



Gracious Balance

Marianne Zinn-Kuwabara

November 2012

Message of Love

The shift into the Real, into Light and silence is the trust that this grace will live through you to teach you what Love feels like to return you to your true feeling nature as the magnificent heart of God I AM, the expression of the Christ.

All around you, this resonance of Love, this perception as the only truth will be reflected to your heart from every stream of life expressing here on Earth.

The trees will bow and greet you. The flowers will show you that what they are saying in the language of heart and Spirit is that you are a glorious expression, like them, of the beauty of the living God.

~ from **The Messages from God** through Yael and Doug Powell at Circle of Light,
www.circleoflight.net



Here is an old picture of me

I found this on facebook, posted by a friend

Prayer from Patricia Cota-Robles

Beloved Presence of God—the Source of All that Is—I love and adore you. I acknowledge you as the owner and giver of my life, my intelligence, my substance, my all.

Seal me in the Love, Wisdom, and Power of Victorious Accomplishment. Blaze your Light before me and prepare the way that I may always walk the path of Light.

Guard and protect me, guide and direct me, and give me the Illumination of the Truth that will set me FREE.

Help me to BE your Divine Love in action at all times, and sustain your Love through me to bless all Life.

The Violet Flame by Primal Painter



<http://primalpainterhealingart.blogspot.ca/>

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Astrological News from Alice Inoue

Now that Saturn, the planet of structure and form has completed its run through Libra, it's time to think about what we can expect as Saturn just entered Scorpio (10/5/12) and will stay there until the end of 2014.

The Libra Theme

While Saturn was in Libra (the last 2 ½ years), many people went through relationships changes. The ones worth keeping either made it through the “test,” or went through an overhaul or a transformation. The relationships that were draining or were imbalanced in some way may have ended and new relationships may have formed in their place. Take a moment to think back over the past two years and reflect on where you see this in your life. Relationships are considered to be both personal (friends and family) and professional (business associates and partnerships).

The Scorpio Theme

As of October 5th, Scorpio became the new theme. Scorpio tends to bring out the hidden so anything that needs to be looked at (that you may have been ignoring) will be brought to your awareness giving you the opportunity to transform yourselves and your life to the next level. Since Scorpio is all about transformation, and learning how to let go of control, you may feel challenged in the areas where we want full control.

What can I expect out of this?

Saturn will show you new ways to work with existing relationships and situations. This may be uncomfortable at first, however by being open and accepting that in order to move forward, you'll have to let go of “something,” you will be ahead of the game.

Thinking about “letting go” may cause a bit of panic due to most of us being used to doing things a certain way, however, trust that Saturn is showing you a new way, one that you will ultimately find better. By surrendering control – of others, of the situation, of expectations and results, you will find a new platform to stand on.

During this time, you may have to share responsibilities with others in a new way, and trust others in a way you haven't felt comfortable doing so before. You may feel the need to speak up for what you are committed to, or step up to the plate to face your fears head on. Scorpio rules our fears, so fears may also play a part during this time, ultimately showing you that what you were afraid of was “nothing” after all.

What can I do to prepare?

- **Be open to letting go:** The subject of life and death will be a common theme and talked about more often. Letting go of old ways will be paramount. Seeing death around us will continue, and new ways to deal with death will be part of this.
- **Collaborate with others:** Saturn in Scorpio is a time of collaboration with others in new ways – ones that will bring us to new levels of our own personal power. There may be areas where uniting forces with others can effect a greater change.
- **Take hold of your finances:** Saturn in Scorpio is an excellent time to reorganize your finances and move to new levels of financial empowerment. **Paying off debt, shoring up taxes, and looking at living wills, trusts and insurance is all in line with this energy.**

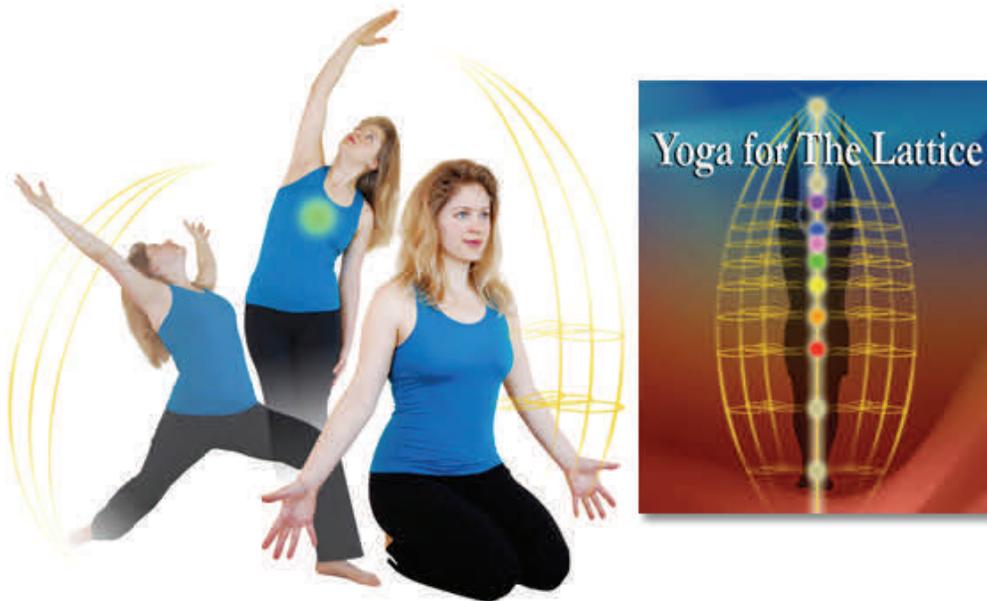
Get Ready for the Journey

Get ready for a journey through the inner sanctums of life. Along the way we are going to experience some loss and we will have to face some fears, but if we go with an open mind and a willingness to accept life as it is, we will find ourselves in a much better place than we were when we first entered this cycle.



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.



You will experience the energy of your personal Lattice as you:

- Understand how this evolutionary process assists you in mastering the teachings of the Karmic wheel of life
- Strengthen the energy of love and wisdom in your body, mind and spirit
- Explore new chakras and their meaning

Receive a unique meditation/energy alignment as you work with the energy of the kundalini beginning in the chakra beneath your feet

Marianne is a registered teacher of Yoga for the Lattice. Ask how you can participate in a class.

Nest Class: Monday, Dec. 3, 2012 at 7:30 PM, at ICOL



November Eclipses by Jennifer Hoffman

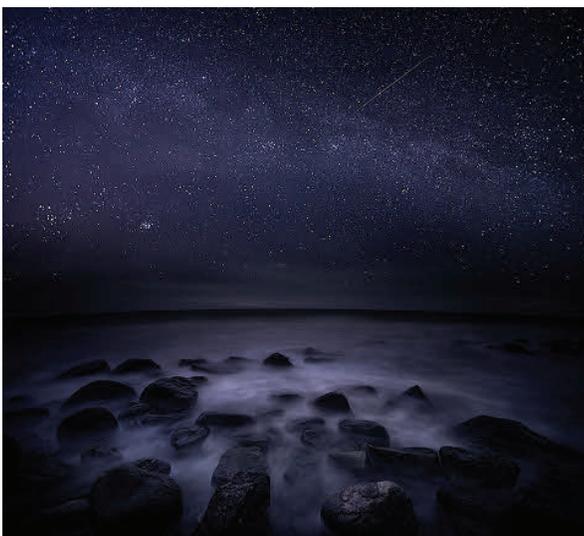
November's energies will guide us to put ourselves first and the eclipses, including a rare **total solar eclipse on November 13** is at the same degree as one that took place in November 1993. I remember that one, it was also a total eclipse and I saw it in Houston, Texas. It was so strange to be in the dark during the middle of the day. How much has your life changed since 1993? Is there anything you are still doing now that you did then? What do you want to change and do you have the will to change it? The power, support and guidance are always available to help you make those first steps, all that is required is your will to be open to receive your blessings.



The second eclipse on **November 28** is a partial lunar eclipse powered by Mercury going direct. All systems will be in place to move into December which, I think, is really the beginning of the energies of 2013. Let November bring forward any endings and let them end, especially if they have come up more than once this year. It's time to finally let those doors close so new ones can open.

We think that life is a marathon and we live it that way, going around within the same experiences, struggling with the same limitations, trying to do our best with what we think we have been given as our life lessons to learn through, heal and transform. But, consider that life is a relay race and at every turn and crossroads, we have the opportunity to pass the baton to someone or something else. The decision to pass the baton, to stop fighting, embrace healing, acknowledge ourselves as powerful creators and worthy of unlimited, abundant, joyful blessings and move our lives in another direction, is the most significant and powerful healing choice we can make. Is it time to pass the baton in your life? What battles are you willing to stop fighting (the real meaning of surrender) and begin using your energy in different ways? A month with Mercury retrograde and two eclipses is certainly providing the support for you to do anything you want. Whatever isn't flowing isn't going in the right direction for you.

Quotation: Rabindranath Tagore



There is a point where in the mystery of existence contradictions meet; where movement is not all movement and stillness is not all stillness; where the idea and the form, the within and the without, are united; where infinite becomes finite, yet not.

Photo: Mikko Lagerstedt with Bharat Sharma



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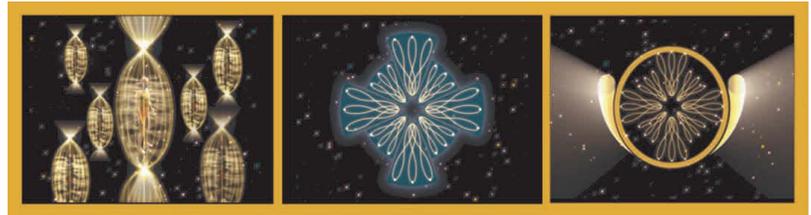
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"In the Energy of Love"

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

EMF Balancing Technique®

Practitioner Trainings

Phases I - IV

"Energetic Foundations"

Toronto

November 19—24, 2012



Contact Marianne to book other trainings

See the website for pricing.

www.graciousbalance.com

EMF Balancing Technique®

Reflections Sessions

I wish to announce that I am now ready to offer 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

I am pleased to announce that I have been accepted as an associate celebrant in CCCC and am once again listed with the Registrar General as a legal wedding officiant.

I would be honoured to officiate any of your celebrations.

AN OFFERING FROM JANE BOOTH

Peaceful Path Mini-Retreat for Women

A one day mini retreat to refresh yourself and move more fully into the evolving consciousness of 2012, in Meaford, ON at Jane's home.

Saturday, November 24th, 9:30 a.m Noon. 1:30pm – 4:00 p.m. Take time to visit charming downtown Meaford over lunch break.

Fee: \$75.00

Registration: goldenlightcentre@rogers.com