



Gracious Balance

Marianne Esther Zinn

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Message from Marianne

Can you believe time is moving so fast? Where has summer gone? This summer has been intense with Venus being retrograde, a solar eclipse, and a lunar super moon eclipse concurrent with a massive gamma ray burst. I can't wait to see what enlightening effects all of these events will have on humanity.



Gamma ray bursts are little understood by our scientists, but they know they are created a supernova and produce as much energy in 10 seconds as our sun will release during its entire expected lifespan of 10 billion years. This particular Gamma Ray Burst was the result of the explosion of a star that took place more than 12.1 billion years ago and it reached us in this amazing synchronistic timing. Understand that the rays from the sun take only 8.17 minutes to reach the earth, and this one took 12.1 billion years. It is called Wave X or The Event Horizon by some, and it came at the same time as the super moon eclipse, the ascension day of Mother Mary, and the Pope addressing congress in the USA. We know such light has an effect on all life on Earth at an atomic cellular level, a DNA level. In their fear, scientists tried to break up the beam with the CERN Hadron Collider, but the attempt failed.

In the words of the angels, "Fear not". I believe this is a sign of great positive change in the energy of love on our planet!

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NeuroOptimal® powered by Zengar

I wanted to offer you a YouTube webinar to watch about the NeuroOptimal neural feedback system I am using with clients. This video is a presentation about a science fair experiment done to test the effects of the machine, but it says SO much more. It ends with the statement that it would be wonderful if every household had a personal machine attached to their media centre at home. It is that beneficial and that easy to use! Obviously, the experiment gave positive results, but I was even more blown away by the comments the test kids had about the benefits they experienced in their lives – and these were not kids chosen because they were experiencing any life problems. They were just accommodating classmates.

<https://www.youtube.com/watch?v=vyedz66ji3g&feature=youtu.be>

On the same YouTube page, along the bar at the left, are many shorter videos outlining uses such as personal fitness training, sleep problems, help healing brain injury, anxiety and stress management, help with depression and focus, integrative medicine, and others. Look for the name NeuroOptimal when choosing a video to watch. While all neurofeedback can be helpful, the NeuroOptimal system is unique and unlike every other feedback unit in so many ways. First, it is a non-medical device. That is because nothing is manipulated by the technician (trainer). No signals are being directed at the client's brain. All of the changes made are directed solely by the client's own central nervous system. That makes it dynamical and non-linear and 100% safe. Even children can benefit. What can be better?

The response to sessions are positive, often subtle, and unpredictable because the client's own nervous system is making the decisions about change, not the technician operating the machine. At first it feels like you are just having good days more and more often. Because the changes are internal, you can forget what things were like before the sessions and quickly accept the changes as their new permanent way of being. Things held in the subconscious mind, the conscious mind, or even the superconscious mind can move into the background and not cause disruptions like they did before. I am so impressed with this system! NeuroOptimal feedback units are available to purchase for both professional or home use. Since they both offer the same core sessions, both are equally effective. If you don't want to purchase a machine, please come for sessions. I use it myself all the time. For me, when I use it, it is like having my accumulated stress and "brain fog" lifted.

For more information, please visit my website, www.graciousbalance.com and click on "NeuroOptimal" under the title "Other Wellness Services". You can also visit www.zengar.com. There is lots of info there.





Discover Essential Oils

I have recently rediscovered the power of essential oils. I have been using Glenda Green's oils for years for meditation and prayer, but now am investigating the health benefits as well. I discovered that purity is important. So is alchemy. The plants that produce the oils must be the perfect ones, grown in the perfect location, in the perfect climate, and harvested with care and expertise. Then if the oils are part of a blend, the balance of the parts is part of the magic.

I have found the following companies offer the best oils: Glenda Green ([www.lovewithoutend.com](http://www lovewithoutend.com)), DoTerra (<http://www doterra.com/#/en>), Young Living (https://www.youngliving.com/en_US/discover) and I notice there is a new store called **Saje** in Conestoga Mall in Waterloo which offers some good products.

I love the anti-bacterial/anti-viral blend called "Medieval Miracle" by Glenda Green, "Thieves" by Young Living and "On Guard" by DoTerra. I use it in a diffuser whenever anyone in the house is getting the sniffles and it does work miracles. It is also good mixed with lots of water and spritzed on moldy or musty areas in the house. It has been researched to kill even black mold. I also use it just to sniff when I am travelling, to avoid getting ill. It has been a long time staple in our household.

I also use the digestive blends by Saje and DoTerra to help with tummy ache and digestive bloating, constipation, etc. I really like it for myself when I am feeling uncomfortable. Last week I had a screaming toddler at my home complaining, "My belly hurts, my belly hurts!!!!". I rolled the digestive blend on her tummy and within seconds she was happy and calm again. Wow, I wish I had known about this when my own kids were babies.



**Essential oils are more than nice scents.
These plant extracts can help you heal body, mind and soul.**



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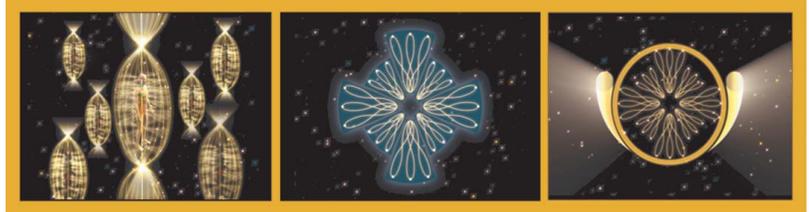
*Peacefilled Personal
Empowerment*

www.graciousbalance.com

www.graciousspirit.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 !

Offerings From Marianne

Christ Blessings

The Christ Blessing is an ecumenical and sacred connection with Jesus and The Holy Spirit. It accelerates the conveyance of Spirit many fold as in the receiver of the Christ Blessing sits in prayer. The outpouring of Grace is amazing!

I am a certified Christ Blessing teacher for those wanting to learn to do the ceremony for themselves.

I will be offering a one day Christ Blessing training this Fall. The cost is \$99.

Contact me to set the date and enroll

Contact Marianne to book trainings in any of the Balancing Work techniques

www.graciousbalance.com

NeurOptimal®

I am a certified trainer for the Zengar NeurOptimal® neural feedback unit.

NeurOptimal® is a designed to be a non-linear, dynamical system (quantum) that focuses on the central nervous system - the hub of all functions in the human body. As such, it is not surprising that users have experienced successful outcomes across a broad spectrum of concerns.

Clients typically find NeurOptimal® neurofeedback systems effective in improving pre-diagnosed issues in five general categories:

- Wellness and Personal Growth
- Slowing the Effects of Brain Aging including "chemo brain"
- Achieving an Artistic or Athletic Performance Edge
- Help with Specific Cognitive, Emotional, or Physical Challenges (e.g., ADHD, anxiety, chronic pain, insomnia)
- Enhancing Academic Performance

Call or email to learn more or book an appointment!

Ceremonies

As clergy of Canadian International Metaphysical Ministry of Canada and Spiritis Church, I would be honoured to officiate any of your celebrations including Weddings, Funerals/Life Celebrations, Eucharist/Communion, Baptisms/Naming Ceremonies and Vow Renewals.

The ceremonies offered can be religious, spiritual or civil.

I honour the original teachings of love and inclusion.

As a community of home parishes, we offer to bring the church to you.

