



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

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January 2006    Volume 3 Issue 1

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## **Welcome to our Symmetry Publication!**

*When you are in Peace, you bring Peace to the world.*

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 discover and embrace Peace and live from the place of Peace within you. Symmetry expands your understanding of how being in Peace affects your family, your relationships, your job and all of the people you touch each day.

*Symmetry empowers you to empower yourself!*

### **In This Issue:**

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- Creating Your Life - with Peace
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*From Ann Marie . .* Always work with “what is”, rather than from “what could have been”. We all have dreams and visions of what our life could be. These serve as magnetic attractions for windows of opportunity to open. Often our past and present circumstances get in the way of our stepping into these opportunities. Often our doubts, fears and judgments keep us from even seeing them when they appear. Focus on your present moments and keep your eyes open for the next opportunity to fulfill your desires.

This is the Breath of Life.

Your dreams and visions are the Exhale.

Accepting the opportunities in alignment with you is the Inhale.

Ride on the wave of the Breath.

It is Hope which opens the doorway to Fulfillment -

Peace, Joy and Harmony.

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

# *Peace is the Foundation of Everything*

by Ann Marie Work

## *Announcement*

*Each month of this year we will be focusing on one of the twelve Rhythms. We invite you to take the time to embrace and integrate them into your life, one at a time - body, mind and personality. In just one year, renew the beautiful Rhythms you were born with and rediscover the attributes they carry for you.*

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### *Peace is the foundation of everything you enjoy in life.*

Without Peace there can be no lasting health, joy in your life, harmony in your home, creativity, fulfillment . . . or anything you desire. In the medical field, they say that stress is related to all health conditions. If you can reduce the stress in your life, you have a better chance of staying healthy by reducing your risk in developing a degenerative condition. You also can give your body a better chance to heal itself even after degeneration has occurred. In essence they are recommending - Peace.

In Symmetry, we refer to the Rhythm of Peace as the state of being created when the Breath of Life moves through you, releasing the bonds of stress, allowing you to breathe free and move forward in life.

*Peace is that state of being when you feel calm and peaceful on the inside.*

*A feeling that all is well in the world and you “know” everything in your life will be okay.*

*A soft, gentle buoyant feeling of contentment with who you are and how your life is progressing.*

*An inner knowing that all obstacles will slip away and answers are coming your way.*

*There appears to be no logic involved in this state of Peace.*

*It is just there despite the circumstances, as long as you remain connected to the Breath of Life.*

*“And let the peace of God rule in our hearts . . .” Colossians 3:15*

## *Peace*

From “The Rhythm of the Day” by Joanie Zimick

It all starts with “The Breath of Life” where the Divine Essence of who we are resides. And as we move into the “Wave of the Breath”, we automatically move into the PEACE. They go hand in hand – when you’re in the PEACE, you’re in the Breath. When you’re in the Breath, you’re in the PEACE. And when you’re in the Breath and the PEACE, it’s easy to move (effectively) into JOY, etc.

So as we move into the PEACE in January, we ready ourselves for the magnificent Rhythm of JOY in February. Get up close and personal with your own personal Rhythm of PEACE. Stay in the “Breath” every single moment of the day – especially when you are doing something. (Takes a little practice – but it’s worth it!). And feel the magnificence of The Rhythm of PEACE. Focus on its movement into every cell in your being as your body moves and really “feels” The Rhythm of PEACE. - You may just have an absolutely wonderful day!

*If you would like to receive “The Rhythm of the Day” each day by e-mail,  
send your request to [joanie@harmonicsinternational.com](mailto:joanie@harmonicsinternational.com)*

## Creating YOUR Life

with Peace - by Mary Jo Sabata, Coeditor



Peace - it sounds good, people give lip service to peace, we want peace in the world . . . . . but what does that really mean on a totally personal level? What happens to you if you don't have PEACE? If you don't have it, how do you get it? And beyond these questions, what gives me the right to talk about the importance of PEACE?

Personal experience is always the most amazing teacher. If you reach out and discover the answers that are provided by the Creator of all, you can become the person you were created to be. In 1999, I discovered I had some life threatening issues. At the time, I had no conception of how PEACE related to LIFE. I only knew my challenge was to find the tools to reverse multiple cancers in my body and to rebuild a body that was very close to no longer continuing life on this earth.

On my journey, (and an amazing journey it has been), I explored, worked with and became involved in teaching others the benefits of using many different alternative modalities including herbs, homeopathy, meridian testing, nutritional supplementation and Energy Healing. I was fortunate to be in a profession where I met and was assisted by health professionals who believed in the body's innate ability to heal.

In my own exploration, I started with the physical level. I believed cancer was an enemy I had to defeat (War not PEACE). I thought all I needed was the right combination of herbs, homeopathy, and nutrition to relieve the toxic burden causing my body to go into cancer mode as a defense. I remember the first person who told me, "Cancer has an emotional foundation. Have you looked at that?" With a degree in psychology, I believed that I had dealt with all the emotional issues, so my understanding of the roots from an emotional viewpoint took longer to accept. I also had no understanding that we have an energy field around us and this energy impacts the physical body.

I had to understand the science behind each new idea before I started to work on it myself. What I discovered, was - we are much more complex than just a body of cells, organs and tissue. I learned, we can

*I invite you to share your experiences with me as you focus on PEACE and experience transformation in your life. E-mail - [MaryJo@Symmetry.nu](mailto:MaryJo@Symmetry.nu)*

impact our health through our own embracing of ourselves and bringing LOVE and PEACE into all parts of our beings. This became my foundation for healing.

My heart and soul's desire to share with the world the true meaning of healing, became my mission in life. However, what I had learned seemed to be too complicated to teach easily. As I continued to search, I found the books *Proclamations of the Soul*, and *The Veils of Illusion*, by Rich Work, which led me to the amazing teachings of Symmetry.

In the books, Rich put into simple terms what I had just spent the last three years working on - to reverse the disease in my physical body by negotiating PEACE. This *excerpt* from *Proclamations of the Soul* explains the principle:

***Negotiating Peace:** Everything in your world is a mirror of what is taking place within your being. Most people have been living in a body that has been at war since conception. We have been inundated with emotions and thought patterns handed down through the generations, then we enter a world filled with fear, judgment and conditional love. Is it any wonder that our bodies degenerate and age?*

*Your body is a country with more than 100 trillion life forms (cells), each one with a mind, a body, remembered pain and remembered joy. I have watched people struggle for years to rebuild their country without first negotiating peace. **The Proclamations of the Soul assists you to negotiate peace within your country—your mind, body and soul on all levels of consciousness.** Once the negotiation is complete, rebuilding your country can proceed without interference.*

As I continued through all the Symmetry courses, I found the underlying teaching of Symmetry was providing the framework for incorporating, understanding and enhancing all of the other healing modalities I had learned. Finding Symmetry and becoming an integral part of it was the answer to: "How do I accomplish my mission?" I saw the simplicity of Symmetry principles and tools as the most effective method to assist others to connect to the Source of their own healing, then teach them to live from that Connection - that PEACE.

**Why Symmetry? Why Peace?**

Symmetry is the magnificent combination of tools developed by two individuals, Ann Marie and Rich Work. Each, on their own separate paths, found the ways to heal their physical bodies and return them to vibrant health. In the marriage of the two modalities, in Symmetry, we have the best of both available to us.

Symmetry gives us a combination of methods that can assist us on our journey to reconnect ourselves to the magnificence of the LOVE we were created from. Symmetry teaches us to restore PEACE by reconnecting to the LOVE at the very core of our being, the LOVE from the Breath of Life that created us.

Everything in the teaching of Symmetry is to assist in bringing that connection to every cell in your body and every vibration of your being. The LOVE brings PEACE, then JOY, and it continues from there.

One of my favorite references to peace in the bible is Galatians 5:22: *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness.* This reference taught me, years ago, that when I connect to the Spirit, when I receive that Love, then I can express it in my own life.

**The Tools**

All words, including Proclamations, have specific vibrations, which can be perceived by some as color. Ann Marie's 4 year old grandson would come to his mother and ask her to say the "Blue" proclamations because he could see the colors they created and he liked the "Blue" ones. The Proclamations below, were chosen to enhance the PEACE, the blue spectrum, in your own life and world. I recommend you say the following combination of Proclamations daily for a period of 12 days or more as you feel appropriate.

**Note** . . . In last month's column, I wrote about the beneficial aspects of using language that resonates with your truth in the Proclamations. I will continue to offer a few options in *italics*, that may be included or left out according to what feels appropriate to you at this time.

**From Ann Marie** . . . "Over the past month I started to use the word *harmonize* instead of the word *transmute* when saying the proclamations. The word *harmonize* resonates with my heart and I feel it going deeper into my being."

**(1) The Healing of the Soul**

*The Veils of Illusion by Rich Work pg 224*

*Heavenly Father*

From the Divine Love within my Being,  
*and From the Lord God of my Being,*

I call forth all aspects of my soul  
to stand before me, as I stand before you, in love.

I ask you to forgive and honor me.

I forgive and honor you.

I embrace you in love.

I transmute (*harmonize*) all bonds  
between us into unconditional love.

I acknowledge and honor the journey we have shared.

I proclaim each aspect of my soul  
stand alone as an individual soul expression,  
and embody the "Proclamations of the Soul"  
on all levels of consciousness.

I acknowledge the anger and frustration I experience  
as my soul splits, fragments or is compromised.

I transmute (*harmonize*) these energies  
into the divine expression of Creative Love  
and embrace them into my oneness  
in peace, joy and harmony.

I am complete.

I am empowered.

I am whole.

*In the Name of the Christ, Jesus. Amen.*

And so it is.

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**(2) Aspects of My Soul**

*The Veils of Illusion by Rich Work pg 226*

*Heavenly Father*

*From the Divine Love within my Being,*  
*and From the Lord God of my Being,*

I call forth all aspects of my Soul  
to stand before me, as I stand before you, in love.

I ask you to forgive and honor me.

I forgive and honor you.

I thank you for the lessons we have shared.

I embrace you in Unconditional Love  
so we may continue our journey as one,  
to align and integrate  
as one in mind, body and soul  
to evolve and express the highest consciousness  
of the collective consciousness  
in peace, joy and harmony.

I accept the "Proclamations of the Soul"  
on all levels of consciousness  
as far as those energies extend.

And so it is.

**(3) Inlays**

*The Veils of Illusion by Rich Work pg 118*

From the Divine Love within my Being,  
and From the Lord God of my Being,  
I take myself back to a point in time,  
just prior to the moment  
when inlays were imprinted on my Being  
which manipulate, distort  
or otherwise interfere with my Being.  
I invoke the proclamation  
“Erase from all time”  
and all supporting proclamations  
on the totality of my Being  
as far as those energies extend  
on all levels of consciousness  
through all time, space and beyond.  
I claim my true identity in Divine Perfection.  
*In the Name of the Christ, Jesus. Amen.*  
And so it is.

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**(4) Completion**

*from The Veils of Illusion by Rich Work pg 122*

*(Heavenly Father)*

*(From the Divine Love within my Being,)*  
*(From the Lord God of My Being,)*  
*(In the name of Jesus Christ,)*

I offer this proclamation to all to accept or reject  
according to their free-will choice.

I call forth all expressions of my soul  
to accept this healing.

I call forth the creative energy of my soul  
to integrate into the core essence of my Being  
so I may experience the divine essence of my Being.

I accept the “Proclamations of the Soul”  
on all levels of consciousness  
and transmute all interfering energies  
into the divine expression of Creative Love.  
*In the Name of the Christ, Jesus. Amen.*  
And so it is.

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**(5) My Divine Perfection**

*from The Veils of Illusion by Rich Work pg 145*

*(Heavenly Father)*

*(From the Divine Love within my Being,)*  
*(From the Lord God of My Being,)*  
*(In the name of Jesus Christ,)*

I command all records and memories  
created to manipulate and distort my ability  
to recognize and experience  
the totality of my Divine Creation  
be erased from Universal Consciousness.  
I command illusions  
interfering with my ability  
to see my Divine Perfection,  
be replaced with universal knowledge  
allowing me to know, see, feel and experience  
the feminine and masculine aspects  
of the Divinity Within.  
*In the Name of the Christ, Jesus. Amen.*  
And so it is.

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**(6) Desires of My Heart**

*from Proclamations of the Soul by Rich Work pg 121*

From the Divine Love that flows within my Being,  
And from the Lord God of my Being  
I ask that my Being be filled  
with Infinite Love,  
Infinite Healing,  
Infinite Honor  
Infinite Protection,  
Infinite Power and Wisdom.  
I call forth my Grand Adventure  
in feelings and emotions  
that will bring me Happiness and Joy.  
*In the Name of the Christ, Jesus. Amen.*  
And so it is.

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These Proclamations utilize one of the most powerful energies you create, your own statements to yourself and your own thought processes. Positive thought forms and statements increase your life force energy and assist in restoring the Breath of Life.

The articles on the following pages, provide you with other tools to enhance your personal experience of PEACE.

# *Reestablishing the Rhythm of Peace Within My Being*

by Ann Marie Work

I plan to take this month to explore the meaning of Peace in my life. Journaling each day for a month, will bring forth new insights and revelations on what Peace means to me and its affect on my life and on those around me. We all know that world peace is important, but the wars and battles within us actually have a greater impact on our personal life and relationships. **World peace begins one person at a time.**

In the month of January, I will review the information on Peace from Volume 1, Issue 1 (page 7) and use the products I developed to assist me in integrating Peace: the *Harmonic Synchronistic Attunement CD/tape*, the *Harmonic Liquid Formula of Peace*, the *Heart Petals*, the *Awaken to the Healer Within 3 hour CD/tape* and the *Harmonic Peace Parasite Cleanse* (see "In Harmony"). I will personally be:

- Placing a drop of *Harmonic Peace* on the soles of my feet (or a drop in each shoe) 2-3 times a day.
- Placing 5 drops of *Harmonic Peace* in my beverages 4 times a day.
- Listening to the *Harmonic Synchronistic Attunement CD* at bedtime, every night,
- Listening to the *Awaken to the Healer Within 3 hour CD*.  
(I get to hear Rich's voice and it keeps his teachings present in my consciousness.)
- Doing the *Harmonic Peace Parasite Cleanse*.

Scientists have discovered the impact of color upon the physiology as well as the emotions. According to their research the color blue calms and soothes the being. It reduces blood pressure and cools the body when it is in a fever.

In Symmetry, we have discovered the color *Blue* is directly related to the Rhythm of Peace. When you are in stress, wearing blue calms you, enhances your ability to focus and communicate your intentions appropriately. For this reason, many consider blue their *power* color. It not only puts you at ease, but also affects the people you are talking to. This may be why many companies have mandated blue as their company color, and just watch the way politicians use it. For the body to function properly, it must have a full spectrum of harmonic frequencies. Therefore, this month, I will focus on refreshing the blue aspect of my personal rainbow within. In addition to the things mentioned above I plan to:

- Use a blue pillowcase and sleep with a bottle of *Harmonic Peace* under my pillow. (Scientists have discovered that the color you are focusing on or the color closest to your hypothalamus in your brain, has the most impact on you. Maybe this is why we all love to gaze upon a rainbow.)
- Wear the color blue often.
- Change my computer background to blue for the month.
- Use blue place mats, buy blue flowers for my dining table, use a blue cup and drinking glass.
- Turn on some music and dance in the Rhythm of Peace.
- Add drops of *Harmonic Peace* to my personal care products: shampoo, conditioner, body wash, etc.
- Add drops of *Harmonic Peace* to my laundry. (Have you done this yet? What a difference!!)
- Use a *Harmonic Peace compress* on my face at least once a week. It relaxes the tissues and hydrates the skin. This amazing facial appears to reduce the wrinkles and leaves my face with a radiant glow.  
*Compress:* add 5 drops *Peace* to cup of warm water. Wet washcloth. Place over face for 5 to 15 minutes.

For additional uses for *Harmonic Peace* - SEE this months *IN HARMONY* or our Harmonics booklet.

***I invite you to join me in integrating Peace into your being and into your life.***

# *An Attunement for Peace*

*by Ann Marie Work*

Turn on soft relaxing music.

Sit upright on a firm chair, so your back is a few inches from the back of the chair.

*Breathe* - into the wave of the *Breath* and into the *Peace*. Feel your heart breathing with you.

As the heart moves into the wave of the *Breath*, reach into the Love within the heart. It is the Love within the heart that is your connection to the Heart of God. For this reason, we always begin an attunement by moving into the *Breath*, perceiving the heart breathing and then embracing the Love within the heart. There is nothing more important in your life than touching into this Love each day. It is the foundation of Peace. Without this Love there can be no Peace. This Love is the *Breath of Life* from the Heart of God.

Like a baby being rocked in the arms of love - when you let go into the waves of the *Breath* - your whole body lets go into the Rhythm of Peace. And within that Peace you can feel the smile of life and the passion for living. You can embrace the fire of life that rejuvenates your being and the balance and trust to walk forward into your destiny. You can feel the strength that lies within you - the strength to conquer all challenges. This amazing Peace that moves through you allows you to step forward in responsible action to yourself and others, and opens you up to receive the love that others have to give back to you. As you rest in the Peace you feel secure and safe to purify your thoughts of judgment and fear, allowing you to see the magnificence of your being and the magnificence of all others.

As you embrace the Love within your Heart, your whole body Breathes with you from head to toe. It flows gently through the blood embracing every cell, lifting your spirit, allowing you to create an identity within the many facets of this amazing element we call Love. This is the clay from which your personality, characteristics and attributes are formed. It guides, nurtures, supports, encourages and gives you the strength to live the truth of this Love.

Focus on this Love moving up through your chest on the waves of the *Breath*, up through the shoulders and collar bones, breathing life down into the arms, elbows, forearms, wrists, hands and fingers. Then up through your neck and into your head - and your cranium Breathes.

Letting go and drifting into the waves of the *Breath* and into the *Peace*.

It moves down through your face and into your eyes.

Your nose breathes with you. Feel your nose breathing. The atmospheric air coming in on the inhale and out on the exhale creates a wonderful rhythm to live by.

It slows you down, helps you focus and become aware of the world around you.

This love moves to your Atlas, at the top of the spine and gently cascades down the spine, embracing every vertebrae, encouraging every vertebrae to breathe, to let go of the stress and move into the Peace all the way down to the tailbone.

The hips and pelvic cradle join in,

as the Love gently cascades down the legs, thighs, knees, calves, ankles, feet and toes.

Your abdomen breathes with you, into the Peace.

As you focus back on the Love within the Heart breathing with you,

Embrace the Love within your Heart. The pulse of life is alive and well within you.

Perceive the magnificence of the Love and Peace within you.

You are an instrument of Love upon this earth and in this place there is great Peace.

Proclaim "In this Love, I am Magnificent. And so it is".

# We

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

We have a lot in common, you and I.

We sometimes agree  
and sometimes we do not,

but nevertheless we still have a lot to share.

We may have different color skin  
and we may have different beliefs,

but we still have a lot in common, you and I.

We might disagree on how to raise our children  
or where they should go for their education  
or even what education they should receive.

We might come from different social classes  
and have different spiritual beliefs,  
but we have a lot in common, you and I.

We may differ on political issues and  
we might choose to live in different parts of the world.  
We might not always agree on what foods are best  
and have different opinions on how to address our  
health issues,  
but we have a lot in common, you and I.

We might disagree about colors to decorate our homes  
or adorn our bodies  
or agree on a style of furniture or clothes.  
We might disagree on music, dance or creative art,  
but we will always have a lot in common, you and I.

What do we have in common  
that makes our relationship so unique?  
It is that we all have free-will choice.  
Each one has been created and endowed  
with one law from Creator Source —  
the law of free-will choice.

You are free to explore,  
to create and to experience those creations.  
You might go left, you might go right.  
You can go up or down.  
You might bang your head against the wall

to find it brings you pain,

or choose to go play and find it brings you joy.  
The choices are many; we have mentioned a few.

We can choose from a variety of music,  
dance, art and social issues —  
the list is endless.

And each day brings a new experience  
from which we can make a choice.

The universal law of free-will choice has only one  
limitation:

You may exercise your free-will choice  
as long as you refrain from violating  
the free-will choice of another.

To exercise your free-will choice  
is to live your truth.

To allow others to exercise their free-will choice is to  
allow them to live their truth.

To do so is to honor all others.

To do so is to stand in unconditional love.

To do so is to be in a state of being without judgment  
of yourself — or of others.

To do so is to honor all persons for the journey  
they have chosen  
and the choices they have made,  
even though they differ from yours.

We were never intended to be clones of one another,  
but to experience all that creation offers.

It is how the soul grows.

Regardless of our color,  
our beliefs or our differences  
we still have a lot in common, you and I.  
We come from the same Creator Source —  
the same cosmic playdough  
from which all things are made.

We have only chosen a different journey  
that we may experience the totality of All That Is.

We have a lot in common, you and I.

# *Symmetry Courses 2006*

## **Courses by Ann Marie Work**

Several Courses have been scheduled for January and February.  
Call for location and details: *Tel. 888-479-6638*

## *Symmetry Instructors' Course Schedule*

**Jason Yoon – Los Angeles, CA**  
*Tel. 323-969-9338*

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)

**Karen Wagoner – Stelle, IL (Chicago area)**  
*Tel. 815-256-2260*

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**Sally Milewski – Granger, IN**  
*Tel. 574-679-9759*

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

**Mary Jo Sabata**  
*Tel. 785-230-2977*

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

**Jeanne Ryan – Camdenton, MO**  
*Tel. 573-346-1021*

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 - January 2006

*When you are in Peace, you bring Peace to the World!*

## Peace

The *Harmonic Formula Peace* stimulates your own natural Rhythm of Peace that emanates light, sound and the color Blue, activating the body's healing intelligence to cleanse toxins, release stress and restore the body, mind and soul connection.



- Harmonize energies of stress, doubt and indecision.
- Calm your being, release static build-up from stress and restore mental focus.
- Support the balance of insulin and growth hormone.

January 2006 Special!  
Receive "both" 1/2 oz. and 2 oz. Peace  
for only \$50.00!

### **Suggested Uses:**

*To energetically support those challenged with any condition of low-level wellness including diabetes, environmental illness, anxiety, insomnia, nerve, lymph and stress related conditions:*

- Add 10 drops to a glass of water twice daily in addition to drinking *Restored Water* (see next page) throughout the day.

*To release sluggish lymph due to colds and congestion:*

- Add 5 drops to a glass of water 4 times daily.

*To release stress and static for mental clarity or emotional stability:*

- Place 3-5 drops under your tongue or in a small amount of water.

*To release stress and soothe a tired body:* Add 4 to 10 drops to a bath. Add 5 drops in tea and sip.

*To make a compress to relieve pain:*

- Add 5 drops to a cup of hot water, soak a washcloth, lay on area of distress for 5-15 minutes, rinse out cloth and repeat 2-3 times.

*Use topically as desired to restore the flow of the lymph under the skin for bruises.*

*Reduce swelling and darkness under eyes:* Put drops on fingertips and gently dot under eyes.

*For a restful sleep:* Sleep with a bottle of *Harmonic Peace* under your pillow. Sleep in Blue bedding.

*Enhance Blue jewelry:* Place 1 drop *Peace* on Blue jewelry each time you wear, to integrate *Peace* within.

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

# Restore the Life back to your Water!

**Restore the life-force and pulse of life in water. Revitalize and rehydrate your body, activating the lymph and calming your being to:**

- Reestablish peace and harmony at the cellular level.
- Cleanse toxins and allow nutrients to be more easily absorbed.
- Restore your body's natural pulses of life, your natural Rhythm of Peace.

A primary concern at the 1994 International Dowzers Convention in England was their inability to find any "living" water on the Earth. Radiation, environmental and communication energies had suppressed the energy within water which previously resonated with the hertz (heartbeat) at the Earth's core. The harmonic waveforms in *Peace*, stimulate the movement of the harmonic energy within water, enhancing the life-force, restoring its potential as "living" water. We call it *Restored Water* and use it to restore the fluids in the body to their full potential.

## *Suggested Uses*

***To revitalize and rehydrate your being, drink Restored Water:***

- Add 4 drops of *Peace* per gallon of pure water. Use for drinking and cooking. Taste the water, taste again after adding drops. Feel the difference and notice how far down it goes into your body.

***For watering and misting your plants:*** Use *Restored Water*.

***To renew the life in fruits and vegetables:***

- Add 4 drops of *Peace* to a sink full of water and soak for 5 minutes.

***To a washload of laundry:*** Add 5 drops of *Peace* to refresh clothes and bedding.

***For pets, to restore vitality and harmony:*** Use *Restored Water*.



**Restoration Mist**  
Pre-bottled with the  
recipe on the label.

**\$6.00**

## *Testimonies:*

- ***My daughter loves Restored Water.*** The teacher even lets her bring her water into the classroom, in a thermos, because she remains calm and more attentive. What a difference it makes. (L.B.)
- ***My cat Tiffy, age 15, loves Peace in her water.*** She is beginning to act like a kitten again. (S.S.)
- ***Diagnosed with environmental illness,*** Ann Marie suggested I begin drinking *Restored Water* for a few days before I used other Harmonic Products. At first I had a cleansing reaction with congestion, diarrhea and overall aching, then the fog lifted and I have not felt this good in years. (L.C.)

## *Restoration Mist*

Add 10 drops of *Joy* to 2 oz. of *Restored Water* in an atomizer and spritz your skin, energy field around body, plants, foods as often as desired. Other formulas may be added.

**For more information on all Harmonic Products and to order, call 800-243-6156 or 715-355-8515, or view our website for information and to order online at [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**

## *Harmonic Peace Parasite Cleanse*

This program uses *Harmonic Formulas* to assist you in cleansing parasites while supporting the restoration of health and vitality to your body. Each *Formula* supports a specific spectrum of enzymes to assist in eliminating a specific spectrum of parasites. *Harmonic Peace* supports a broad band of enzymes and co-enzymes involved with basic bodily functions. *Harmonic Discernment* assists in enhancing the immune system while awakening the original recognition system you were born with, allowing for the gentle removal of organisms out of alignment with your desire to be whole, well and perfect in mind, body and soul.

Make a special *Harmonized Water* for use during this program - to support and assist the body:

To 1 gallon of purified water add 10 drops each: *Peace and Discernment*, and 5 drops each *Ebony and Opal*.

Drink 6-8 glasses per day.

Option: add these *Formulas* to a glass or any size bottle of water during the day.

Basic Program - follow this program for 21 days (3 weeks).

1. 10 drops *Discernment* under tongue AM and PM.
2. Follow with 10 drops of *Peace* - in 1-2 oz. water.
3. Prepare a Spritzer: per 1 oz. water add 20 drops *Peace*, 5 drops *Discernment*, *Ebony*, *Opal*
  - Create an environment to support your parasite cleanse. Mist your:
    - food and beverages
    - hands during the day, hands and feet AM and PM (especially at bedtime)
    - body after a bath or shower
    - sofa and chairs in which you sit
    - sheets every night
    - use your imagination to surround yourself in this frequency

4. Optional suggestions:

- Take a bath or foot bath using 15 drops *Peace*, and 5 drops each *Ebony*, *Opal*.
- Place a drop *Peace* on bottom of each foot and on your hands, 2-3 times daily.
- Add 5 drops *Peace*, *Ebony*, *Opal* to the wash water when doing laundry.
- Add 5 drops *Peace*, *Ebony*, *Opal* to water for soaking fruits and vegetables.
- See Harmonics International booklet for additional suggestions on using *Peace*.

**To complete this program requires the following *Harmonic Products*:**

1 - (2 oz.) *Discernment*

1 - (2 oz.) *Peace*

1 - (1/2 oz.) *Ebony*

1 - (1/2 oz.) *Opal*

### *Peace Parasite Cleanse Package*

On Sale January 2006

Receive all 4 items required for *Peace Parasite Cleanse*

ONLY **\$130.00** (reg. \$184)

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

**New! For Women!**

# Heart Petals



*What would happen if you were continuously embraced in Unconditional Love?*

Would the high vibration of Unconditional Love:

- ♥ Awaken the innate intelligence of your cells to heal themselves?
- ♥ Support your body to clear negative energies that hold disease?
- ♥ Stimulate the lymph system to move out toxins and stagnation?
- ♥ Encourage the movement of “The Breath of Life”\* and let go of stress?

**Many women are experiencing the magnificence of this amazing new product!**

***Here's what they are saying:***

- *The “Heart Petals” make me feel more energetic! The stress is leaving my body!*
- *After just 2 weeks, I have no more heartburn or acid reflux!*
- *They encourage my own “Breath of Life” to come forth and emanate with me all day long – it feels wonderful!*
- *I feel happy, no more bouts of anxiety or frustration.*
- *As the pain in my breasts subsided, I realized the pain in other parts of my body decreased.*
- *I have experienced discomfort and lumps in my breasts and ribcage for years. The discomfort went away the first day, now the lumps are disappearing! Thank you!*
- *I know the “petals” increase the movement of lymph. I never imagined that would equate to looking 10 years younger in two months. My skin is radiant and wrinkles are disappearing.*
- *I placed my “petals” on my hurting ankle and the pain was almost gone in 20 minutes.*
- *The “petals” helped me to eliminate sugar from my diet – something I haven't done in 5 years.*
- *I had pain from breast implants. I used the “Heart Petals” and the pain is gone.*

**We invite you to experience the supportive energy of “Heart Petals” for women.**

***Wonderful Special for January 2006 - Only \$100.00! (retail sales only!)***

**Enjoy your new level of wellness today!**

**For more information on the “Heart Petals” and all of our products,  
or to order - call 800-243-6156 or 715-355-8515.**

**Order online at [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**

**\* Read more about the “Breath of Life” in the *Symmetry – Living an Empowered Life* publications at [www.symmetry.nu](http://www.symmetry.nu) or [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**

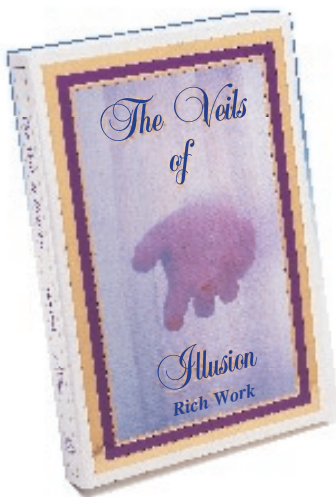
# The Veils of Illusion

by Rich Work

*“The world you perceive is the world you choose to see,  
and there is no interpretation free from your perception.”*

**“You have lived in a world of separation, where power has been used to control humanity. Distortions, illusions, thought forms and other energies have been designed to create holographic veils obstructing your ability to see your truth. It is time to remove the veils of illusion.”**

*“An Awesome book! The Veils of Illusion is packed full of valuable, much needed information. Every story brings awareness to the energetic imbalances that allow fear and disease. As each reader discerns their truth they can choose the precise proclamations and solutions needed to make the appropriate shifts in consciousness and rebalance their body, finding true healing. Rich’s true desire to help humanity shines through each page. This book is a must read for anyone looking to fill their life with Health, Happiness and Joy.” - Dr. Melinda Benn*



**CLOSEOUT SPECIAL!**

***This book will not be re-printed!  
Get them while they last!!!***

***“The Veils of Illusion” by Rich Work***  
***\$7.00 (reg. \$25) Retail Sales Only!***  
**January 2006**

Whenever Rich addresses a problem, he always provides a possible “solution” to the problem. Several pages in this book are dedicated to possible solutions to problems you may face. Read through them and discern which “feels” right for you. For questions about products mentioned in this book, please call one of the numbers below or email [joanie@harmonicsinternational.com](mailto:joanie@harmonicsinternational.com).

**For information on all of Rich Work’s books and to order, call 800-243-6156 or 715-355-8515,  
or visit us on our website at [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**

January 2006

## ♥ *Heart Petals Testimony!*

*My ankle was swollen, very painful and extremely sensitive to touch. Before I went to sleep I put a Heart Petal on the ankle and pulled a sock over it to keep it in place. The next morning all the swelling, pain and sensitivity were gone! (C.H.)*

(Note: It is suggested by Ann Marie that both "petals" be used, one on each side of a painful area for maximum effectiveness. For regular use under breasts, both "petals" are to be used even with a prosthesis.)

All Harmonic Products assist in relieving stress from the cells, harmonizing disharmonic energies and bringing Peace, Joy and Harmony to your being which in turn affects the world around you in a very positive way. Learn all about your wonderful Rhythm of Peace and how to maximize Peace within you and in turn all around you in the January 2006 publication "Symmetry - Living an Empowered Life". For a free copy, visit the Symmetry website at [www.symmetry.nu](http://www.symmetry.nu) or [www.harmonicsinternational.com](http://www.harmonicsinternational.com) or call 800-243-6156 or 715-355-8515.

## *Harmonics International*

### January Specials!

January 1st - January 31st, 2006

Heart Petals  
Wonderful Special!  
Only **\$100.00**  
(Retail Sales Only!)  
January 2006



**Peace Parasite Cleanse Pkg.**  
2 oz. Peace - 2 oz. Discernment  
1/2 oz. Ebony - 1/2 oz. Opal  
Only **\$130** (reg. \$184)  
January 2006

**"The Veils of Illusion"**  
by Rich Work  
Closeout Special  
**\$7.00 - January 2006**  
Retail Sales Only!

January 2006 Special!  
Receive both 1/2 oz. and 2 oz. Peace  
Only **\$50.00!**



**Restoration Mist**  
Pre-bottled with the  
recipe on the label.  
**\$6.00**

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*"When you are in Peace,  
You Bring Peace to the  
World!"*