



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

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April 2006    Volume 3 Issue 4

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**Welcome to our Symmetry Publication!**

*Creativity is the Fire of Life*

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 ignite the Fire of Life  
within you to assist you in joyfully creating  
and fulfilling your dreams and visions.**

***When you are in Peace, Joy and Harmony,  
Creativity comes alive in you and in your  
world.***

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***From Ann Marie . . .*** Creativity is the fire of life.

Your creative thoughts form your life and your world. Every person's world is just a little different from everyone else's. The things which affect you may be very different from what affects the other people around you. You are an individual expression of Creative Love living on this earth in a physical body. When you are living in and expressing the Love within you, you enhance every area of your life and the lives of those around you.

The Breath of Life is the movement of Creative Love, in around and through you.

Living in and expressing the Love within, is your Exhale.

Receiving the Creative Love all around you, is your Inhale.

In this place you will find peace, joy, harmony,  
creativity, balance and strength 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.***

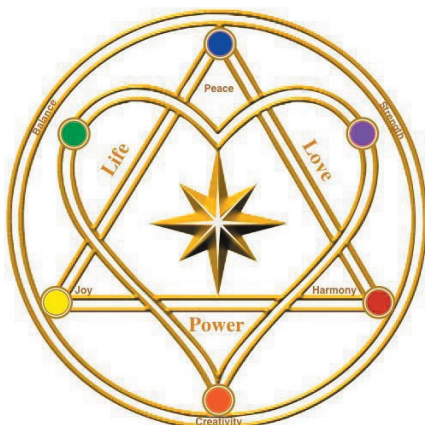
# Creating Your Life

with Creativity - by Mary Jo Sabata, Coeditor



As we learn the rhythms of Symmetry, we begin to recognize patterns. Peace, Joy and Harmony form the base for all the other rhythms of Symmetry. The colors of these rhythms, blue (Peace), yellow (Joy), and red (Harmony) are the primary colors from which all other colors are made. The connection of the Breath of Life through these rhythms creates the foundation for our health, vitality, our mental and emotional outlook on life, our empowerment.

Creativity is the first rhythm that is the creation of two other rhythms, Joy and Harmony. The combination of yellow (Joy) and red (Harmony) creates orange (Creativity).



Symmetry Logo

Creativity is the first rhythm of Love, our connection to the heart of God, the Love within. We are the creation of Creative Love, and when we connect to that Love and accept it in ourselves, we move into a place of creating a world of love around us.

The key to creativity is to create balance, (Symmetry) between Joy and Harmony. Our "mission, if we choose to accept it", is to find what brings us laughter, celebration, and Joy. When we connect that Joy with our passion for life, a desire to live in Harmony, and to share that with others, we ignite our Creativity.

Finding what brings us Joy is our gift to share with humanity. It is what we came for. It is the Love within us brought forth to create our world. Our ability to create is what sets humanity apart. It doesn't matter what you create - if it brings you

Joy, it adds to the world around you. When you create something because you love to, it carries that signature, it carries a resonance of the love and joy that was put into it.

Have you ever had a small child create something, bring it to you proudly and give it to you as a gift? They created something they loved, not to please someone, but because they wanted to and they found joy in what they were doing. Is that the way you create things today? What's the difference?

For most of us, at some point, that creation of ours was criticized, made fun of, or just wasn't seen as valuable. We "learned" to do things that were acceptable to others instead of listening to our own hearts. We were judged according to some standard and taught that there was a right or wrong way to do things. We lost the joy and the fulfillment that came from creating from the desires of our own heart and soul.

Do we need to stay stuck in this place? Absolutely NOT! By reconnecting with the Breath of Life and the Love within our hearts we begin to recognize the magnificence of our creation. As we feel the Love within growing, we move into living from Love. When we breathe to each of the rhythms individually and in the sequence of Peace, Joy, Harmony, Creativity, Balance and Strength, we re-awaken the spark of life we were created with. The more we breathe the rhythms, the brighter the flame grows.

We fan the flame of our creative spirit when we put our hopes and dreams in writing. Each day we can find things that bring us Joy and reconnect us with the wonders of who we are. We can develop our own habits of happiness so that each day is better than the last. We can rediscover our uniqueness, our talents, our gifts and our abilities. We can move into a new creative phase in our lives starting today!

Set your personal intents into motion and clear the way for enhanced creative expression as you read the supportive proclamations on the next page.

## Creating your Life with Creativity . . . . continued

The words written in italics before each of the Proclamations are excerpted from the explanation preceding each proclamation in *Proclamations of the Soul* by Rich Work. If you have this book, I would encourage you to read the entire message to enhance your conscious awareness of the intent of each of the Proclamations.

*It is a special time on the Earth, and each has come with a gift to share. It is a time of remembering-remembering your divinity, remembering your creativity, remembering your mastery. There is nothing you can do to be who you are. You already are who you are. It is time to remember.*

### **Remembering My Creativity and Divinity**

*Proclamations of the Soul by Rich Work pg 237*

From the Divine Love that flows within my Being,  
I call forth the essence of my soul  
to stand before me now  
as I stand before you, in Love.  
I ask you to assist me in remembering  
my Creativity, my Divinity and my Mastery.  
I ask that you bring this forth  
in a manner that will bring Joy to my heart  
and a smile to my lips.  
I acknowledge your presence always.  
And so it is.

\*\*\*\*\*

*Empowerment is to stand in our truth, as we honor ourselves and expect honor from all others as we honor them. To be empowered is neither to violate the free-will choice of another nor to allow another to violate yours.*

### **Creative Manifestation**

*Proclamations of the Soul by Rich Work pg 236*

From the Divine Love that flows within my Being,  
I am prepared to accept and receive my gifts,  
which flow as my creative energy is restored  
to its full potential.  
I choose never to communicate my sexual energies  
or any energy in a way  
that would mislead or offend others.  
I now claim my birthright  
and reclaim my creative energies.  
I proclaim my empowerment.  
I stand in my truth as I honor myself  
and expect honor from all others  
as I honor them.  
And so it is.

*If you are in a relationship (either personal, family or business), the distorted energies of the other person can interfere with your relationship. You may choose to clear those energies by asking those people, "If there is anything interfering with our relationship, may I say a proclamation (prayer) to clear it?"*

*If you receive permission . . . go into your quiet space and . . . say the following proclamation on their behalf.*

### **Transmuting Relationship Energies**

*Proclamations of the Soul by Rich Work pg 317*

I call forth [the person's name] to stand before me  
as I stand before you, in Love.  
On your behalf  
I offer you this Proclamation to accept or reject  
according to your Free-Will Choice.  
From the Divine Love that flows within my Being,  
whatever laws I have owned,  
whatever beliefs I may have,  
whatever vows I have taken,  
whatever contracts or agreements I have made  
on all levels of my Being,  
and those I have made them with—  
that have created these judgments  
within my Being  
that have separated me from Happiness and Joy—  
I now transmute into the divine expression  
of Creative Love  
And so it is.

\*\*\*\*\*

*Those three little words that we all long to hear, "I love you," can have a negative connotation for many. It is time to transmute all love into its highest form - unconditional love.*

### **Conditional Love**

*Proclamations of the Soul by Rich Work pg 129*

From the Divine Love that flows within my Being,  
I embrace those laws that I own  
concerning the thought form "I love you"  
and similar thought forms  
in Unconditional Love,  
and transmute those energies  
that have created these judgments  
that separate me from Happiness and Joy  
into the divine expression of Creative Love.  
And so it is.

*I invite you to share your insights.  
E-mail - [MaryJo@Symmetry.nu](mailto:MaryJo@Symmetry.nu)*

# ***Creativity is the Fire of Life***

**by Ann Marie Work**

*Each month this year we are focusing on one of the twelve Rhythms of Life. We invite you to embrace them into your life, one at a time - body, mind and personality. In April, our focus is Creativity. I suggest you review the information on Creativity in Volume 1, Issue 5 and see the April IN HARMONY publication.*

## ***Creativity***

Creativity moves through your being like a flickering flame moving stagnation and limitation out of the way to allow the creative flow of ideas to be put forth and manifest. It is the movement of life within each cell to produce energy for your whole being. This rhythm enhances function, production, reproduction, efficiency and vitality in all areas of your life.

***Creativity moves into action when you love yourself enough to follow your dreams,  
even when others fail to have faith in you.***

***Your creative energies flow when you believe in yourself.***

***It is the vitality and enthusiasm that rise within you when you say,  
“I can”, “Anything is possible” or “I’ll give it a try, lets see what happens”.***

***It is that place where you push fear and self judgment aside  
and move forward to fulfill your thoughts and dreams.***

***It can give an unexpected flourish to everyday tasks  
or be the moment of faith that changes your life.***

## ***ENLIGHTENED ENRICHED CREATIVITY***

**by Karen Wagoner**

What keeps YOU from allowing YOUR Creativity to manifest in all areas of your life? What is holding YOU back? Do you really feel you deserve to have that which you desire--that you are valuable and worthy--that you have the power? Do you love yourself enough to open up to the love at the nucleus of your Being allowing it to flow without fear, enriching yourself and others?

**Creativity is the first sequential movement of Love  
that puts conscious energy of Joyful Harmony  
into motion throughout the universe.**

Are you willing to immerse yourself in the Joy of Creativity and confidently take action to create abundance? Abundance is one of the powers within you. The Joyful Creation of Abundance results when you combine the Breath of Life and the Rhythm of Love, and tap into the Inbreath/Outbreath of Giving/Receiving that is the energy of the Universe in movement.

**Creativity is the first step toward Creation of the desires of your heart and soul  
through the infinite power of love at the core of your being  
so that you are free to enjoy life in  
wholeness, wellness and perfection!**

# *Reviving the Rhythm of Creativity*

by Ann Marie Work

The Rhythm of Creativity is the spark of love igniting life in, around and through your being. The easiest way to ignite this fire is with the action of rejoicing. This month - take time each day to rejoice in something about your life or something you wish to happen in your life. Rejoice with others about what is happening, or they wish to happen in their lives. Rejoicing is a way of expressing your gratitude for the gifts of Love - the blessings - you have received from living in alignment with the Heart and Mind of God.

## *In the Breath of Life:*

*Rejoicing is your exhale - your thank you and gratitude from the core of your being.*

*An overflowing movement of abundant joy and fulfillment is your inhale - completing a circle of Love.*

This month I will focus on the Creativity in my life. Journaling each day will give me an opportunity to rejoice in my blessings and open up my creative flow of thoughts and ideas. My focus will be on revitalizing my life, being thankful for where I have been as I plan the direction for the rest of my life.

- I will place 5 drops of *Harmonic Creativity* under my tongue or in my beverages 4 times a day plus at the same time, place a drop of *Creativity* on the soles of my feet (or a drop in each shoe).

*I started this program last year and the results have been amazing. The immediate effects gave me encouragement to continue, even during quiet times in my life. I look back on my journal and have been able to watch the manifestation of my written desires and creative ideas. Last year, one year after Rich's passing, it was hard for me to see what my future would bring. In the midst of that week, filled with grief and depression, I reached for my bottle of *Creativity* and began using it several times a day. I remember, I even slept with it under my pillow. In only a matter of a few days, the despair began to lift and I began to write down what my life in a perfect world would look like. Over the months, the picture in my mind began moving into reality and I am filled with joy as the fulfillment of my dreams continues to unfold.*

In addition to the program above, I plan to:

- Find and read *Proclamations* which include the word Creativity.
- Enjoy a 20 Minute Full-Body Activator Attunement every day.
- Redo the Basic Parasite Cleanse with *Creativity*. (See "April - In Harmony" publication)

According to scientists, the color Orange stimulates creative thinking. In *Symmetry*, we discovered the color orange is directly related to the Rhythm of Creativity. When you are mourning loss or feeling guilt, desperation and deflated or just want to enhance your flow of creative energy, wearing or seeing the color orange revitalizes your being. With this in mind I plan to:

- Sleep with a bottle of *Harmonic Creativity* under my pillow.
- Wear orange often, and change my computer background to orange for the month.
- Turn on some music and dance in the Rhythm of Creativity every day.
- Add drops of *Harmonic Creativity* - in my bath, my food, my laundry and where ever appropriate.
- And I will review other uses for *Harmonic Creativity* in this month's IN HARMONY and in our booklet.

*I invite you to join me in revitalizing Creativity in your being and in your life.*

# *An Attunement of Creativity*

*by Ann Marie Work*

Are you ready to ignite the fire of life within? Turn on some jazzy 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.

Feel the fire of life within your Heart.

With each Breath, visualize it moving out through your body,  
until it reaches the tip of your toes and fingers and up to the top of your head.

Return to your Heart Center and begin to focus on your many blessings.

As your whole being becomes filled with gratitude and joy, allow yourself to move into  
the attitude of Rejoicing.

This is your Rhythm of Creativity.

Embrace it in your Heart and feel this flame of life move up through your chest,

Then through your shoulders and collar bones,

And down into your arms, elbows, forearms, wrists, hands and fingers,

Then up through your neck and into your head.

Perceive the awakening of Rejoice move through your face and into your eyes,

Then through your mouth and jaw.

Let this fire of life revitalize the radiance in your whole face until it fills with a Smile of Joy.

Feel this glow move to the top of your spine and let it gently cascade down the spine,

Through the vertebrae, all the way down to your tailbone.

Then let it move through your hips and pelvic cradle,

Allow the pelvic cradle to rock free into the waves of the Breath,

Filling with the vital life of your Rhythm of Creativity.

Feel it moving down your legs, into your thighs, knees, calves, ankles, feet and toes.

Let this flame of life fill your abdomen,

As it moves back to your Heart.

Focus on your Heart Center, rejoicing in the fire of life.

Feel the enthusiasm for life building and allow creative thoughts and ideas to fill your mind.

Visualize these ideas and how you desire them to manifest.

Feel your excitement and gratitude for these blessings.

Allow these emotions to permeate through your being, uplifting your spirit and  
opening doorways of opportunities to fulfill your desires.

Perceive the warmth of renewed enthusiasm for life as you proclaim,

“ I embrace the Magnificence of the Rhythm of Creativity within me. And so it is”.

# *Symmetry Courses 2006*

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

### *Symmetry Courses*

Topeka, Kansas - April 7 - Symmetry I, April 8-9 - Symmetry II

Phoenix, Arizona - June 2 - Symmetry I, June 3-4 - Symmetry II

Kansas City, Kansas - June 21-24 - Symmetry III

Contact: Mary Jo Sabata for any of these classes - 785-230-2977 e-mail [maryjo@symmetry.nu](mailto:maryjo@symmetry.nu)

### *A Special Invitation to Symmetry III graduates!*

A reunion is being planned for May, 2006 - Call for details and location: 888-479-6638

### *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

Palm Springs, CA - Sharon Schmitz, RN, MSN Tel. 760-320-4595

For more information about Symmetry "Courses" visit our website 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 - April 2006

***Ignite the Fire of Life! Bring forth your Creativity!***

## *Creativity*

***Creativity brings forth and stimulates your natural energies to rekindle a spark of life within each cell.***

- Awaken the vital energies within you!
- Lift and remove the emotional stagnation from lack of self worth!
- Kindle the fire of inspiration within you!
- Transform the grief of loss into the awakening of new beginnings!
- Shift the lethargy created from guilt or shame into joy and fulfillment! Allow your Creativity to shine!



***April 2006 Special!***

**2 oz. Creativity + 1/2 oz. Creativity - Only \$50.00!**

(reg. \$92.00) - See order information below.

***I work at a checkout counter at a local store. I'm on my feet all the time. A customer I was checking out noticed how uncomfortable I seemed. She offered me a drop of Creativity for each of the soles of my feet. I could feel the energy move from my feet up through my legs and had no discomfort the rest of the day. (L.M.)***

***My husband always complains how cold my feet are at night. I put Creativity on the soles of my feet before I go to bed. No complaints from my husband about cold feet and I sleep like a baby! (K.E.)***

***I drove for over 30 hours with only 2 hours of sleep. Every time I felt tired I put drops of Creativity under my tongue. I was awake, alert. (S.I.)***

***For years I struggled with fatigue from a degenerative condition. Creativity gives me energy without a let-down at the end of the day. (D.D.)***

***I was so tired, I couldn't get to sleep. I took 5 drops of Creativity under my tongue and slept like a baby. (J.Z.)***

***My son, diagnosed ADD, has experienced incredible change in his life. Since using Intuition and Creativity, his second-grade teacher is amazed at his progress and he received the "Most Improved Student Award". (A.N.)***

***Ignite the Fire of Life!***

**Awaken your vitality and creative energies, rejuvenating youthfulness and productivity!**

- ***Take 5 drops in water or under tongue and place 1 drop on sole of each foot 2-4 times daily.***

***Creativity assists you in awakening the fire of life in all areas of your life!***

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

## Harmonic *Creativity* Parasite Cleanse

This program assists you in clearing out parasites while supporting health and vitality. *Creativity* supports a specific spectrum of enzymes to eliminate a specific spectrum of parasites.

**Harmonic *Creativity* supports a broad band of enzymes and co-enzymes involved in igniting the Fire of Life within the cells to revitalize and rejuvenate your being.**

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 which pull your body out of alignment.

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: *Creativity* 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 *Creativity* - in 1-2 oz. water, plus place 1 drop of *Creativity* on the sole of each foot.
3. Prepare a Spritzer: per 1 oz. *Restored Water*\* add 20 drops *Creativity*, and 5 drops each of *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
    - sheets every night and sofa and chairs in which you sit
    - use your imagination to surround yourself in this frequency
4. Optional suggestions:
  - Take a bath or foot bath using 15 drops *Creativity*, and 5 drops each *Ebony*, *Opal*, *Peace*.
  - Place a drop of *Creativity* on the bottom of each foot and on your hands, 2-3 times daily.
  - Add 5 drops *Creativity*, *Ebony*, *Opal*, *Peace* to the wash water when doing laundry.
  - Add 5 drops *Creativity*, *Ebony*, *Opal*, *Peace* to water for soaking fruits and vegetables.
  - See Harmonics International booklet for additional suggestions on using *Creativity*.

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

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

1 - (2 oz.) *Creativity*

1 - (2 oz.) *Discernment*

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

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

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

### ***Creativity Parasite Cleanse Package***

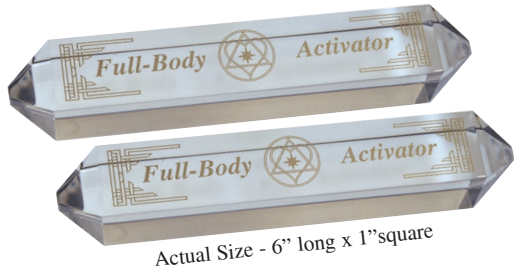
Receive all 5 items required for the *Creativity Parasite Cleanse*

On Sale April 2006 -- ONLY **\$145.00** (reg. \$206)

**Important: It is recommended to do the *Peace, Joy and Harmony* Parasite Cleanse before doing the *Creativity* Parasite Cleanse. For more information call 800-243-6156 or 715-355-8515.**

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

# Full-Body Activators



Stimulate the flow of energy through the atlas and in the spine to restore balance, harmony, vitality and health!

**Awaken the *Breath of Life* within you!**

***Experience the magic of a 20 Minute Activator Attunement!\*\****

**Stimulate the energies at the atlas and in the spine to align and activate the body's ability to:**

- strengthen vertebrae alignment
- revitalize your energy systems
- balance the cranio-sacral rhythms
- harmonize the fluids of the body

**In Addition:**

**Relieve stress, balance the systems of your body and renew your creative energies!**

Place one *Activator* on each side of you for 30 minutes. The *Activators* stimulate your own natural harmonic energy to gently soothe and relax your body.

*Full-Body Activators* - On sale for **\$195.00** (reg. \$245.00) - **April 2006**

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

**\*\*For more information, ask for a FREE booklet. (Includes all Harmonic Products.)**

## **Testimonies:**

- **Experiencing excruciating pain in my kidney, I had not slept in days. I placed the *Full-Body Activators* on my kidney area, the pain stopped almost immediately, now I sleep like a baby. Playing the *Harmonic Synchronistic Attunement* tape\*\* while using the *Activators* is just bliss. (M.B.)**
- **I was feeling sluggish for weeks. While sitting, I placed the *Full-Body Activators* next to my thighs. I began feeling energy move down my legs, up my back and down my arms. After 30 minutes I felt revived. (L.F.)**
- **Placing the *Activators* at the head and foot of my massage table, clients relax and go into a deeper peace. My work is more effective and I am not stressed during the session. Every therapist should have a set. (F.M.)**
- **I am writing after just three days of experiencing the *Full-Body Activator Attunement*. Each time I felt waves of movement through my body. I use a timer because I relax so much I fall asleep. I feel different, alive into the depths of my being. When I look into a mirror I see the depth and radiance in my eyes have returned. I was so depressed I thought I had lost the "real me". I have "me" back again. (L.S.)**
- **When my knees give out on me, I end up with a wrenched back and in pain lasting for days. Yesterday when this happened, I did a 20 minute *Activator Attunement*. Then I put the *Activators* in my waist band, front and back. My whole body realigned itself. The pain was gone in less than one hour. I am amazed. (B.D.)**

## *Spring is here! Allow the cells of your body to bloom, rekindling the celebration of Life!*

As spring comes forth, it's time for spring cleaning, bringing a sparkle to the windows in the house. Cleaning and clearing out things that are no longer useful. See the Spring flowers bloom and witness a celebration of the refreshing and rekindling of life. What a wonderful time to bring Springtime to your Life!

### *12 Wonderful Harmonic Liquid Formulas*

that stimulate the movement of your own natural *Harmonic* energies and *Rhythms of Life*.  
Renew and refresh the natural magnificence of your entire being!



*Each Harmonic Formula carries its own resonance of light, sound and color that enhances and brings forth the emanation of your own vibrational rhythms.*

**Peace:** Activate the body's healing intelligence, to cleanse toxins, release stress and restore the body, mind and soul connection.

**Joy:** Activate the life-force energy and potential of anything it is placed in or on, harmonizes disharmonic energies and chemicals.

**Harmony:** Restore balance in the glandular and cardio-vascular systems and assist in releasing chronic patterns of degeneration.

**Creativity:** Enhance the fire of life, creativity, rejuvenation.

**Balance:** Balance minerals/electrolytes, relax sore muscles and joints, promote self-love and trust.

**Strength:** Restore the immune system/viral defense, enhance relaxation and focus.

**Action:** Balance the flow of vital energy in and around the cells.

**Confidence:** Neutralize the negative effects of chemicals, repair DNA, revitalize the body.

**Security:** Enhance longevity, defend against parasites and fungus.

**Discernment:** Defend against harmful bacteria, strengthen immunity.

**Intuition:** Enhance the energetics of the brain, awaken intuition.

**Organization:** Restore electro-magnetic and neuro-muscular systems.

*The Harmonic Products energetically support those challenged with the stress of the following disharmonic emotions and conditions:*

**Peace:** Anxiety, diabetes, hypoglycemia, stress, insomnia, headaches.

**Joy:** Depression, epilepsy, environmental illness, emergencies. In emergencies use **Joy** to release the stress and seek medical care.

**Harmony:** Anger, glandular, intestinal and cardio-vascular.

**Creativity:** Frustration, fatigue, uterian problems, low sex drive.

**Balance:** Shame, magnesium deficiency, weight control, arthritis, osteoporosis, muscle spasms, lung, liver and kidney conditions.

**Strength:** Virus, AIDS, Hepatitis C, addictions.

**Action:** Judgment, dyslexia, sciatic, hip pain, herpes, skin conditions.

**Confidence:** Low self-worth, DNA, erectile dysfunction, rape, allergies, chemical toxicity, chemotherapy.

**Security:** Fungus infection, candida, allergies, asthma, parasites.

**Discernment:** Doubt, harmful bacteria, infection, inflammation, ulcers.

**Intuition:** Indecision, migraine, bi-polar, ADHD, mental confusion.

**Organization:** Neuro-muscular, MS, lupus, cirrhosis, CP, autism.

### **Three Specialty Harmonic Liquid Formulas**

*Restore your natural Life-force energy for overall vitality and rejuvenation with:*

**Ebony:** Restore the natural harmonic energy patterns of life, assisting in the release of stress that holds fear and life-threatening conditions.

**Opal:** Open the flow of natural energy within the body to assist in releasing pain and degeneration. Help release the stress of tooth and bone conditions

**Manna:** Restore vitality, repair cellular integrity and damaged tissue.



April 2006

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*Harmonic Products do not treat disease, they energetically support those challenged with the stress of low-level wellness. See a health care professional for diagnosis and treatment.*

# *Harmonic Synchronistic Attunement*

*A Guided Attunement by Ann Marie Work*

*Music by Jo Anna Burns-Miller*

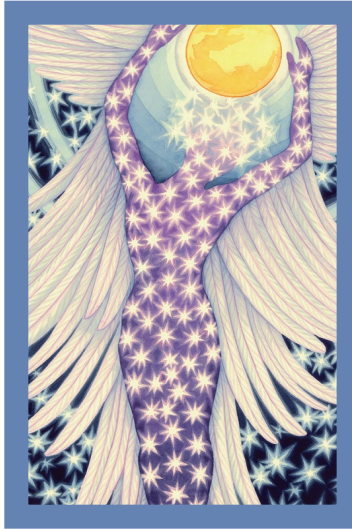
*Enhance the Essence of Life!*

*Attune every cell in your body to the Breath of Life and the Rhythm of Peace!*

*“Disabled with multiple sclerosis, these attunements were given to me in answer to my prayers. Now, after conquering MS it is my gift to share with the world.*

*In the beginning, I attuned my being no less than an hour a day, every day. I discovered it was a continuous experience of transforming old patterns of limitation and degeneration into the movement of rejuvenation and regeneration. Soon, moving and breathing with the Breath of Life becomes a habit, and it is no longer an exercise, but a way of life.”*

*Ann Marie Work*



Breathe and relax into the rise and fall of the rhythm of your breath. Drift into the waves of your breath and move into the peace. Listen to the sound of your breath, moving like seaweed in the waves of love. Allow your body to move and stretch synchronistically with your breath. Reach into the core of your being, into the love, and imagine it breathing with you. Feel your whole being breathe with you. Transmute stagnation within the cells, as the waves of the breath free you from stress, and your whole being attunes to the rhythm of the love inside and moves into the peace.

*Harmonic Synchronistic Attunement* by Ann Marie Work

**Special Price** - April 2006 **Tape \$10** (reg. \$12) **CD \$15** (reg. \$18)

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- “Breath of Life” CD
- “Harmonic Synchronistic Attunement” CD
- “God, this is a good book!” by Rich Work
- “The Veils of Illusion” book by Rich Work

**Only items listed are available as a FREE choice with the purchase of 4 Harmonic 2 oz. Liquid Formulas for \$195.00 - substitutions will not be honored. April 2006 only.**

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