



Gracious Balance

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Gracious Balance Newsletter

This is the first of my new newsletters to connect with and inform clients and friends.

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

value to you.

Watch for postings of upcoming events held by myself as well as community events of interest.

The first mailing is necessarily unsolicited. If you do not wish to receive the newsletter just 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.

Guiding Principles of the EMF Balancing Technique®

The following subtle yet important messages and philosophies underlie the EMF work. These principles are of fundamental importance to all EMF Practitioners and Teachers wishing to align themselves fully with the technique.

- ◆ EMF is a passion for taking pleasure and joy in the growth of another human being; the desired result of an EMF session is personal growth; empowerment is an important element of healing.
- ◆ The results of an EMF session are always determined by the inner wisdom of the client.
- ◆ Silent Honouring - it is important for the EMF practitioner to honour the wisdom of the client by allowing the session to unfold without interference or interjection - a most important protocol for all practitioners.

- ◆ Every EMF session is always performed the same way, without additions or subtractions.
- ◆ The EMF Balancing Technique is not in competition with any other types of energy work.
- ◆ As powerful and wonderful as the EMF is, we do not promote it as a panacea - a cure all or end all for anything.
- ◆ The material world and the spiritual world are of equal importance, in fact they are one and the same, reflections of each other - As above, so below.

The Lattice



- ◆ The very best way to promote the EMF work is by being a living example of Mastery in Practice!

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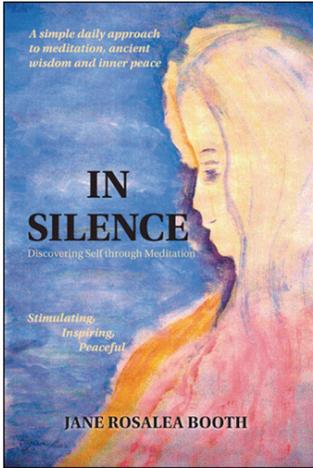
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In Silence

There is extraordinary strength, wisdom and peace to be found in only a single moment of silence. Jane Rosalea Booth has created a simple but profound guide for exploring the gift of our inner sanctuary. In Silence is an inspirational carrying companion to personal meditation that invokes personal introspection and individual understandings. It reminds us to live each moment from the natural, peaceful place where we are closest to God. In Silence is a pure and beautiful book that comes

from the heart. It holds wisdoms not to be missed.

About the Book

Part 1
Discovering Self through Meditation Messages of Love

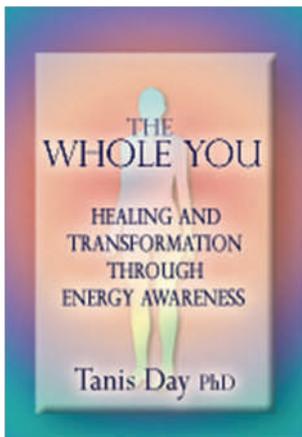
Part 2
A Daily Guide to Meditation and Self-Reflection Messages from the Garden Within

Part 3
Nature's Guide to Spiritual Awareness
Messages of Wisdom

Part 4
Creative Consciousness, Creating your Life
A Time for Peace

In Silence: Discovering Self Through Meditation

By Jane Rosalea Booth



The Whole You

The Whole You maps the energy fields of this lifetime, past lives and expanded dimensions of Spirit. It includes the major chakras, new techniques for personal healing, and realistic practices for developing intuition and guidance. It shows how the soul incarnates and how to use the etheric template for physical healing. It also introduces an innovative approach to clearing the negative beliefs of

dark consciousness. The Whole You guides you to using your own energy fields for healing, self-realization and enlightenment.

This ground-breaking book provides a template to follow. Through explanations and examples, it lays out new information about the human subtle energy fields.

Exercises and meditations help you access and experi-

ence your own subtle fields, from this lifetime's emotional and mental bodies to your soul and higher energies. Discover how different your life can become when you choose to live from The Whole You.

The Whole You: Healing and Transformation Through Energy Awareness

By Tanis Day

Other Recommended Reading

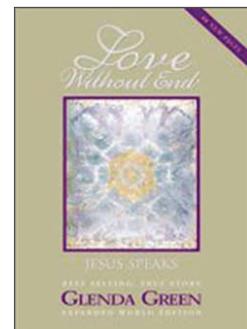
These teachings are a gift to your heart for the fulfillment of your life.

This book remains special to me!

www.lovewithoutend.com

In her book Love Without End: Jesus Speaks, renowned artist and spiritual teacher, Glenda Green shares her life changing experiences in the presence of Jeshua (Jesus). As Glenda paints his portrait, she talks to him about his life on Earth. She had the opportunity to ask him all

her personal questions about the Bible/Torah as well as about events he experienced. I especially liked when he gave her his translation of his famous "Lord's Prayer." This book and her second book, The Keys of Jeshua open doors to astounding perceptions and higher states of being.





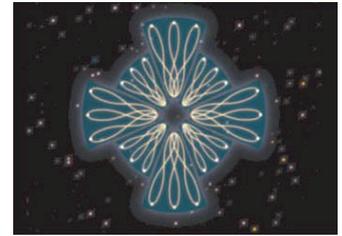
EMF Balancing Technique®: Phase IX

Phase IX is unique. It is a practical gift to the new human on the new earth to give individuals a tool to take another step in empowering themselves. It's all about the energy charges we want to infuse and defuse in a chosen relationship with a person, situation or concept. We need to take responsibility for our thoughts, words, emotions and actions. Our thought processes can be like a messy closet.

Phase IX gives us an opportunity to take everything out of the closet, discard some things, move some things more to the front, and put back those things we choose to keep. One can ask themselves, "Which part of my wholeness am I willing to take responsibility for and embrace now?" The possibilities are infinite. Clients work with such relationships in their life as: their marriage, their family, fi-

nances, time, health, weight, food, exercise, etc.

We are here to create peace on earth, create a new reality. What now? To create a thing for the earth, we must first create it for ourselves. The universal human is able to make choices and follow through on those choices. This tool is meant to assist us reframe our reality with as much constructive consciousness as possible.



We are in a time of evolutionary responsibility.

The Mayan Calendar:

We are in 'Electric Moon' in the year 'Blue Electric Storm'

In the ancient Mayan calendar, as of July 26, 2008, we entered the Year of The **Blue Electric Storm**.

The focus of this year is on Activating our Service and Bonding our Energies to Catalyze Self-Generation.

This is a cycle to Awaken our Inner Thunderbeings!

We are now in the third moon of the 13-moon year of Blue Electric Storm, Sept. 20—Oct. 17. Moon 3 is always called "Electric".

Its totem animal is the Deer. The words to focus on for "Electric

Moon" are *Activate, Bond and Service*. The directive is, "How can I best activate my service?"

This Moon is bringing us the frequency of 3. We have now moved beyond the polarity of 2 and into the movement and rhythm of the power of 3. This is a cycle to ACTIVATE - to enliven, to wake up, to bring the electricity and ignite our Passions!

This is a special time as we are in the Year of Service and now also the Moon of Service!

We are each here on this Earth with special gifts and abilities to beautify our world - this is the

time to truly honour them - to share them with our communities and our world!

What is it that makes you come alive? That is your Service! Everyone's service may be different and unique - it matters not the size and scale, it matters the vibration of love and intention you place into your Service.

When we are activating our service we are filled with Joy and Power. This is the cycle to align with our passions and breath vigour and magic into them, so they may contribute to other people's lives and uplift our shared world!



Mayan symbol for Blue Electric Storm

www.13moon.com

Your Mayan Horoscope

Every Mayan Galactic Signature has three parts. The first is your colour. There are 4 colours: white (corresponding to the energies of North), red (East), Yellow (South) and Blue (West). The colours represents both the source of your power as you move through life and the direction you are heading.

The second part of your Galactic Signature is your Tone. There are 13 different Tones which have names and are numbered.

For example, the Blue Electric Storm pictured above is the number 3. The tone aspect of the signature embodies how you present yourself and interact with the world and how you relate to others—how you move through the world, your coping skills, how you handle situations, relationships, and problems.

The third part of the Galactic Signature is your Kin. There are 20 Kin or Solar Tribes. The tribe of your signature embodies

the internal essence of your being, that which motivates you and the source of your intentions and accomplishments in your world.

To calculate your Mayan Galactic Signature go to :

www.galactichardwarestore.com

My personal Galactic Signature is the Blue Electric Storm, just like the signature of this Mayan year. I wonder what that will mean for me.

"Colour is your source of power.

Tone is your function or creative contribution.

Kin or Tribe is your powerful archetypal essence."



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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

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 **Toronto on Nov.2-7.**

Watch for this course to be offered in February in Waterloo.

Call to book sessions anytime!

Reiki Training

Reiki I:

Oct. 11 in Toronto
January 24 in Waterloo

Reiki II:

Oct. 12 in Toronto
January 25 in Waterloo

Reiki Master Training

By request

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

Video

Happiness is Your Birthright

These 3 You-Tube postings show Glenda Green giving a keynote speech at a conclave I attended in Sedona, Arizona. I found it very inspirational. She has many other speeches on You-Tube for your enjoyment. I am grateful to her for sharing so generously.

http://www.youtube.com/watch?v=VO_3Bu3Sheo

<http://www.youtube.com/watch?v=IG9iuM36YGI>

<http://www.youtube.com/watch?v=NAwOPv4woCA>



This is a photo of Glenda Green, her husband Archbishop Larry Jensen and myself at the conclave in Sedona.