



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

February 2006    Volume 3 Issue 2

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

*When you are in Joy, you bring Joy 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 . . .*

**. . . bringing your body, mind and life into the Breath of Life. In the Breath - you are automatically in Peace, Joy and Harmony. You are happy, contented and fulfilled.**

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

### **In This Issue:**

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- Joy - from “The Rhythm of the Day”
- Creating Your Life - with Joy
- Reestablishing the Rhythm of Joy
- An Attunement of Joy
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*From Ann Marie . . .* Your words create your world.

Each person on this earth, lives in their own world. They have their own ideas, beliefs and experiences. None are the same. We see everything through the veils of illusion we have created. The resonance of the words we speak penetrate through these veils. Positive words allow us to see the Truth of the Love all around us, not only for ourselves but also for those who listen. Negative words create shadows which hide the Truth of this Love. You have the power in your words to open the windows and allow the flow of Love to change your life.

This is the Breath of Life.

Your positive thoughts and words are your Exhale.

Accepting the positive words of others is your Inhale.

The resonance of these words affect your ideas, beliefs and experiences opening the doorways to Peace, Joy and Harmony in all areas of your life.

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

# *Joy is the Movement of Love*

by Ann Marie Work

*Each month this year we will focus on one of the twelve Rhythms. We invite you 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 how their attributes move in and through you.*

In February, our focus is Joy. I suggest you review the information on Joy in Volume 1, Issue 2. The products I developed to assist me in integrating Joy are: *The Breath of Life* CD/Tape, the Harmonic Liquid Formula of Joy and the *Environmental Harmonizers*. In addition, I recommend the Basic Parasite Cleanse using Joy. See the February IN HARMONY.

## *The Expression of Joy is like being bathed in the Sunshine of the Soul.*

Joy is an acceleration of the movement of the Breath of Life through your being. It restores balance, rejuvenation and vitality in all levels of your life. It feels so good to be in joy. It brings a twinkle to your eye and bounce in your step. The smile in your being is intoxicating and catching - we love to be around others in joy.

Joy evolves from a state of Peace. There can be no lasting Joy without Peace. Together they create the catalysts and the foundation in your life for lasting changes according to your Heart's desires.

*Joy is more than a state of being, there are physical mechanics involved.*

*Parts of the body must breathe in certain ways to accelerate the movement of the Breath of Life.*

*Laughter replicates these mechanics, but you can produce the mechanics without laughter.*

*In Symmetry we teach the physical mechanics of Joy, allowing the debilitating effects of depression, lethargy and frustration to be healed and shifted into vitality and well being.*

*Joy lifts the suppression of stress,*

*it opens the pathways in your mind to accept and embrace the magnificence of your being,  
and allows you to love yourself and your life.*

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## *Joy*

from *The Rhythm of the Day* by Joanie Zimick

Get out your Yellow clothes - wear it! - feel it! - move with it! You know what I am talkin' about?  
Its the Rhythm of JOY!!! Be that ray of Sunshine.

It all starts with the Breath of Life. Moving into the PEACE  
and then into the brilliant magnificent Rhythm of JOY!

What a wonderful way to build a foundation. Just think, if everyone on this planet would be in the JOY at least one day, wow - the earth would just be a rockin' and smilin'! I think it would be fabulous. However, till we get to that point, we can do some of our own rockin' and smilin' and create all kinds of smiley faces extending out all around us - up into the Universe and down into the Earth. Sounds like a plan.

Find out just how awesome your Rhythm of JOY is. Acknowledge its magnificence and feel its love.

Be in "The Breath" - be in the PEACE - and be in the JOY - have a 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 Joy - by Mary Jo Sabata, Coeditor



As we work through the rhythms and lessons in Symmetry course work, we have the opportunity to discover our individual greatest challenges. Mine has been the rhythm of Joy.

The rhythm of Joy is an expression of the Love within carried through all that we are and all that we do. It overflows from within as we recognize that we are an expression of Love, we experience that Love within us and we express that Love with all others.

The understanding of who we are comes as a result of the refinement of what truth is. Another way to look at this - what thoughts, emotions, feelings, beliefs, judgments of myself and others have come out of fears, not truth and love? In simplest form how do I become Love? A verse which expresses this is: *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. 1 John 4:18 NKJV*

How can we experience and express joy when most of us have lived with fears all of our lives? We live with fears we have grown up with, learned from others, and created from our life experiences. Just a few of these may be: fear of rejection, fear of worthlessness, fear of dishonor, fear of loss, fear of not being perfect, fear of poverty, fear of what might happen, fear of a specific object (spiders, dogs, etc.), fear of an activity (flying, shopping, crowds), fear of abuse, fear of not being accepted, fear of specific disease (heart attack, diabetes, cancer), and the list goes on and on. We have created other emotions to “protect” us, to cope with the fears: anger, hatred, jealousy, defensiveness, depression, unforgiveness, grief, sadness, stubbornness. Then these emotions created feelings: stress, nervousness, panic, terror, discouragement, worry, despair, need to control, resentment, worthlessness, rejection, anxiety, insecurity, shame, rage, emptiness, loss, etc., etc.

All negative emotions and feelings come out of a belief that what we “perceive”, “hear”, “know”, “see”, and “experience” is true. Our understanding creates the filter through which everything is observed. Many of our fears were accepted by us long before we could look at them with discernment and know whether or not they were based in truth.

*May the God of hope, fill you with all joy and peace as you trust . . . by the power of the Holy Spirit.  
Romans 15:13 NIV*

Most of the time these fears were actually put into place to keep us safe. How many times have parents warned their children about “dangers” out of the desire to protect them, to encourage them to be careful. Instead the very thing they were warning against, occurred? How many times do family members manifest the very disease that they were repeatedly admonished about avoiding?

In the book, *Proclamations of the Soul* by Rich Work, he wrote about magnetic attraction. The following is an excerpt from a chapter entitled “Universal Laws”.

## The Law of Magnetic Attraction

*You attract to you that which you focus on. If you focus on disease, you will manifest more disease. If you focus on poverty, you will manifest more poverty. If you focus on the lack of love in your life, you will manifest more lack. It is difficult to create love when you focus on fear. It is impossible to create prosperity when you focus on poverty. It is the Law of Magnetic Attraction.*

*You also attract to you that which you desire—if you focus on it. Focus your thoughts on those things you desire to manifest in your life.*

## The Law of Creative Manifestation

*Now that you understand the Law of Magnetic Attraction, invoke the Law of Creative Manifestation. Intentionally focus on that which you desire and avoid focusing on that which you do not desire in your life. If you are in a room where others are engaged in a conversation about something that is out of alignment with your desires, politely excuse yourself and leave, even if others feel you are being impolite. To remain in that energy will only attract it into your life.*

If we choose not to be around others who are expressing thoughts out of alignment with our desires, it is even more important to clean out all of the thoughts, ideas, emotions, feelings and relationships that hold energies that no longer serve us. We may be surprised to find that these disharmonic energies actually have a physical expression, an ache or pain. They may even have manifested a disease in our body. These disharmonic energies interfere and prevent us from staying in the Breath of Life. The rhythm of Joy, is just one facet, one expression of that Breath.

Through the tools of Symmetry, the Proclamations, working with the Breath of Life and the rhythms, we return step by step, to a state of being where pure love and truth grow and thrive. We become more and more of the expression of the Love that created us. With each step, we recognize the thoughts, ideas, feelings, emotions, activities that no longer serve us and bring us joy. As we embrace ourselves in Love, all that we do becomes Joy and we live in Joy.

Each of us has to start where we are to get to the place of allowing that Love to **be** all that we are. For many, it starts with bringing the mind into alignment with truth. The Proclamations provide a way to accomplish that. As we start to quiet the mind, we begin to connect deeper and deeper with the Love, the Breath of Life within. As we bring the Proclamations and the Breath of Life together, our lives begin to change, we grow in that Love and we begin to live in the rhythm of Joy.

The following series of Proclamations will assist you in your journey to become one with Love and to live in Joy.

### ***My Thought Forms***

*Veils of Illusion by Rich Work pg 15*

*(From the Lord God of my Being.)*

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

I command all thought forms I have created,  
on all levels of consciousness, past, present or future,  
be transmuted *and harmonized*  
into the divine expression of Creative Love,  
embraced into my Oneness,  
bringing completion to those energies I have created  
in a manner that brings **joy**  
to all aspects of my Being.

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

*(And in perfect harmonic alignment with the Holy Spirit.)*

And so it is.

### ***Letting Go of Laws and Judgments***

*Veils of Illusion by Rich Work pg 18*

*(From the Lord God of my Being.)*

From the Divine Love within my Being.

I call forth all laws I own,  
all beliefs I have, all vows I hold,  
all invocations I have made or received  
and all contracts or agreements  
on all levels of my Being  
creating judgments separating me from joy,  
peace, harmony and love.

I transmute them  
into the divine expression of Creative Love  
and embrace them into my wholeness.

And so it is.

*(In the Name of the Christ, Jesus.)*

*(And in perfect harmonic alignment with the Holy Spirit)*

*(Amen.)* And so it is.

*For all law is fulfilled in one word, even in this:*

*“You shall love your neighbor as yourself.”*

*Galatians 5:14 NKJV*

### ***Transmuting Fears***

*from Veils of Illusion by Rich Work pg 18*

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

From the Divine Love within my Being.

I forgive all my fears  
and all my reactions to those fears.  
I transmute *and harmonize* them  
into the divine expression of Creative Love  
and integrate them into my wholeness  
in peace, joy and harmony for all.

And so it is.

*For God has not given us a spirit of fear, but of  
power and of love and of a sound mind.*

*2Timothy 1:7 NKJV*

**Note** . . . In the Proclamations published in my articles, I will continue to give **examples** in *italics*, of a few options that may be added into or left out of all proclamations according to what feels appropriate to you at this time. If you have questions regarding this, I refer you to my December 2006 column about using language that resonates with your truth.

*I invite you to share the changes you experience after working through these exercises.*

*E-mail - MaryJo@Symmetry.nu*

Before completing *Severing Bonds* make a list of all relationships, fears and negative emotions you wish to transform.

### ***Severing Bonds***

*from Proclamations of the Soul by Rich Work pg 136*

From the Divine Love that flows within my Being,

I call forth this day all  
soul expressions and experiences,  
elementals and thought forms.

It is my intent that all aspects of their souls  
and all aspects of my soul be present  
on all levels of our Being.

I call forth the totality of our Being  
to be present and accept this Healing.

***Repeat the section of the proclamation below as many times  
as you have individual names of people, emotions and fears  
you no longer wish to chain yourself to in bondage.***

From the Divine Love that flows within my Being,

I call forth [name] to stand before me  
as I stand before you, in Love.

I ask that you forgive and honor me  
as I forgive and honor you.

I embrace you in Love  
and I thank you for the lessons we have shared.

I now embrace all bonds between us  
in Unconditional Love  
and transmute all interfering energies  
into the divine expression of Creative Love.

I bid you to go in peace.

And so it is.

***To complete this process, after calling forth all those you  
wish to release from bondage, say the above proclamation  
one more time, and where it says (name) insert:***

all soul expressions and experiences,  
elementals, and thought forms

Creating Your Life *with Joy* . . . continued

### ***Acknowledging My Creation***

*from Veils of Illusion by Rich Work pg 175*

*(From the Lord God of my Being.)*

From the Divine Love within my Being.

I call forth every cell of my body  
and every vibration of my Being.

I acknowledge my love for you and your love for me.

I acknowledge the work you have performed  
to support me in my journey.

I ask you to align yourself in Divine Perfection  
according to my heart's desires,  
to integrate with me as one in mind, body and spirit  
as I move forward in my journey.

And so it is.

### ***One With Love***

*(From the Lord God of my Being.)*

From the Divine Love that flows within my Being.  
*And in perfect harmonic alignment with the Holy Spirit,  
the Love of God within,  
(and the core essence of my soul.)*

I ask that pure unconditional Love  
fill all voids and spaces in, around and through  
the totality of this entire Being, My Being.

I embrace that Love into my oneness  
so that I am One with Love.

I command that all cells in this body, my body  
and all vibrations of my Being,  
resonate in perfect harmony with Divine Love  
Divine Truth and Divine Wisdom.

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

And so it is.

*by Mary Jo Sabata 2006*

### ***Symmetry to Me*** - by Karl Humphrey, student of Symmetry

Symmetry is a foundational tool box for building from ones Divine blueprint encoded deep within the soul. It illuminates a pathway between Heaven and Earth which allows me to experience Joy the way it was meant to be experienced. In that place, Peace fills every fiber of my being allowing Joy to flow freely, inspiring me to do what truly brings Joy to my heart, fulfilling my purpose - assisting others courageous enough to join and stand with me, united as one, to create Heaven on Earth.

A starburst of Joy ignites within my being at the thought of it. Joy beyond what Webster can define or what can be articulated with language. A Joy that can only come from allowing my Sacred self to shine through this physical form, creating a state of exact balance between my physical being and my spiritual being. This allows me to experience the unified essence, the physical expression of God, in and through me. To me, this is the end all, do all, be all of life's journey.

Symmetry is a pathway back home, back to perfect balance!

# *Reestablishing the Rhythm of Joy Within My Being*

by Ann Marie Work

The Rhythm of Joy seemed ripped from my being when Rich crossed over almost 2 years ago. In the place of Joy, came deep grief. This gave me an opportunity to use the Symmetry teachings. When the joy was gone and laughter would not come, I diligently applied the principles of using the physical mechanics without the feeling of joy being present. To my delight, using the techniques, I was able to maintain health, vitality and a sense of well being. Soon the *feeling* of Joy returned. When loving memories would spiral me back to a place of grief, I would grit my teeth and return to the mechanics. Over and over again, each time the joy would come quicker and last longer. It was not a magic bullet that took the grief away instantly and completely, but a practice which allowed me to return to life and find my new life in a magnificent way.

Joy is not instant gratification. It is a radiant feeling of buoyant love from deep within which flows like warm liquid sunshine from my soul. It is an elixir of life which pulses through my being, opening doorways of opportunity to fulfill my desires. Without joy, life seems bleak and empty.

This month I will explore the meaning of Joy in my life. Journaling each day for a month will bring forth new insights and revelations on what Joy means and does for me. When my inner smile shines, it illumines the inner smile in others, like a lit candle lighting another. I will support the integration of Joy into every area of my life by:

- Placing a drop of *Harmonic Joy* on the soles of my feet (or a drop in each shoe) 2-3 times a day.
- Placing 5 drops of *Harmonic Joy* in my beverages 4 times a day.
- Listening to the *Breath of Life CD* every day,
- Finding and reading *Proclamations* which include the word Joy.
- After having done the Basic Parasite Cleanse with Peace, I will redo it with Joy. (See “In Harmony”)

According to scientists, the color Yellow uplifts the spirit. It reduces depression and encourages inspiration. In Symmetry, we have discovered the color yellow is directly related to the Rhythm of Joy. When you are sad or depressed, wearing or seeing yellow helps you to breathe, energizing your body and your mind. For this reason, many use yellow to brighten their day. For the body to function properly, it must have a full spectrum of harmonic frequencies. Therefore, this month, I will focus on refreshing the yellow aspect of my personal rainbow within. In addition to the things mentioned above I plan to:

- Use a yellow pillowcase and sleep with a bottle of *Harmonic Joy* 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.)
- Wear the color yellow often.
- Change my computer background to yellow for the month.
- Use yellow place mats, buy yellow flowers for my dining table, use a yellow cup.
- Turn on some music and dance in the Rhythm of Joy.
- Add drops of *Harmonic Joy* to my personal care products: shampoo, conditioner, body wash, etc.
- Add drops of *Harmonic Peace and Joy* to my laundry.
- Use a *Harmonic Joy* compress on my face at least once a week, for rejuvenation and a radiant glow.  
Add 5 drops *Joy* to a cup of warm water. Wet a washcloth. Place over your face for 5 to 15 minutes.
- And I will review additional uses for *Harmonic Joy* in this month’s IN HARMONY and in our booklet.

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

# *An Attunement of Joy*

*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.

This love comes from the core essence of your Soul.

When you move into the *Breath*, its radiance penetrates into the shadows of your being, en-lightening and en-livening you from the inside out.

As you feel the warmth of this love embracing you and moving through you, it is like basking in the sunshine of the Soul.

Taking a few moments each day to feel the radiance of this Love within you, raises your well being and is a foundation for happiness and contentment in your life.

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.

From the Peace, emerges the smile of Joy.

As this smile spreads out through your being, it feels warm and comforting.

Its movement feels light and uplifting, solid and secure.

It pulses through you, strengthening and grounding you.

It encourages you to Breathe deeper and fuller, oxygenating and rejuvenating your being.

This inspires creative thoughts and motivating ideas bringing new focus and exciting experiences into your life.

As you embrace the Joy within your Heart, your whole body Breathes with you from head to toe.

Feel the smile of this Joy moving up through your chest, through the shoulders and collar bones,

Then down into the arms, elbows, forearms, wrists, hands and fingers,

Then up through your neck and into your head.

As your cranium Breathes, the smile of Joy moves down through your face and into your eyes.

Focus on your eyes breathing with you and the smile filling your eyes.

Your eyes are the window of the Soul.

Feel the expression of Love called Joy flow freely through your eyes and out to the world.

Then let it move into your mouth and jaw.

The movement of the smile of Joy relaxes the stress in your face,

until your whole face lets go into the Smile of Joy.

Move this smile to the top of the spine and let it gently cascade down the spine,

As every vertebrae breathes all the way down to the tailbone.

Move it through the hips and pelvic cradle,

Then down the legs, thighs, knees, calves, ankles, feet and toes.

Feel the smile fill your abdomen.

Then focus back on this smile of Love within your Heart, breathing with you.

Perceive the magnificence of this smile of Joy within you.

Proclaim "The Joy within me is Magnificent. And so it is".

# *Symmetry Courses 2006*

## **Symmetry Empowers You To Empower Yourself**

### ***Courses by Ann Marie Work March and April 2006***

Symmetry I, Symmetry II and Symmetry III  
Applied Symmetry I and Applied Symmetry II

The teaching of new curriculums will be presented in April for repeat students and Instructors, with Instructor training.

**For Details Call 888-479-6638 or 859-879-0578**

### ***Symmetry Instructors***

**If you are interested in Symmetry call one of the following instructors.**

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

**Saratoga, CA - Tina Aderholt & Sandy Kamiak Tel. 408-741-5189**

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

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

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

**South Bend, IN - Lydia Lyn Lang Tel. 574-289-1003**

**Versailles, KY - Mary Jo Sabata Tel. 859-879-0570 or 785-230-2977**

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

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

**Reading, PA - Jane Kramer Tel. 610-678-3636**

**Milwaukee and Waukesha, WI - Patty Martin Tel. 262-542-2991**

See a complete list of instructors at [www.symmetry.nu](http://www.symmetry.nu)  
or call Dianne at 1-888-4Symmetry (479-6638) or 859-879-0578.

**To Sponsor a Course in your area,  
call Dianne at 888-479-6638 or 859-879-0578.**

### **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.

Symmetry 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.

Symmetry encourages 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 - February 2006

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

## Joy

The *Harmonic Formula Joy* stimulates your own natural Rhythm of Joy that emanates light, sound and the color yellow, activating the life-force energy and potential of anything it is placed in or on, harmonizing disharmonic energies and chemicals.

***Concerned about the food you eat? Harmonize it with Joy!***

***Depressed? Stress and Stagnation got you down? Move back into Joy!***

When Harmonic energy becomes imbalanced, the spin of the atoms becomes distorted, changing Harmonic energy to a disharmonic form. *Joy* is designed to change these disharmonic energies back to their Harmonic form bringing *Joy* back into your life and your cells, and awakening the potential of the nutrients in your food!

• ***In severe depression, I chose not to use medical drugs. Within 15 min. of taking 10 drops of Joy under my tongue, the fog lifted and I felt like I was dancing in the sunshine. I take it 3-4 times a day and the depression has not returned. (K.A.)***



February 2006 Special!

Receive "both" 1/2 oz. and 2 oz. **Joy** for only **\$50.00!**

### Suggested Uses

***To energetically support those challenged with depression, epilepsy, burns, emergencies, chronic degeneration and for general health and rejuvenation:***

- Add 4 drops to 6-8 oz. water 3 times a day.

***To Harmonize energies and restore the life-force:***

- ***In food:*** Place 4 drops directly on your plate at mealtime or in each dish being served.

(The imbalanced energy of pesticides suppresses and distorts the energy in fruits and vegetables. *Joy* changes this distortion and awakens the potential of the nutrients. It also restores energy after microwaving food.)

- ***In coffee, tea, wine, beverages:*** Add 4 drops.

•• ***My husband is severely allergic to sulfates in wine. We put 2 drops of Joy in a glass and he had no reaction. (C.P.)***

***To raise the life-force in an area of physical distress and accelerate the healing of damaged tissue:*** Apply topically full strength. (When burned or cut, you hold your breath, slowing down the movement of your body's life energy. This is restored when you place *Joy* on the wound, awakening the body's natural healing ability.)

***In emergencies for quick relief:*** Use topically or place drops under tongue. Seek medical assistance.

•• My daughter-in-law was severely burned from the steam of a pressure cooker. She immediately applied *Joy* on her arm, missing one small spot. That spot blistered and was quite painful. Where *Joy* was applied there was no pain and it healed almost immediately. (M.P.)

***For Pets:*** Add 2-4 drops to food and water. Apply topically to areas of physical distress.

***To harmonize household and personal care products:*** Add 2-4 drops per 4 oz. of product.

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

## *Harmonic Joy 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 Joy supports a broad band of enzymes and co-enzymes involved in long-term rejuvenation of the body.** *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 *Restored Water\** add 10 drops each: *Joy* 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 *Joy* - in 1-2 oz. water.

3. Prepare a Spritzer: per 1 oz. *Restored Water\** add 20 drops *Joy*, 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 *Joy*, and 5 drops each *Ebony*, *Opal*.
- Place a drop of *Joy* on the bottom of each foot and on your hands, 2-3 times daily.
- Add 5 drops *Joy*, *Ebony*, *Opal* to the wash water when doing laundry.
- Add 5 drops *Joy*, *Ebony*, *Opal* to water for soaking fruits and vegetables.
- See Harmonics International booklet for additional suggestions on using *Joy*.

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

1 - (2 oz.) *Discernment*

1 - (2 oz.) *Joy*

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

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

*\*Note: To make Restored water add 4 drops of Peace in 1 gallon of purified water.*

### *Joy Parasite Cleanse Package*

On Sale February 2006

Receive all 4 items required for the *Joy 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)

**Important: The Peace Parasite Cleanse is recommended before the Joy Parasite Cleanse.**

# Environmental Harmonizer

*Live in an environment of peace and harmony - anywhere, anytime.  
Negative energies are transmuted and positive energies enhanced.*



Actual Size ea. piece 3" x 1 1/4" sq.

Create a sanctuary of harmonized energy to exist in and also use them for **Personal Harmonizing** - one of the greatest rejuvenating techniques there is!

- Stress is reduced
- Wellness is enhanced
- Creative energies flow freely
- Productivity is improved
- The mind becomes clearer
- Life is easier
- Emotions become calmer
- Air appears fresher

• Beautiful • Portable • Affordable • Adjustable • Convenient  
All the right reasons to experience your personal sanctuary of harmony.

The Environmental Harmonizer uses harmonic waveforms to stimulate the movement of the Harmonic energy within the elements of the air to transmute disharmonic energies that disrupt the energies of the mind, body and emotions. As the disharmonic environmental energies are transmuted into their original harmonic resonance, it restores the Breath of Life within your living environment, which assists you to restore the Breath of Life within your being.

Transmute radiation, environmental and communication energies, plus negative energies from computers, microwaves, fluorescent lights, electrical transformers, magnetic ley lines, etc. into positive harmonic energy. Create this positive environment in your home, office, therapy space, or when traveling in the automobile, airplane, motel, etc.

***Environmental Harmonizer - February 2006 Special!***

**\$269.00 (reg. \$325.00)**

## Testimonies

- ***Our two cats always fought.*** They stalked each other. We would awaken to screeching and fur flying. Since the *Harmonizer* they sleep peacefully in the same room. My children are better friends now too. (M.G.)
- ***As a therapist, I am amazed at the difference*** since placing the *Harmonizer* in my office. People are more focused, healing happens more rapidly and I don't take on their "stuff" anymore. (V.F.)
- ***We own a store in a tourist area where shoplifting*** is a major concern. The *Harmonizer* created an immediate shift in energy in our store. We have not had one thing missing since that time. People say they love the energy. (S.T.)
- ***I carry the Harmonizer in my purse.*** My anxiety level has decreased and there is more harmony in my classroom and staff meetings. I even flew with head congestion and the pressure in my ears stayed equalized. Amazing. (M.G.)

## Suggested Uses

**Home or business:** Place the *Harmonizer* in a square with logos facing outward and wrap with a band. The energy will automatically encompass the building you are in; two floors up and down.

*\*Be aware of the change in the air or other changes you may perceive.*

**Portable Harmonizer:** You may carry it in your purse or briefcase. It will automatically cover the area you occupy such as your automobile, workspace, office, hospital room, etc. While traveling, place it in your suitcase to cover the airplane and hotel room.

**Therapy:** Place a *Harmonizer*, with logos facing inwards, around your therapy table or area. This allows the body to resonate and breathe freely, without interfering outside energies.

**Multiple Harmonizers:** You may place one *Harmonizer* within another, such as one in your home and one in a personal work or therapy space.

**For information and to order call 800-243-6156 or 715-355-8515 or [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**

February 2006

## “*Personal Harmonizing - one of the greatest rejuvenating techniques there is!*”

Just as the *Environmental Harmonizer* stimulates harmonic energy in the atmosphere, using the *Harmonic Formulas* with the *Harmonizer* in a personal attunement stimulates the harmonic energy within each cell of the body. Each of your cells has a maximum potential of life-force energy. As a cell degenerates, the movement of the life-force decreases, inhibiting its full potential, sometimes causing pain and discomfort. *Harmonizing* amplifies the resonance of each *Harmonic Formula*, to go deep into the cellular structure, clearing negative energies, awakening each cell to its full potential, restoring your positive energy and emotions, helping to create the healing you desire. Prepare your *Harmonizing* attunement as follows:

1. Place a *Harmonizer* column, with the logo facing inward, in each of the four corners around a chair, massage table or bed. Then place yourself inside of this harmonizing energy.
2. Place *Confidence* (or one or more *Harmonic Formulas*) under you.
  - If sitting, place under the chair. If lying, place under the bed beneath your solar plexus.
  - If you desire, place 5 drops of *Formula* under your tongue.
  - To enhance the energy flow to specific areas of the body, topically apply a few drops of *Joy* to the area.
  - To manifest a desire: state your intent and place 5 drops of *Joy* under your tongue. Repeat 3 times, stating the same intent. This transmutes the triad of energies holding the suppressive energy in your body.
  - For *Harmonizing* in bed, place the columns lying down with the points directed inward. Put the bottle of *Formula* on your body or next to you in bed.
3. Close your eyes and relax. Drift into the peace and rhythm of your breathing until you feel calm and centered. Continue *Harmonizing* for 20-30 minutes every day for a week and then once a week or as often as desired.

***Confidence*** – harmonize distorted energies and revitalize the body.

***Peace*** – release stress; restore the body’s natural rhythms and harmony.

***Joy*** – enhance your level of wellness and sense of well-being.

***Harmony*** – restore balance in the glandular and circulatory systems.

***Creativity*** – enhance the fire of life, creativity, rejuvenation.

***Balance*** – relax stiff sore muscles and tissues, calm your emotions.

***Strength*** – enhance immune system, reconnect, get focused and relax.

***Action*** – transmute self-judgment and balance your electrical systems.

***Security*** – transmute the emotion of injustice to eliminate fungus and parasites.

***Discernment*** – support the body’s defense system and build a strong immune system.

***Intuition*** – enhance the energetics of your brain and reconnect to your “inner voice”.

***Organization*** – restore the electromagnetic and neuromuscular systems.

***Ebony*** – restore harmonic energy patterns of life and subdue life-threatening conditions.

***Opal*** – open a continuous flow of energy to release pain and stress.

***Manna*** – stimulate cellular integrity and the rebuilding of damaged tissues.

**Additional Suggestions:** Disharmonic energies create negative energy patterns in triads, therefore, you may desire to pendle for and place a triad of *Harmonic Formulas*\* in this attunement for specific purposes. Add 5 drops of each *Formula* to 2 oz of water and drink before the attunement. Do this attunement 3 days in a row.

***Environmental Harmonizer* (set of 4) - On Sale February 2006 - \$269.00 (reg. \$325.00)!**

For a FREE booklet on all Harmonic Products, Programs and Triads\* to release the stress of specific difficulties, and to order, call 800-243-6156 or 715-355-8515 or visit [www.harmonicsinternational.com](http://www.harmonicsinternational.com)

### ***Testimonies:***

- A breast lump (possibly fibrocystic) was discovered and a biopsy scheduled. I attended a workshop the night before the biopsy and experienced the *Harmonizing Attunement*. With *Confidence* under the chair, I stated my intent silently and took *Joy* under my tongue. The surgery was cancelled since no lump could be found. (C.G.)
- Each evening I *Harmonize* with a *Formula* or group of *Formulas*. Relaxed–renewed–it changed my life. (R.M.)
- *Harmonizing* is one of the greatest things I ever experienced. I use *Peace* for anxiety or focusing clearly, *Joy* when I’m depressed, *Harmony* when I’m frustrated or angry and *Creativity* when I get stuck on a project. (J.L.)

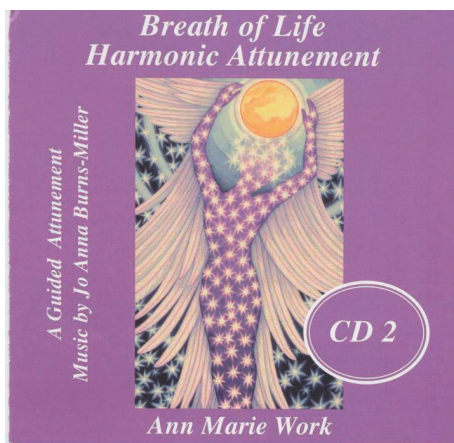
February 2006

**“You were created in such a magnificent way, that when you restore the Breath of Life, you awaken the body’s innate ability to heal itself.”**

***“Breath of Life Harmonic Attunement” by Ann Marie Work***

A Breath of Life Harmonic Attunement is a guided attunement, allowing you to reconnect every one of your cells to the Breath of Life.

You were born connected to the natural rhythms of the Earth and the Universe. These rhythms are the synchronistic movement



of divine love within your being, manifested as the harmonic energies of vitality and rejuvenation.

The simplicity of healing lies in the fact that as you reawaken the Breath of Life, you reawaken the body’s natural intelligence and ability to heal itself.

As you move out of suppression and distress into health and harmony, you experience:

- Physical regeneration and rejuvenation
- Emotional stability and empowerment
- Mental clarity and conscious expansion
- Awakening understanding and wisdom
- A new sense of harmony and joy

You are a divine expression of love. It is who you are. You are not just a body with a soul, you are a soul who is having a human experience. You are not only divine, you are magnificent. You hold within you the keys to all things that are possible. As you awaken these abilities within, you experience the natural progression back to your natural state of health and vitality. As you reconnect to the Breath of Life, you activate the peace, joy and harmony within, allowing you to move out of old patterns of limitation and degeneration into prosperity, rejuvenation and happiness.

**Enjoy the *Breath of Life Attunement* in CD or Tape**

**Special Sale Price for February 2006 - \$15 CD (reg. \$18) or \$10 Tape (reg. \$12)!**

***The Veils of Illusion* by Rich Work**

*“At this crucial point in time, it is important we learn to listen and discern with our hearts instead of our conditioned minds. This book is a practical guide to doing that. If you want to discover Truth on many levels and be empowered to make choices which support you and the planet, read this book.”*

*--Marsha L. Green, Ph.D.*

**Special Pricing - February 2006 - \$10.00 (reg. \$25)!**

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

