



# Gracious Balance

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January/February 2009

## Gracious Balance Newsletter

Welcome to the first 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 up-

coming 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 let me know.

If you do not wish to receive the newsletter, e-mail [marianne@graciousbalance.com](mailto: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](mailto:marianne@graciousbalance.com), and write **'add me'** in the subject line.

## EMF Balancing Technique Phase XI

### The Energy of the Universal Partner (Lover)

The core energy is the kundalini energy that starts in the center below; we learn how to merge/balance the male and female, the masculine and the feminine

In this session, eleven templates in the core, between the feet and the crown are activated. We will be aware of them strengthening us when we need them.

*The Core Energy Pattern*



This is where we invite ourselves to initiate a new level of universal harmony.

The universal masculine and the universal feminine become reunited in your core as one.

This session helps you manifest a new level of balance so you can create a sacred union of the energies within: the divine feminine and the divine masculine, the yin and yang,

The merging to oneness of your entire being transforms your perception of who you are to your core.

Fill yourself with the energy of Love.



*Third Lattice Illustration*

A new third lattice is created within the core of your being with you and your Universal Partner.

Energy charges of your choice are initiated and activated generating joy, security and peace, supporting you in the development of your ability to live and express the energy of love in your daily life.

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## Numerology of 2009

There are three different considerations in the numerology of the year 2009.

Nine (/09) is the number of completion. Nine plus two (2009) is the master number eleven. Eleven reflects the transformation of the physical into the Divine. In addition to being a master number, eleven is made from two ones which add up to 2 and two is the number of duality.

To combine all of these concepts, 2009 may mean completion of duality combined with

transformation of our world into a divine experience.

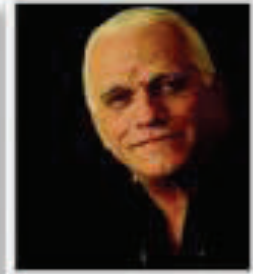
If this is so, during the periods when completing duality is the focus, we can expect 'interesting' times, especially with the intensity of a master number in play. The dark and the light could present themselves in their extremes.

However, the archetypes for the patterns of perfection for the New Earth were securely anchored into the physical plane in 2008 (2008 was a 1 year for new beginnings). In 2009, through our creative faculties of thought and

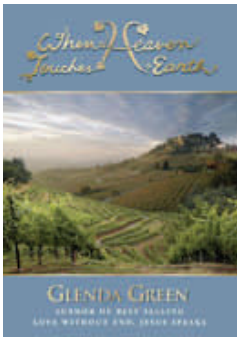
feeling, we will expand these patterns into our daily experiences. We can take pleasure in knowing that the result will be global illumination and awakening. This is the year of resolution we have been waiting for! Approach it not with fear, but with joyous anticipation because 2009 is going to be what we create together.

To read what Master Kirael, through the mediumship of Kahu Fred Sterling, has to say about the year 2009, copy and paste the following URL into your internet browser:

*Kahu Fred Sterling  
Is a regular contributor to the magazine, "Sedona Journal of Emergence".*



## When Heaven Touches Earth



Read what Glenda Green has to say about her new book.

"Two years ago when I decided to remove my personal stories from "Love Without End" I did so in order to give greater focus to Jeshua's message and less to my part in the story. This was primarily motivated by the fact that LWE is now circulated around the world in several languages. Other people, in other cultures, do not have the same understanding or relationship to my personal experiences, but they do have the same devotion

to Jeshua. The extraction of stories at the beginning of the book was done with a promise that they would be republished in a companion book as soon as I could edit and reorganize them in a new format.

If you have had a mystical experience yourself, whether an epiphany in life or a near-death experience, this may provide many insights for how you may relate those experiences to others.

Most of all, if you have dreamed of how far you can pursue your own spiritual visions, entering a higher consciousness, and still live a lucid and socially relevant life, this book will give you a model that is unavailable in contemporary literature, even with all the research into consciousness and spirituality."~ Glenda Green

To learn more about Glenda, her story, her books, her art, her sacred oils and her courses, visit: <http://www.lovewithoutend.com>

## Meditation Group

**Come, try a home meditation/prayer group for teachings, discussion, community and communion**

I am opening my home for a meditation/prayer group. It is intended to be a vehicle to create spiritual community.

The gatherings last for about an hour, have a teaching, a discussion, meditation, and prayer. If the group chooses, at a later time, it could also include sacraments, rituals and music. The dates for the next gatherings are:

**Waterloo: Wed., Jan. 7 & 21**

**Toronto: Wed., Jan. 14 & 28  
at 7:30 p.m.**

Please **RSVP** if you plan to attend so I can arrange my space accordingly. Bring your friends and spouses.

Donations appreciated





## A New Reiki Course Being Offered in January

I am introducing a new way to obtain your credentials in Reiki by expanding the original Reiki Master course and offering it in two separate sections: Master Practitioner and Master Teacher.

I am still providing Reiki I (the basics of Usui Reiki) and Reiki II (expanded Usui techniques and distance Reiki) as per usual. However, now, instead of the former Reiki Master

course, I am separately offering a one-day Usui **Reiki Master Practitioner** course and a two-day Reiki Master Teacher Course.

This new curriculum will provide the opportunity for those wanting to receive a Reiki Master attunement the ability to do so without having the Master Teacher course attached. It also allows me to provide the Reiki Master attunement at a low-

ered cost. The Master Practitioner course will be a prerequisite for the Master Teacher course.

The Master Teacher course will still be two days long, but will have more emphasis on the Tibetan Master practices of Reiki. As usual, it will include instruction, certification and reproducible manuals for teaching Usui Reiki. All are approved by the Canadian Reiki Association.



## The World's Most Dangerous Invention?

According to David Wolfe, the most dangerous invention the world has known is ...get this.....shoes!

David "Avocado" Wolfe is considered by peers to be one of the world's leading authorities on nutrition. David is the author of *Amazing Grace*, *Naked Chocolate*, *Eating For Beauty* and *The Sunfood Diet Success System*. David is the founder of, and leading contributor to, the internet's Peak Performance and Nutrition online magazine: [The Best Day Ever](http://www.bestdayever.com). David also coaches and feeds Hollywood producers and celebrities as well as some of the world's leading business people and entrepreneurs. To hear all the details about the dangers of shoes, listen to David on youtube at: <http://www.youtube.com/watch?v=RGN5ikfOho>

## Astrology 2009

On November 26, Pluto moved permanently into Capricorn where it will remain until 2024.

Whenever a planet changes signs, a new cycle begins with an all-new energetic effect that can be felt strongly. The slower the planet, the stronger the effect, and Pluto is the slowest moving planet in our sky.

### Pluto

Pluto is the planet that represents extremes as well as death and endings. It represents the breakdown of structures in our lives and destroys whatever stands in the way of our ultimate best destination. Pluto cycles typically include a breakdown phase, where structures that no longer serve us are dismantled to make room for new structures more in line with our highest good in the greater scheme of things. Pluto also tends to bring up that which was hidden, such as deep-seated fears, including those we have hidden from ourselves. As we

face those fears, we uncover our power.

### Capricorn

Capricorn rules structure and form, business, traditions, career, life-path, governments, finances, the global economy and other structures that keep society in order. It also represents the crystallized thoughts and limiting belief systems that we consciously or unconsciously obey.

### Pluto in Capricorn

Pluto's transit through Capricorn, simply put, creates the opportunity for grand-scale individual, local, and global reorganization. We are already seeing the first stages of that in the financial world. Things must be broken down (Pluto) before they can be rebuilt on a stronger foundation (Saturn). The world appears to be in crisis at present, but the planets say that in such circumstances lies the opportunity for great positive transformation. The financial crisis will eventually come to an end and a new be-

ginning will rise up. We must all move in our own truth. What do you need to let go of? Is it an attitude, a humdrum job, a false identity, your ego, the need to be right, a passionless relationship, a habit, or a belief system? There is an opportunity for rebirth. Trust that you have The answers and know that your path will be guided for your highest good.

### Saturn/Uranus Opposition

From October 2008 to summer 2010, we will be under the push and pull influence of Saturn and Uranus. Saturn represents authority and Uranus questions authority. Every 45 years, they oppose each other and we struggle collectively and individually with structures and foundations that need serious overhaul. The period of two years will be a period of rebellion against stagnant systems that no longer work yet are resistant to change. In all situations, focus on your heart and what your inner-being is saying to you.

### Astrologer, Alice Inoue

<http://www.astrology-fengshui.com/index.html>



See yourself as an eagle soaring in the sky. See the pathways that are leading out from where you are. You need only to choose to move on the path of your next highest evolution. Where ever you wish to go., you have unlimited possibilities and unlimited potential. Do not limit your freedom by embracing fear. The vast and boundless sky is available for your flight into new possibilities. Let's soar together on this amazing journey and embrace life in all its wonders.



## God's Promise

I Am here with you my child. I Am here. I Am here to help you fully awaken.

I Am here to watch over you and to love you as you fully awaken to your power and use your Divine heritage to lead by example.

Since the beginning of your Creation, I have always known you would awaken to your powerful Divine Self, because you promised that you would.

I have long known that you would keep your promise even when you went into the deepest of sleeps.

I Am here with you as you take your final breaths of slumber, and fully awaken to the Powerful Beings that you are.

I Am here to remind you of promises I made to you in exchange for the promise you made to Me.

I promised that I would never judge one moment of your journey to your awakened Self. And I do not.

I promised that I would support your every awakened moment. And I do.

I promised that I would move Heaven closer to you upon your awakening, and it is being done in this moment.

And I promised I would come ever closer to you as you came closer to yourself, and I AM.  
I Am in awe of the masterpiece I created.

I Am in awe of your beauty and your courage and your commitment and I Am honored to have a part of Me living inside of you.

In the center of your heart is where I have kept company with the most powerful part of yourself awaiting your arrival. Now that you have arrived, will you continue to keep company with Me?

Will you cease looking for external understanding to validate your eternal worth? Your worth never existed in the world external or through a mortal mind.

It always has and always will lie in the center of your heart with Me and from time to time it will be reflected back to you from the world external, but not always.

I want you to know that your very presence when fully awakened allows every other being of my Creation a greater opportunity to experience their greatness. You have been created to make a difference in My world. And I love you.

Will you believe Me when I tell you how grateful I am that I created you exactly as you are? And will you come to peace knowing that Truth?

Do you know how much I love you?

When you forget, come to Me and I will remind you. When you remember come to Me and we will celebrate.

I will make two more promises to you and I will ask you to make two to Me.

Never forget Who You Are and I promise that I will always take care of you.

Promise to never push Me away and I promise to show you daily the many ways in which I love you.

May the Light of ALL that is good and great and powerful and wise accompany you on your magnificent journey, powerful child of mine. I travel inside of your every footstep.

## A Message Given by Spirit to Maureen Moss



*"This blessing came through me with more love than I am capable of expressing in words. I send it to you with the same intent that it came through me; to remember how love you truly are, to remember who walks with you every step of the way, to remember who you are and to remember God's Promise, and yours.*

*Happy New Year, Dearest Hearts. Happy NEW Year.*

*With Deep Love and  
Appreciation for You,*

*Maureen Moss,*

*Steward and Executive  
Producer of The World Puja  
Network."*

[www.worldpuja.org](http://www.worldpuja.org)

[www.maureenmoss.com](http://www.maureenmoss.com)



## Gracious Balance

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*"In the Energy of Love"*

[www.graciousbalance.com](http://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

### EMF Balancing Technique®

#### Practitioner Trainings

**Energetic Foundations:  
Phases I-IV EMF Personal  
Growth Training** is being offered in **Waterloo on February 8 - 13**. Internship for professional certification can follow for those students wishing to be professional practitioners.

See the website for pricing.

[www.graciousbalance.com](http://www.graciousbalance.com)

**Additional trainings you  
require can be scheduled on request**

### Reiki Trainings

#### Reiki I:

January 24 in Waterloo

March 7 in Toronto

#### Reiki II:

January 25 in Waterloo

March 8 in Toronto

#### Reiki Master Practitioner:

January 5 in Waterloo

#### Reiki Master Teacher:

By request

Trainings include certification, instruction, manuals, and practical application.

### Yoga for Hope Waterloo

#### Saturday February 28,

Your community Yoga teachers present a day of Yoga in support of **HopeSpring Cancer Support Centre**. Sample a variety of Yoga styles. No experience is necessary. You can come for the whole day or sign up for a couple of classes. A vegetarian lunch will be available as well as many delightful silent auction items and door prizes. It is being held at the **Waterloo Memorial Recreation Complex**. Registration opens in January. For more information, visit:

[www.hopespring.ca](http://www.hopespring.ca)

### Gatherings

#### Meditation and Prayer

Meditation/Prayer gatherings are being held at my home. They last for about an hour, have a teaching, a discussion, meditation, and prayer. Please **RSVP** so I can arrange my space accordingly.

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*Donations Appreciated*