



Gracious Balance

Marianne Zinn-Kuwabara

September 2010

A Message from Ralph Waldo Emerson

All I have seen teaches me to trust the Creator for all I have not seen.



Bean Flower

All our progress is an unfolding, like a vegetable bud. You have first an instinct, then an opinion, then a knowledge as the plant has root, bud, and fruit. Trust the instinct to the end, though you can render no reason.

As we grow old...the beauty steals inward.

Be not the slave of your own past. Plunge into the sublime seas, dive deep and swim far, so you shall come back with self-respect, with new power, with an advanced experience that shall explain and overlook the old.

Beware when the great God lets loose a thinker on this planet.

Ayurvedic Tips for Reducing Electromagnetic Toxicity

- Walk under moonlight, especially when the moon is full or near full.
- Lay down on the earth. Clean sand or clay soil is the best.
- Walk near water or under big, green trees.
- Hug and hold a tree. Put your chest (heart area) against the trunk.
- Rinse your face with cool water three to six times per day.
- Keep plants near the computer to absorb EMF.
- Stop TV and computer after 7 p.m.
- Don't keep any electronic devices in the bedroom.
- Take a break every two hours and go outside in the fresh air.
- Unplug electronic devices and turn them off when not using. This is especially important for cell phones and computers in the bedroom at night.
- Turn off wireless routers at night while sleeping.
- Drink alkaline spring water while working on a computer.

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Right Now!

There are Tibetan Buddhist monks in a temple in the Himalayas endlessly reciting mantras for **the cessation of your suffering and for the flourishing of your happiness.**

Someone is writing a book that you will read in the next two years that will **change how you look at life.**

Nuns in the Alps are in endless vigil, praying for the Holy Spirit to **alight the hearts** of all of God's children.

A farmer is looking at his organic crops and whispering, "**nourish them.**"

Someone wants to hold you, to make tea for you. Someone is willing to lend you money, wants to know what your favourite food is, and treat you to a movie. Someone in your orbit has something immensely valuable to give you -- for free.

Something is being **invented** this year that will change how your generation lives, communicates, heals and passes on.

The next great song is being rehearsed.

Thousands of people are in yoga classes right now intentionally **sending light out from their heart chakras** and wrapping it around the earth.

Millions of children are assuming that everything is amazing and will always be that way.

Someone is in profound pain, and a few months from now, they'll be **thriving like never before.** They just can't see it from where they're at.

Someone who is craving to be partnered, to be acknowledged, to ARRIVE, will get precisely what they want -- and even more. And because that gift will be so fantastical in its reach and sweetness, it will quite magically alter their memory of angst & longing and render it all "**So worth the wait.**"

Someone has recently cracked open their joyous, genuine nature because they did the hard work of hauling years of oppression off of their psyche -- this **luminous juju is floating in the ether**, and is **accessible** to you.

Someone just this second wished for **world peace**, in earnest.

Someone is fighting the fight so that **you don't have to.**

Some civil servant is making sure that you get your mail, and your garbage is picked up, that the trains are running on time, and that you are generally safe. **Someone is dedicating their days to protecting your civil liberties** and clean drinking water.

Someone is regaining their sanity. Someone is curing the incurable. Someone is coming back from the dead. Someone is genuinely forgiving the seemingly unforgivable.





Quotation by Aluna Joy

Self-realization requires each of us to look in the mirror and have the courage to see our brilliant light, even though life may not present itself in ways we pictured.



Meeting the Spiritual Masters



Here is a suggestion for developing your attunement with the Masters. Work with the technique every day for two weeks.

1. Begin by quieting your mind and relaxing your body.
2. Then spend some time thinking about your life and the spiritual person you aspire to be.
3. Then begin to transition your thinking away from self-centered thinking and invite the Universal energy to be present in and around you.
4. Imagine your mind opening and being receptive to the thoughts of the Masters.
5. Then move your consciousness into the energy your mind conceives as being the thought realm of the Masters.
6. Open your heart and allow the thoughts of the Masters to be present and knowable in your mind.
7. Give birth to a new relationship in your life, between you and the Masters. As you draw a "real" Master to you, he or she will show you their uniqueness, separate from anything this is you.

After each attunement, journal any thoughts or impression you receive. Think of the Masters as a loving partner and begin to quantify and qualify your experiences in terms of a earthly experience and relationship.

~by Stephen Thompson, www.stephenthomson.net



Gracious Balance

556 Royal Beech Court, Waterloo
&
404-80 Charles St. E., Toronto

Waterloo : 519-886-0035

Toronto: 647-439-3852

E-mail: marianne@graciousbalance.com

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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

Reiki Trainings

Reiki Master Practitioner:

September 23, 2010 in Toronto

Reiki Master Teacher:

September 23 & 24 in Toronto

Trainings include certification, instruction, manuals, and practical application

EMF Balancing Technique® Practitioner Training

**Phase III-IV Training and Phase V-VIII Training
coming this Fall**

Phase IX - XII Training this Winter

Dates to be announced

Kryon Event



Date: Sunday, Sept. 12th

Time: 12:00 pm—5:30 pm

Place: Vet Club Ballroom,
3354 Delaware Ave., Buffalo, NY

Cost: \$95

Contact Emily: kryonbuffalo@kryon.com
716-833-6929

Expanded 2012 Info!

Becoming Quantum: What are the practical elements of living a quantum life?

Flower of Life Workshop

Facilitated by Brigitte Gebauer

Sept 17-19th 2010

\$333

Contact: Angela J. MacDonald

angela@forwellness.ca

519.489.0383



Conrad Grebel University College

140 Westmount Road, North
Waterloo, ON Canada N2L 3G6
Room 1300