



# *Symmetry* - Living an Empowered Life From the Inside Out

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December 2005    Volume 2 Issue 12

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**Welcome to our Symmetry Publication!**

***Honoring the Magnificence of Your Soul***

This publication is available on the 1<sup>st</sup> of each month at:

[www.symmetry.nu](http://www.symmetry.nu) and [www.harmonicsinternational.com](http://www.harmonicsinternational.com)

**Please feel free to print or copy and forward to a friend!**

***Symmetry is . . .***

. . . . a pathway to embrace and honor the magnificence of your soul and see it reflected back to you in every area of your life. Symmetry is about honoring yourself to reconnect to the peace, joy and harmony within.

***Symmetry empowers you to empower yourself!***

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***From Ann Marie . .*** You must honor yourself before you can honor others.

Honoring self can be a great challenge for many. In our society today, on one hand we are taught that it is egotistical to think highly of yourself, and on the other hand there are many programs proposing positive thinking and loving self enough to accomplish your goals in life. There is currently a huge shift in the consciousness of your nation and world. Many now believe that change must first happen individually. In honoring self, one can reach out to honor others and change happens one person at a time. It all begins with you.

The more you love and honor yourself, the more love and honor you can receive from others.

The more love and honor you receive from others, the more you can give back.

It is the Breath of Life; Giving is the exhale, Receiving is the inhale.

From one person to another - the giving and receiving of the divine magnificence of the soul.

***What a wonderful expression to carry throughout this Holiday Season and into the New Year!***

***There is no greater power than that which lies within.  
Unleash this power - to transform your life and your world.***

# Symmetry

by Ann Marie Work

*The magnificent radiance of the soul often referred to as the spark of God or the spark of life within, is the presence and movement of the Love and Life from the Heart and Mind of God which lies within each of us.*

This may sound like a very strong statement and some may ask, "How can you say this? What are your reference points?" My reference points came from the Bible.

Years ago, disabled with Multiple Sclerosis, I began looking for the answers for rejuvenation in the Bible. I believed that if God created my body and my soul, he would have also brought forth messages on the care and feeding of both.

I began to synthesize the answers I found into a cohesive program for my health and wellbeing using what was available to me and the capacity I had to integrate my discoveries into my life. As I studied, I took into account that Jesus walked the earth 2000 years ago. The material from the old Testament came from times far before that. The culture and society we now live in are very different and yet I believe basic human nature has remained the same.

I knew many others had looked to the Bible for answers and also discovered it to be a personal reference book on life and living. Seeking out points of view on a variety of subjects, my main focus was on the Breath and Rhythms of Life, prayer, diet and basic lifestyle attitudes which I needed to change and/or integrate into my life. I was fortunate to be sufficiently disabled to allow me plenty of time for investigation and reflection. I was in a forced sabbatical from my normal life and I took full advantage of it.

My goal was to slow down the progression of the disease in my body. To my delight, by faithfully working with the Breath of Life and following other principles I discovered, my body began reversing the degeneration and was strengthening to heal itself. I would like to report that the process only took seven years. But in hindsight, I must admit that even though I was symptom free within seven years, the healing and uplifting of my body and soul still continues. The principles I learned and practices I developed are inherently present in every aspect of my life. I call it "living in symmetry". It is not something I take time out to do or something I move in and out of. It is a continuous way of life for me.

Years ago, when I asked God to show me the way to get well - I was directed to the Breath of Life. Honoring my promise, I share it with the world through Symmetry classes and this monthly publication. Last year I explained the Breath of Life and the Rhythms of Life, Love and Empowerment, as I perceived them throughout my years of working with them. Next year, we offer you the opportunity to embrace and integrate this Love into your life, one Rhythm per month. We will expand on the perspectives that Rich and I have presented, beginning this month on how to incorporate the Proclamations to align with your beliefs.

Symmetry assists you in aligning your body, mind and personality with the Heart and Mind of God. This gently allows you to relax into the peace of your Creator's Love, to live in the joy of the celebration of the gift of Life from that Love and to embrace the harmony which comes as you strengthen the connection and align your life with that Love.

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## Announcement

*In past issues, instructors and students of Symmetry have shared their points of view and will continue to do so. My desire to bring forth others to guide and direct Symmetry is being fulfilled. I want to thank each person who has contributed to the continuing expansion of Symmetry and I am honored at this time, to announce the appointment of Mary Jo Sabata as co-editor of this publication. Mary Jo's personal application of the principles of Symmetry is visible in both her daily life and interaction with others. Her unique approach to using Symmetry to enrich life, is a welcome addition to this publication.*

## Creating YOUR Life

with Proclamations - by Mary Jo Sabata, Co-editor



Rich Work, co-founder of Symmetry, made a statement at the beginning of all of his books, lectures and workshops: “If you do something because I suggest it, you have done it wrong. If you do something because your doctor suggests it, you have done it absolutely wrong. Yes, listen to your doctor, listen to Rich Work. Then do the most important thing of all. Read the material that is available, talk to others, and if it “feels” right – I did not say “thinks” right – if it feels right, then it is right for you. What is right for you may be wrong for the next person and could even be harmful for another. No two people are the same. It is time that we get in touch with our intuitive feelings. Your intuitive feelings will always guide you in what is right for you in the moment. All truth is truth, but not all truth is YOUR truth. It is time for discernment.”

What is your truth? What does your heart tell you? How do you honor the truth of your heart?

In my own journey, my original exposure to Universal Truth came from growing up as a Methodist minister’s daughter, with a father who devoted his life to loving and honoring God and the teachings of Jesus Christ from the Bible. His example fostered my own development of a personal connection with the Love of God and Jesus, as well as a desire for more complete understanding.

As I searched and explored other writings and viewpoints in college and beyond over the next thirty plus years, I found that each enduring belief system shared certain basic truths, even though they might be stated somewhat differently. As I allowed and accepted more and more of a connection with the Love that I was created from, I began to feel the same connection coming through the heart of writings from other traditions, and expressed in different language than those of the Bible I was raised with.

Three years ago, I found *Proclamations of the Soul*, then *Veils of Illusion*, written by Rich Work. As I read the *Proclamations*, I was totally in alignment with the

*I invite you to share your experiences with me as you begin your new adventure in achieving your heart’s desires. E-mail - MaryJo@Symmetry.nu*

intent they carried, the words they used, and the truth they spoke. However, some of my clients, who came from slightly different perspectives, had concerns about some of the wording used in the *Proclamations*. To assist them and yet maintain the power and integrity of the original *Proclamations*, I would offer them different languaging. With the change of a few words, these clients could say the *Proclamations* from their hearts and experience the impact of it without fear of being out of alignment with their own truth.

*Ann Marie shared with me, “Rich often found the most appropriate language for the person in a personal session. He understood the importance of choosing words which would allow people to feel safe and resonate with their truth. If the words were out of alignment with their truth the Proclamation had little meaning and failed to facilitate the change desired.”*

The *Proclamations* are a tool to assist you in experiencing Love, Peace, Joy and Fulfillment in your life. They are written in modern language and examples to allow the understanding that was inherent when the Bible was first written, but also serve as a bridge to span the gap that often occurs when people from different traditions come together. These works encourage and facilitate our connection with our heart, with Divine Love and our ability to love one another without judgment. They are another way for each of us to embrace and accept the totality and magnificence of all that we are.

The following examples of a *Proclamation*, with slight changes in wording, allow you to explore how the different forms feel and the impact they make for you. The third example is expressed from Christian tradition. Feel free to make the italicized words align with the language comfortable to you.

As you say these *Proclamations*, I invite you to use the methods I shared with you in the November publication: saying each *Proclamation* loud enough to be felt in your fingers and toes; taking three to four deep breaths at the end of each *Proclamation* so that the breath and *Proclamation* reach all the way down to your toes.

Creating Your Life *with Proclamations* . . . continued

The 3 examples which follow are from the original ***Self Worth Proclamation - Proclamations of the Soul*** by Rich Work pg 112 - additions/changes are italicized.

1) From the Divine Love that flows within my Being,  
I declare my value, my worth.  
I am worthy of being loved *and honored*  
and of loving *and honoring* all others,  
for I am the Creative Expression of Creation itself.  
And so it is.

2) *From the Lord God of my Being,*  
I declare my value, my worth.  
I am worthy of being loved *and honored*  
and of loving *and honoring* all others,  
for I am the Creative Expression  
of Creation itself.  
And so it is.

3) *As a child and creation of God, and  
as I allow the expression of Christ in and through me,*  
I declare my value, my worth.  
I am worthy of being loved *and honored*  
and of loving *and honoring* all others,  
*just as I honor Jesus Christ in all things.*  
*For I am created in the image of God  
and choose to express the love of Christ  
throughout the totality of my being.*  
*In Jesus Name. AMEN*

You may notice when you use the words “from the Divine Love”, you feel the *Proclamation* from the heart space. As we experience in Symmetry II, Love is the Feminine Divine, the God of Love, our connection to the Heart of God. When you use the words, from the “Lord God of my Being”, there may be a feeling of this expression coming from a different area in the body. You may feel it as a more masculine energy and more commanding energy. The power is equal, but different. Because of the difference I feel saying the two statements, I often now use both at the beginning of a *Proclamation* to integrate the masculine and feminine energies in each *Proclamation*.

I believe the perfect joining of the masculine and feminine divine, was expressed through Christ consciousness, the Mind of God and the Heart of God embodied. In Rich Work’s writings, he says that the *separation* of the masculine and the feminine within our being is how we create a world of fear, judgment, and limitation for ourselves. It is by the acknowledgment (and acceptance) of the masculine and feminine

(Christ within), that we transcend into Love, Peace, Joy and Harmony as experienced and embodied in Symmetry I and II. We create a world in which we honor ourselves and all others.

The bible verse that came to mind in working with these adaptations of the *Proclamations* is 2 Timothy 1:7 “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” When I think of the impact of all of the work of Symmetry, that is what it assists us to achieve - life, love and empowerment.

The following *Proclamation* invites you to embrace the full expression of the masculine and feminine. Working with Ann Marie to maintain the original power of this *Proclamation*, I have *italicized* the parts that may be included or left out. Feel free to use any or all of the italicized phrases according to what feels most appropriate for you at this time.

***Reclaiming My Empowerment in Divine Perfection***  
(original pg 163 *Proclamations of the Soul* by Rich Work)

(*Heavenly Father*)

(*From the Divine Love within my Being,*)

(*From the Lord God of My Being,*)

(*In the name of Jesus Christ,*)

I choose to break the bonds of illusion  
created on all levels of consciousness  
that have interfered with my ability (*to be honored,*)  
to be empowered, and to recognize  
and accept my Divinity  
(*I acknowledge that I am a child of God.*)  
I acknowledge the power and control  
that has been placed upon myself  
and by myself upon others,  
which has interfered with my ability  
to balance my masculine and feminine energies  
(*and the Christ Consciousness within*) in divine order.

It is by balancing these energies  
that I will experience the perfection of Creation.  
I call forth all laws, judgments, thought forms  
and conditions placed by myself upon myself,  
or by myself upon others,  
that limit my ability to call forth my perfection  
(*and my ability to express the Christ within*).

I transmute them into Unconditional Love,  
and of my Free-Will Choice

I reclaim my empowerment in Divine Perfection.  
in Peace, Joy and Harmony for myself and all others.  
(*And so it is.*) (*In Jesus name we pray.*) (*Amen*)

# *Embracing your Magnificence Attunement*

by Ann Marie Work

*Each day I breathe with the Breath of Life through my body, embracing the presence of the Love and Magnificence of the Soul within me. This is an example for you to create your own. The music I use is Desert Flower by JoAnna Burns-Miller. It can be purchased through Harmonics International. Ann Marie*

Turn on soft relaxing music. Sit upright on a firm chair or on an exercise ball.

*Breathe* into the wave of the *Breath* and into the *Peace*. Focus on the *Breath of Life* breathing in your heart.

Embrace the Love within the heart. *Perceive* this Love breathing throughout your body.

The Love within your heart comes from the Soul. It is your connection to the Heart and Mind of God. It allows you to know and understand what Love is. Like a spark of life within you, if allowed to expand through your being, it can fill every cell in your body. It is the fire that inspires your thoughts and ideas and forms the foundation of your personality. It encourages you to shift your fears into love, your judgments into discernment and positive actions, your lack of self worth into perceptions of value. This Love allows you to honor the Love inside yourself and others and recognize they have a choice to express it through their being or not, each moment of each day.

- As you embrace the Love within your heart - feel it breathing and moving through your chest,
- The ribs gently moving in the wave of the Breath of Life like a metronome of life.
- Reach into your chest to feel this pulse of Love - this pulse of Life.

Riding on the waves of the Breath through your being, it starts to become a tangible, warm glowing feeling like a gentle smile of sunshine pulsing like a heart beat.

- You feel the smile gently filling your shoulders as this pulse of Love Breathes with you.
- Listen to yourself breathe and imagine your shoulders breathing with you letting this pulse of Love gently embrace you from the inside out.
- Moving down your arms, into your hands allowing your fingers to open to receive Love.
- Perceive your neck and head breathing with you, a warm sunshine smile moving into your cranium.

Your cranium gently opens as you inhale, relaxes as you exhale, allowing your brain to relax, the stress gently eases out of your head and neck.

- Perceive your eyes breathing with you, your nose and mouth relax and breathe, allowing your senses to relax to perceive the movement of Love inside your being as well as to recognize the magnificence of God's Love around you in the world.
- Feel your atlas breathing with you, at the juncture where your neck meets your head.

The brain stem gently relaxing into the waves of the breath allowing the Love to cradle the neuro transmissions from your head to your body and from your body back to your head.

- Your spine begins to breathe and this gentle flow of Love moves from the brain stem to the tailbone.

Your pelvic cradle gently rocks and your hips open and breathe.

- Your legs, feet and toes gently breathe on the waves of the breath embraced in the pulse of Love.
- The abdomen joins in, your internal organs are filled with Love as they breathe on the wave of the breath.
- Return to your heart as it breathes with you on the waves of the *Breath*, embraced in the Love.

Allow this Love inside of you to speak to you of your magnificence-----

- Wrapped in this Love - you open your awareness to trust yourself enough . . . to embrace the Love within, to open the pathways of discernment, to listen to your inner wisdom, to find the motivation to live and love the magnificence of your Soul.

# *Honoring My Magnificence*

*by Karen Wagoner, Symmetry Instructor*

One of the Four Lessons at the core of Symmetry is to “honor oneself and others.” I honor myself and others when I acknowledge the magnificence of my creations, as well as those of others. This active expression of appreciation and gratitude in my relationships creates a sanctuary of security that supports me in joyfully sharing the abundance of my creativity in co-creation.

Accepting the abundance of my Magnificence also transmutes any “need to claim anything of another as my own,” into “a joyful tribute to the brilliance of their creation.” All involved are enriched, inspired and empowered in a cooperative, balanced relationship—in Symmetry!

Symmetry students enrich and support each other, humanity and Symmetry through e-mails, class input, homework, newsletter articles, proclamations, classes, and by breathing with Creation. They co-create with their teachers inspiring and teaching each other as their consciousnesses delve inward to clarify ideas and concepts. This interactive giving and receiving creates the potential for a continuous expansion of consciousness; and is the reason Symmetry doesn’t become static or stagnant, but contains infinite growth potential. Acknowledging and honoring of the magnificence of students who contribute to Symmetry, proudly proclaims the magnificence of Symmetry itself. It demonstrates the effectiveness of the self-empowerment methods taught to assist students in connecting to their own magnificence.

*Honor expresses appreciation  
and recognition that  
we are all gloriously, Magnificent!*

Perceiving and proclaiming my individual Magnificence, allows me to find, feel and attune myself to the clear, harmonic resonance of life and love at the core of my identity, which I call my Sacred Self (like tuning into a radio station). Honoring the Magnificence within All, allows the infinite power of love to clear all limitation and separation, freeing me to move in harmony.

Integrity and honor are vital facets in my dance of giving and receiving, flexibility and fluidity, balance and divine order to nourish healthy relationships. My physical actions, honoring the countless gifts I receive from Creation, Earth, family, friends, neighbors, teachers, and organizations, bathe my relationships in a Golden Light of Love.

*Honoring my Magnificence shines the light of truth  
upon the beautiful, powerful, divine expression of God that I Am.*

***From - God this is a good book! by Rich Work***

*Have you noticed that so many seem to wait  
for an opportunity to find “time” to acknowledge  
Love for those who have blessed their journey,  
those who have brought Warmth to their hearts  
and Joy to their lives?*

*It has occurred to me that there is no time  
better than now — in the moment —  
to thank all those who have blessed my life.*

***Love and blessings, Ann Marie Work***



## *Honor*

From - *The Veils of Illusion and Proclamations of the Soul* by Rich Work

As Ann Marie completed her lecture at the Whole Life Expo, I watched with interest as a gentleman approached her and asked, "What do you think about the Ten Commandments?"

Ann Marie was a bit taken by his question since it had nothing to do with her speech, however, she thought for a moment and said, "It has to do with honor, to honor all others and honor yourself."

The gentleman, surprised by her answer, stammered for a moment and responded, "but . . . but what about the seventh commandment?"

Again Ann Marie said. "It has to do with honor, to honor all others and honor yourself."

"Well what about the first commandment?" the man snapped.

Without hesitation, Ann Marie smiled and replied, "It has to do with honor, to honor all others and to honor yourself. If we honored all others and honored ourselves, why would we need rules to live by?"

\* \* \* \*

We have lived in a world of fear, judgment and limitation. The one word rarely mentioned is "honor", yet, it is the answer to your prayers. It is the answer to war, greed and judgment. It is the icon of a master.

## *Honor*

*I choose to restore my honor.  
All laws, judgments, contracts or conditions  
that would interfere with my ability  
to restore my honor for myself and my honor for others  
on all levels of consciousness,  
past, present and future,  
I transmute into the divine expression of Creative Love.  
I erase from Universal Consciousness  
the disorientation within the consciousness of the human mind  
and dissolve all patterns of disillusionment  
that have perpetuated themselves  
from one generation to another through all time.  
I acknowledge Universal Consciousness  
and choose to remember universal truth,  
that Truth be lived in my Being  
and in reality on this Earth.  
To honor myself is to live my truth.  
To honor others is to allow them to live their truth.  
And so it is.*

## *Symmetry Courses 2005/2006*

**Courses by Ann Marie Work**    *Call for Details: Tel. 888-479-6638*

Several Courses are being scheduled for January and February.  
Call for location and details.

### *Symmetry Instructors' Course Schedule*

**Jason Yoon – Cupertino, CA**

*Tel. 408-777-0450*

Call to set up a course – teaching upon request

**Lydia Lyn Lang – South Bend, IN**

*Tel. 574-289-1003*

Call to set up a course – teaching upon request

**Tina Aderholt & Sandy Kamiak – Saratoga, CA**

*Tel. 408-741-5189*

Symmetry Sundays    1st of each month  
(Call for information and to RSVP)

**Mary Jo Sabata -**

*Tel. 785-230-2977*

Teaching upon request in Kansas, Nebraska and  
Kentucky. Will also travel to your area to instruct.

**Karen Wagoner – Stelle, IL (Chicago area)**

*Tel. 815-256-2260*

December 3 - 4    Symmetry II  
January 20        Symmetry I

**Jeanne Ryan – Camdenton, MO**

*Tel. 573-346-1021*

Call to set up a course - teaching upon request.

**Sally Milewski – Granger, IN**

*Tel. 574-679-9759*

Call to set up a course – teaching upon request

**Jane Kramer – Reading, PA**

*Tel. 610-678-3636*

Call to set up a course – teaching upon request

**Patty Martin - Milwaukee and Waukesha, WI**

*Tel. 262-542-2991*

Call to set up a course – teaching upon request

**For Further Symmetry Course Information** or to sponsor a course in your area,  
see complete list of instructors and their current schedules at [www.symmetry.nu](http://www.symmetry.nu)  
or call Dianne at 1-888-4Symmetry (479-6638).



**Symmetry was founded by Ann Marie and Rich Work.**

Champions of the full expression of life, their work exemplifies their role  
as “Guardians of Personal Mastery”.

It is dedicated to all who seek to move beyond limitation and distress.

Their teachings guide you in moving your life  
from one of fear, judgment, stress and limitation,

to one where the divine expression of Creative Love flourishes.

They encourage you to define your truth, live your truth and bring forth your gifts  
to create a positive change in your world.



# In Harmony!

A Publication by Harmonics International - December 2005

*Unlock the vital energies within the cellular structure of the body, bringing the mind, body and soul together in Symmetry.*



## Manna

**Restore cellular integrity and release stress from connective tissues in the body to:**

- Rebuild damaged tissues.
- Enhance rejuvenation of skin and other tissues.
- Release stagnation and pain due to blocked energy.

Using harmonic waveforms, *Manna* stimulates the harmonic energy within the fluids of the body to harmonize and release static, friction and stagnation from stress that creates pain, degeneration and premature aging.

***Purchase 2 oz. Manna and receive 1/2 oz. Manna FREE! Dec. 2005***

## Manna Tablets are Back!

Due to popular demand, we are re-introducing Manna in tablet form.

All the great benefits of the Manna liquid in a spirulina base.

The waveforms that stimulate the Harmonic energy within the cells are carried into the cells by the nutritional components in the spirulina.

***On Sale December 2005 - Only \$29.95! (New Lower Reg. Price \$39.95!)***

### ***Testimonies:***

- ***I was so exhausted I did not feel I would make it through the morning. I took 10 Manna tablets. Before I crossed the room, I started feeling wonderful. And so it was for the rest of the day. (J.I.)***
- ***I had a terrible stomach ache and felt like I would throw up. I took 2 Manna tablets. Almost immediately my stomach was settled and the nauseous feeling left. I was impressed. (J.L.)***
- ***I began using Manna liquid on my bleeding gums. In 2 days it improved. In a week, the problem was gone. (C.T.)***

**See Suggested Uses on next page.**

To order, call 800-243-6156 or 715-355-8515, or order online at [www.harmonicsinternational.com](http://www.harmonicsinternational.com)

# Manna - How Does it Work?

The energies of *Manna* help to enhance the mechanisms of the body, aiding the digestion to become more efficient, helping to move out heavy mucus that hinders absorption. As nutrients are allowed to enter the cells more easily, food begins to be utilized more efficiently. As the body's metabolic process is unlocked, less energy is used, creating a surplus of energy available throughout the day.

Stress creates stagnation in the cells, that blocks the flow of energy and creates pain, degeneration and premature aging. *Manna* helps to harmonize and release the stagnation allowing the cells to maintain a vibrant life force energy.

## Suggested Uses

### To activate the digestive system to a new level of effectiveness:

- Take 5 drops *Manna liquid* in beverages 4 times daily and on each dish of food or take 2-4 *tablets* with or between meals, 3 to 6 times daily or add crushed *Manna tablets* to food or beverages as desired.
- For young children, crush a *tablet* and mix with food.

### For an energy boost or relief from physical or mental fatigue:

- Take 10 drops *Manna liquid* in 2-4 oz. of liquid or under the tongue, or take 2-4 *tablets* between meals, mid-morning and afternoon.
- Take 4-6 *tablets* before strenuous exercise or work.

### For rejuvenation of degenerative conditions:

- Take 5 drops *Manna liquid* in all beverages and on each dish of food, or 10-20 *tablets* per day.

### Therapeutic bath to release friction, toxins and stress from the body:

- Take a 45 min. bath with 70 drops *Manna liquid*, 8 consecutive days.

### To release stress or soothe aches and pains:

- *Manna Bath*: Add 20 drops *Manna liquid* to a bath.
- *Manna Shower*: Add 4 drops *Manna liquid* per oz. of body shampoo or lotion, gently massage and rinse.
- *Foot bath*: Add 15 drops *Manna liquid* to a basin of water, soak feet for 15 minutes. Discard water.

### To an area of physical distress or scar tissue:

- Apply a few drops *Manna liquid* topically full strength.
- Relief cream: Add 10 drops *Manna liquid* per 1 oz. of body lotion.

### To enhance the cellular integrity of the skin and underlying tissues (also see Body Wrap below):

- Facial: Add 10 drops *Manna liquid* to 1 oz. lotion. Apply, leave on 20 min., rinse.

### To assist in restoring healthy gums and teeth:

- Brush teeth, then put 5-10 drops *Manna liquid* on gums or chew 2 tablets and leave on gums 5-10 min.

### For Pets: 2-5 drops *Manna liquid* in food or water daily. 1 *tablet* for cat, bird, sm. dog - 2 for lg. dog - 5 for horse.

- To enhance fur and skin: Add 4 drops *Manna* to 1 oz. pet shampoo.
- For physical discomfort: Apply topically.

## Manna Body Wrap

- Add 20 drops of Manna in 2-3 oz. of body lotion.
- Spread a light blanket on the bed, then a sheet on top.
- Lay on the sheet as someone applies the lotion liberally to your entire body, including face, hands and feet.

If no one is available, stand and apply it to yourself before lying down.

- Wrap the sheet, then the blanket snugly around you, covering everything but your face.
- Play some soft, relaxing music. Remain for 20 minutes.
- Shower and rinse off the lotion (do not use soap).
- Wash sheet before using again - it contains toxic residue.



If you hurry you can still take advantage of the "sweet" sale on all the Harmonic Liquids. 2 oz. size \$50.00 - 1/2 oz. size \$17.00

We've extended the sale thru December 15th, 2005

So don't delay! Call 800-243-6156 or 715-355-8515 or visit us on our website at [harmonicsinternational.com](http://harmonicsinternational.com)

## “Awaken to the Healer Within”

Three-hour Audio Presentation

*Ann Marie and Rich Work were featured speakers, several years ago, at the Healing Symposium at Unity World Headquarters, Unity Village, Missouri. This powerful presentation on the simplicity of healing, empowerment, reclaiming your mastery and reconnecting the Breath of Life to every cell of the body and to the essence of your soul, will touch your heart and change your life forever.*

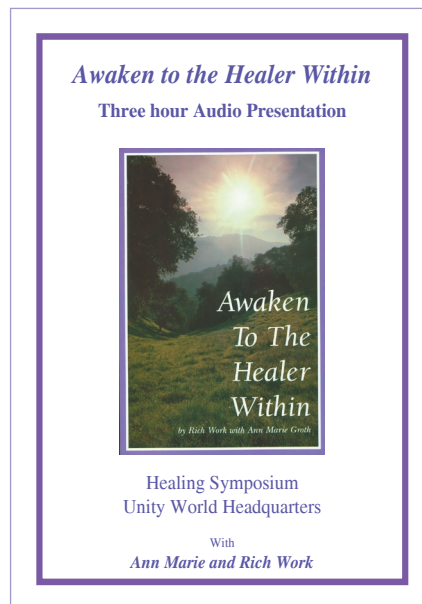
### Rich Work

Rich Work wrote *Awaken to the Healer Within, God this is a good book!, Proclamations of the Soul, and The Veils of Illusion*, a four-book series of self-healing, empowerment and mastery. Rich believed that true healing comes from within. During his life, he worked with thousands who manifested their healing into reality - physically, emotionally, spiritually, financially and socially.

His pursuit of the healing arts brought him to the awareness of the ability to heal from within and bring into harmony the totality of all that we are.

He demonstrates the simplicity of healing and takes us on a powerful journey of understanding the divine nature of our being - to move beyond limitation into mastery.

**“If you are looking for a healing of the mind, body and soul, these CD’s are a must!”**



### Ann Marie Work

Ann Marie is the co-author of *Awaken to the Healer Within* and the originator of the *Breath of Life* and *Harmonic Synchronistic Attunements*, and *Symmetry - a school without walls*. Ann Marie has dedicated her life to share the simplicity of healing, teaching others to recognize the magnificence of who they are. Through her Symmetry courses, many have learned how to step out of fear and judgment and feel their true empowerment. Restoring the *Breath of Life* throughout the body, she emphasizes how stress creates stagnation and disease. Once you understand how this happens, you will understand how simple it is to reverse the process, awakening the healing power within, and the special gift of love you have to share with the world.

## “Awaken to the Healer Within” Presentation

(Set of 3 CD’s - 3 hours - **Only \$25.00**)

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December 2005

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