



Gracious Balance

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Gracious Balance Newsletter

Welcome to the October 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.

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Reiki

The word Reiki is made up of two Japanese words:



Rei – Pronounced “ray”: Universal or spiritual consciousness/wisdom, or a higher dimension of light and the soul; it knows the cause of all problems and how to release and restore to the highest good.

Ki – Pronounced “key”: The vital life force energy which flows through everything that is alive. In other traditions, it is also called Prana, Chi, vital force, etc.

Together, the characters for Reiki represent **“Spiritually Guided Life Force Energy”**

Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that **everyone** can learn and use. Reiki is passed on vibrationally during an attunement given by a Reiki Master, and allows one to tap into an unlimited supply of life force energy.

Reiki is a channeled healing energy, meaning that the practitioner is not directing the healing, but merely acting as the channel that the energy flows through. As such, Reiki can do no harm. Reiki is guided by the Life Force Energy, and knows where it is needed most. The practitioner’s energy is never depleted, and both client and recipient benefit from the loving energy being channeled during a session.

Reiki is a transcendental energy; it works with physical, mental, emotional, and spiritual levels. It is comprehensive – covering the nervous, circulatory, and endocrine systems, all major organs, and the seven major chakras.

Reiki helps bring the body into its own natural balance, allowing it to heal itself - healing is a byproduct which occurs when the body is filled with this divine energy. This makes Reiki an excellent complement to other medical interventions such as surgery, pharmacy, psychology, naturopathy, etc.



New Neuroacoustic Research

Scientists have discovered an amazing fact about the sounds of the ebb and flow of ocean tides, people's voices, dolphin cries, and bird and cricket chirps. They sound the same! When researchers slow down voice recordings of people, they discover the people's voices sound like the ebb and flow of ocean tides. Then when researchers speed up the recordings, people's voices sound like dolphin cries. Speeded up more, like bird chirps. Even more like crickets. And guess what crickets chirps sound like slowed down? Yep. First like birds. Then dolphins. Then people.

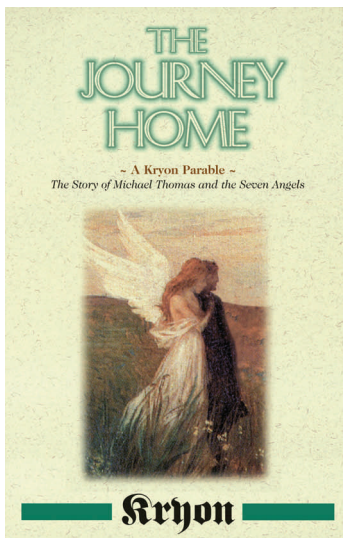
But wait! There's more. While examining the recordings of spacecrafts Voyager I and II at the California Institute for Human Science, scientists discover the same sounds! NASA recordings from outer space sound remarkably like ocean sounds, choirs of voices singing, dolphins, birds and crickets.

Additionally, sounds produced by the rings of Uranus are virtually identical to those produced by Tibetan bowls. Researchers believe that this similarity is no coincidence. Scientific medical studies are discovering that the sound vibrations of dolphins, Tibetan bowls and choirs have a profound healing effect. Could this be the collective unconscious that Carl Jung refers to? A living collective library that contains all the knowledge of the Universe?

Stay tuned!

- Center for Neuroacoustic Research and The California Institute for Human Science

Kryon is Coming to Toronto



Join me in Toronto on Saturday and Sunday, November 21 and 22, 2009, 12:00—5:30 pm to see Lee Carroll channel Kryon. The event is being held at the Unity Church of Truth, 173 Eglinton Ave. W. (near Yonge and Eglinton Subway stop).

Saturday is an intensive 5 hour lecture and live channeling. Sunday is a 5 hour informal day where Lee reveals the full story of the Kryon novel "THE JOURNEY HOME". This is an amazing parable of a man named Michael Thomas and the seven angels he meets on his journey 'home'. A channeling follows. The cost is \$100 for one day and \$175 for two days. Details are at <http://www.kryon.com/seminar%20images/Info%20buttons%26flyers/Torontoforweb.pdf> (copy & paste into browser)



Explore the Kryon website: <http://www.kryon.com>



Vibrational Sound Remedy Downloads for H1N1 Influenza

By Peter Chappell April 2009

I came across this homeopathic, free remedy for H1N1 Swine Flu and other flu's online. I have no idea about it's effectiveness, but it was very interesting to me, so I pass it along to you. The following words are excerpts from the website.

If the information here is new to you it will seem strange or unbelievable, or arouse your scepticism, but this technology has been around for a long time. The actual downloads have been in use epidemic diseases for only about four years, but the technology upon which it is based has a successful 250 year history of use especially in epidemics. And the roots of this system go back before living human history began because it is based on resonance which is a fundamental quality of the universe and of all physical matter.

Resonance is like gravity, It's an essential part of existence and a core ingredient of every part of existence. Resonance is very easy to understand. If you highlight an issue by resonance, like a swine influenza being highlighted to your immune system, you automatically create an immune defence response. It works both protectively/prophylactically and as a treatment and it complements any other form of treatment and it can be a win-win combination. And there's nothing to lose either. The download technology was developed in the early days of the first bird flu scare when it was realised that if it happened in an extreme form there will be no other form of delivery that could be implemented worldwide. The panic and the paralysis that would follow would stop anything else being delivered.

For more information -- www.healingdownloads.com and read on.

Listening Instructions

You can put the healing download supplied here on your mobile/cell phone or on an MP3/4 player or on a CD or on your desktop, play it on the hifi, or on all of these. This acts both as a preventative strategy and as a treatment. You should listen at least once a day from now on and if you hear of any influenza infections in your area listen more frequently and you can listen as often as you like. If you think you have the influenza you should listen non-stop until you improve/feel its working and you can do anything else as well and there won't be a conflict. You could find that if you just listen you get better to some extent which is difficult to predict, but the influenza attack will be more easily managed and less severe. Once the influenza starts it has a routine it will go through as your immune system learns about it, creates a healthy fever as front line defence, and starts to fight it off and then wipes it out. You can repeat listening as often as you like during the attack. At least hourly would be a guideline.

How does it work?

Conventional medicine works by attacking the virus while the immune system struggles to deal with the remaining viruses. Recovery depends upon the immune system. The healing downloads method is based on resonance and a download or the pills cause a specific swine influenza resonance in your immune system so it acts to fight it off. In the early stages it will boost the immune system against swine influenza and it may stop it invading you or eliminate it before it gets a hold. If the influenza gets a hold it will strengthen the immune response. It will then work well with conventional medicines that attack the viruses and it becomes a win-win situation. Exactly how resonance works is a longer story.

What is the treatment exactly?

This is for treating the swine influenza which includes

- A general human influenza resonance
- Bird/Avian influenza-H1N5 resonance
- Swine influenza - H1N1 type A resonance
- A special PC Epidemic Panic Resonance (–see Panic).

The download comes in the form of the sound of about 30 sea waves on the seashore which contain within them the resonance information and it lasts about two and a half minutes and is a 4MB file in MP3 format. The original is a wav. file.

Pills are also available and come in standard homeopathic options, normally pills, two sets, one for the influenzas, one for the panic.

Epidemic Panic

The problem with panic is that it depletes the immune system dramatically and makes you more vulnerable to the disease itself. Treating the panic is as important as treating the influenza itself. The panic could easily make the difference between you getting the influenza and not getting it.

Supplies

The resonance using sound is supplied free and you can give it to anybody you like - it's free. It's on www.healingdownloads.com for free. You just need to download it with the instructions



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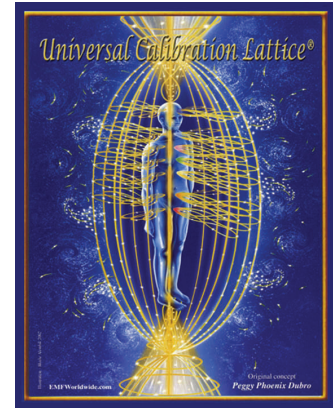
"In the Energy of Love"

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

Reiki Trainings

Reiki I:

Nov. 7 in Waterloo
Oct. 24 in Toronto

Reiki II:

Nov. 8 in Waterloo
Oct. 25 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.

Whole Life Expo

Metro Toronto Convention Centre
November 27,28,29, 2009

Canada's largest showcase of natural health, alternative medicine and eco-friendly lifestyles. With 60 speakers and over 200 exhibitors,

I will be volunteering in the Canadian Reiki Association booth on Friday night and Sunday afternoon. Maybe I'll see you there.

<http://www.wholelifecanada.com>

Kryon Event

November 21, 22/09
Toronto

UCL Workshop

Toronto: Saturday, December 5, 2009

"A Step towards Balance, Peace, and Self-empowerment"

This 1-day workshop stands alone as a valuable, personal growth experience. It is also the first step in becoming an EMF Balancing Technique Accredited Practitioner should you so choose. The workshop includes instruction and a manual.

Morning Program: A fast paced and informative overview of the Universal Calibration Lattice, what it looks like and how it works and how it can work for you in your individual growth and evolution.

Afternoon Program: Experience an afternoon of activity and energetic alignments, honoring your unique pattern of Wholeness. Learn exercises of clear co-creation. Practice transmitting balancing energy across the room or around the world. Understand your part in the family of Humanity. Receive and learn how to give an empowering, loving and nurturing EMF Balancing Technique Introductory Session.