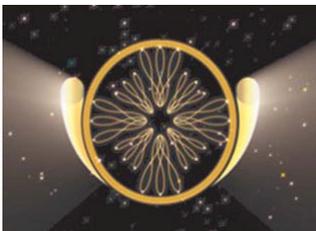
marianne@graciousbalance.com, write **'cancel'** in the subject line and I will remove you from the mailing list. If you received this newsletter from someone else and would like to be added to the mailing list, just put **'add me'** in the subject line.

EMF Balancing Technique Phase X

The Energy of the Universal Parent (mother/father)

The core energy is the kundalini energy that starts in the center below; we learn how to merge/balance the male and female, the mother and the father.

In this session, eight templates in the core, below the feet, are activated. We will be aware of them strengthening us when we need them.



The Core Energy Pattern

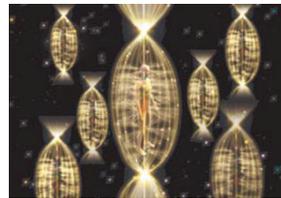
The Universal Mother and the Universal Father become reunited in your core as one.

This is where we invite ourselves to become our own parent.

This session nurtures and heals the inner child

The shadow limits (unconscious limiting beliefs) have to be broken.

As our own Universal Parent we generate infinite love for ourselves which unites us with the energy of the one.



Third Lattice Illustration

A new third lattice is created within the core of your being with your Universal Parent; energy charges of your choice are initiated and activated creating a relationship that provides inner guidance, honest reflections, non-judgement, support, and peace.

Fill yourself with the energy of Love.

Inside this issue:

Anointed With Oil 2
...rediscover one of our oldest healing techniques and gifts of blessing

Sacred Oil Blends 2
...my recommendation of some wonderfully pure sacred oil blends

A New Initiative 2
Come and join me in a new meditation/prayer group

The Meaning of Numbers 3

Thoughts on Numerology 3

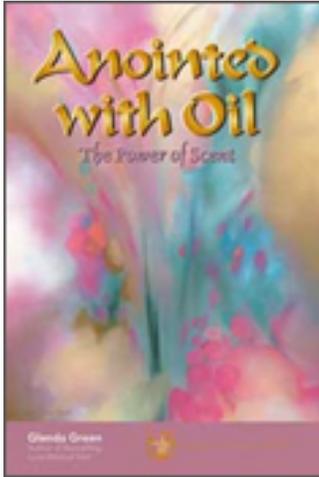
Increase your awareness of the energies flowing through you each day!

Night Sky Event 3

Upcoming Events 4



Anointed with Oil: The Power of Scent



This 81 page book provides much more understanding about the entire subject of scent, essential oil, and the miraculous nature of Sacred Oil blends. It is packed with easily readable and enjoyable information about the history, nature, and miraculous power of scent to transform our daily life and our moments of inspiration. If you have ever wondered why you are transformed by a walk in the woods or a fragrant garden, if you are curious about the powerful connection between emotion and scent, then you will find many

of your answers in this book. To anoint with oil is one of our oldest healing techniques, and one of the most beautiful gestures of blessing and gifting. Discover a Therapy of Wholeness that engages your most primal sense with your highest guidance for optimal happiness and well-being. Learn to immerse yourself in the bountiful aromas of life, and also discover both ancient and modern blends of Sacred Oil that inspire and lift you up to higher levels of consciousness and energy where un-

happiness and disease cannot easily enter.

Here is a link to an interview with Glenda Green about this book and the sacred oils she produces.

<http://www.youtube.com/watch?v=DEMIiLgYh-s>

Sacred Oils



I highly recommend the essential oil blends created by Glenda Green. These pure oils are created for the celebration and nurturing of life. They are blends of the purest oils available, and in most cases, from wild harvested plants. They were grown, harvested, and lovingly processed by people whose traditions for preparing sacred oil runs deeper than the pages of history.

Many of the formulas have been developed under the direction of Jeshua to promote the greatest value for spiritual, mental, and emotional elevation as we restore the Temple of our Lives. Many times their effects are miraculous. I own the entire collection and use them regularly. They last a really long time, and are amazing. The effects last all day. My fa-

vorite is Christ Scent, but there are many others to choose from. A drop of Christ Scent rubbed on the body creates such a high vibration in the etheric field that I am constantly amazed. Others of my favourites are Abundance and Holy Ground.

<http://www.nexternal.com/shared/affiliates/?CS=lwe&Affiliate=9&Target=Store>

A New Initiative

Come try a new meditation/prayer group for teachings, discussion, community and communion

I am opening my home to a new kind of meditation/prayer group. It is intended to fill that void in our lives when because it no longer feels like the right place for us, we leave our place of worship but we still miss the communion, the community and the sacred rituals.

I envision a gathering that lasts for about an hour, has a teaching, a discussion, meditation, and prayer. If the group

chooses, at a later time, it could also include sacraments, rituals and music. The dates for the first gatherings are:

Waterloo: Wed., Dec. 10/08
Toronto: Wed., Dec. 17/08
 at 7:00 p.m.

Please **RSVP** if you plan to attend so I can arrange my space accordingly.

Donations are appreciated.



A sacred symbol for Harmony



The Meaning of Numbers

- | | | |
|---------------------------------------|------------------------------------|------------------------------|
| 1 Beginning; The Creator | 5 Love; Human form | Paradise regained; |
| 2 Duality; Balance | Masculine/Feminine | The Universal Human |
| 3 Creative Power; Trinity | 6 Equilibrium; Harmony | 9 Completion; |
| The Whole: | Perfect balance; Mastery | Triple triad; Power |
| Beginning-middle-end | Star of David | 10 Ten is also a One; |
| Body-mind-spirit | 7 Sacredness; Transition | Creation |
| Father-mother-child | Heaven(3) + Earth(4) | 11 Awakening |
| 4 Stasis; Strength; The Cross; | Spirit + Temporal | 12 Illusion of time |
| Thought; The Earth; 4 direc- | 8 Infinity; Plenty; Renewal | 13 Divination |
| tions; 4 elements | | |

Consider the numbers that appear in your life. Double numbers hold extra power. Do you ever look at the clock and see 11:11 or 3:03 or 12:12? What is the meaning of that special upcoming date, November 11, 2008? November 11 is the eleventh day of the eleventh month...a double 11...a powerful energy of awakening. 2008 has a 'one' energy ($2 + 0 + 0 + 8 = 10$, and ten is $1 + 0$, that is a 1) This means 2008 is a year of new beginnings. Therefore, Nov. 11, 2008 is energetically a very powerful day for great awakenings and new beginnings. Don't forget to take a few moments on November 11 to feel the energy of awakening.

Has 2008 been a year of new beginnings for you? I guess it has for the USA.

What does your house number mean? What is the numerology of your birth date or your phone number?

Thoughts on Numerology

The planet Earth is a construct of a matrix based almost entirely on numbers. The other two factors in this construct are sounds and lights, which are emitted by numbers in varying combinations.

Numbers have played an unending role in the development of all evolutionary systems. There are no absolutes, for there are limitless numerical combinations. When one is bound by an absolute, the

possibility for growth is nullified.

Your life is based on a matrix of numerical systems. It moves in endless patterns of lights and pulsations generated by the numbers of the matrix. Your life, like the life of the planet, has the possibility for limitless evolutionary growth. This is why an awareness of numerology can be important in helping you understand and consciously

create your life's journey.

For thousands of years people have understood how the stars influence their lives, perhaps not recognizing that astrology is based on numerical equations. Now you may see the beauty of how numerology affects your life on a daily basis.

- quoted from Kahu Fred Sterling



Consider the numerical energies embedded in a mandala.



Increase your awareness of the energies flowing through you each day!

Night Sky Event

December 1, 2008

Venus-Jupiter Conjunction, Part Two

(The first conjunction was on the morning of Feb.1/08)

This will be the second pairing in 2008 of the two brightest planets. This time it is in the evening sky soon after sundown. And as a bonus, the crescent moon will join them forming a striking triangle, likely mak-

ing those who normally don't look up at the sky take notice.

Venus is the planet of Love
Jupiter is the planet of expansion and abundance.
The Moon represents feminine energy





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"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

Call anytime to book sessions !

Upcoming Events

EMF BalancingTechnique® Practitioner Training

Master in Practice: Phases V-VIII is being held in **Toronto on Nov.24,25, 26, Dec.4,5,6.** There is still room for one more student.

Energetic Foundations: Phases I-IV is being offered in **Waterloo on February 8 - 13.**

See the website for pricing
www.graciousbalance.com

Reiki Training

Reiki I:
January 24 in Waterloo

March 7 in Toronto

Reiki II:
January 25 in Waterloo

March 8 in Toronto

Reiki III:
January 5 in Waterloo

Reiki Master Training
By request

Trainings provide certification and include instruction, manuals, sessions given and received.

Gatherings

I am starting a new initiative in holding gatherings in my home. The group will set direction together, but at this point my vision includes teachings, discussions, meditation and prayer. Donations appreciated.

First meeting times:

Waterloo: Wed., Dec. 10

Toronto: Wed., Dec. 17

at 7:00 p.m.

RSVP if you plan to attend
(See my contact information above)

All Trainings can be scheduled on request



*Practitioner Training Class
EMF Balancing Technique,
Energetic Foundations,
Phases I - IV*