



Symmetry - Living an Empowered Life From the Inside Out

May 2006 Volume 3 Issue 5

Welcome to our Symmetry Publication!

Balance is the first step to making shifts in your life you desire to make.

This publication is available on the 1st of each month at:

www.symmetry.nu and www.harmonicsinternational.com

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

Symmetry is . . .

... a pathway to assist you in establishing the balance in your life necessary to shift out of limitation, disparity and separation, into the peace, happiness and fulfillment you desire.

***When you live in Peace, Joy and Harmony
Balance becomes an everyday experience.***

In This Issue:

- Creating Balance in Your Life
- Balance is Essential to Shift
- Activating Balance Within
- Stabilizing in the Rhythm of Balance
- An Attunement of Balance
- Symmetry Courses
- “In Harmony”

From Ann Marie . . . Balance is the fulcrum between the giving and receiving of Love.

You can not give something away you do not own. If you have one dollar in your pocket, that is all you have to give in the moment. The more you have - the more you can give.

What is the potential of the Love you have within you? How much you love yourself is equal to the amount of love you have to give in any specific moment.

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

Acknowledging and Embracing the Love within you - is your Inhale.

Expressing and Sharing the Love within you - is your Exhale.

The stable movement of giving and receiving creates
a balance of peaceful joy in all areas of life.

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

Creating Balance in Your Life

by Mary Jo Sabata, Coeditor



Each rhythm in the 12 rhythms of Symmetry is phenomenal. Each is one of the rhythms of life. They are all important, they are all integral, however for life and health to work well, the rhythm of Balance is a requirement.

The key to balance is equilibrium (the state of rest of a body produced by action and reaction of a system of forces; a state of balance). In nature, we observe health at its most vital when natural balance is maintained in the environment, including adequate food, water and minimal stress.

Each cell is designed to operate in balance and maintain healthy function indefinitely as long as it receives what it needs. A magnificent example of this is the chicken embryo heart, which a surgeon named Alexis Carrel cared for and kept alive in his laboratory from 1912 to his death in 1944. When we acknowledge the perfection of our original design, then our challenge is to trust our innate intelligence and learn how to support and facilitate Balance at the cellular level and carry it throughout our lives.

So how can Balance and trust in the wisdom from within be created or lost in this fast-paced, technological world of ours? How do we maintain our equilibrium? I believe it starts from the very beginning of life.

A baby is created with a mind, body and soul. In the womb, its needs are met automatically. It doesn't have to pay much attention to the outside world because it is insulated, protected, safe. Its body naturally grows and develops, without outside intervention, from a single egg and sperm into a full term functioning human being.

This perfection of development has occurred by design, in divine order. Once the baby is born, it may find that the world around it does not readily meet its needs. Its world is based on the understanding of the adults around it and their interpretation of what is important. The baby often receives the message "We know better. We have more experience than you".

As the child grows, more and more "experts" come forward to teach that facts and research are

the tenets to live by. Instead of celebrating the natural function of the body, the child is often taught the doctor knows best, and must be consulted for all situations. Adults demonstrate through their concern that symptoms are to be feared, rather than being seen as a communication; attempts to ask for changes in habits and to enhance the support of healthy physical function.

Soon there is no feeling of being on the same team with the cells and tissues of the body. If we have ailments and especially if diseases are diagnosed, these cells and tissues may be seen as an enemy. Drugs may be used to control the actions and reactions of the body instead of allowing the body to heal itself, following its amazing design, with its own innate knowledge.

All of these things teach us on a day to day basis that the answers are outside. To Balance or control ourselves from outside, is a full time job. It puts us in the position of finding the "right" answers or the most impressive set of facts. These facts are often based on someone else's truth, the research they have done finding the "current" truth, and adopting a certain belief system to make sense of what is happening in our life and what we need to do to change it. It often means turning our day to day lives over to the experts we entrust with our health, beliefs, and their basis for acceptable behavior. All of this focus on outside information leaves little room for us to achieve Balance from within ourselves.

In Symmetry, we teach the basic principle of the Love, from our Creator, being the most powerful force in the universe, and that this Love lives within each one of us with potential for creating Balance in our lives.

- It is always available to us but often not felt until we recognize that we are a creative expression of the Heart and Mind of God in physical form.
- It impacts our life when we intentionally re-establish the connection of the Breath of Life with each cell, organ, tissue, system and function of the body.
- It changes our life as we bring our physical

Creating Balance in Your Life continued

bodies into Balance and begin to trust ourselves enough to live from inner wisdom and knowledge in alignment with our Sacred Self.

Balance, in Symmetry, is the second rhythm created by two other rhythms, Peace and Joy. We cannot achieve Balance until we allow Peace to flow through our being. Peace is borne by our connection to the conscious awareness and wisdom from within, giving us the freedom to celebrate our life, and express ourselves in Joy.

From the development and expansion of these two rhythms, we learn to listen with our heart, then love, trust and respect for ourself grows, creating Balance in all facets of our life. Full expression of Balance comes through our acceptance that we are a divine expression of Creative Love, and we trust ourselves enough to live in harmony with the Love from within.

Other articles in this publication further explain the far-reaching benefits of Balance physically, mentally and emotionally.

To clear the pathway for Balance in our lives, our first hurdle is to love ourselves unconditionally. Our focus for this series of proclamations is to recognize the Love from within and accept it without first judging ourselves for what we must be, or must achieve, before we will consider ourselves worthy of being loved, *without conditions*.

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.

At birth your introduction to your new life may have been less than gentle, with poking, prodding, bright lights, unfamiliar surroundings, even being separated from your mother, whose heartbeat was your connection to love. It's time to reconnect to your core essence.

Core Essence

Veils of Illusion by Rich Work pg 280

From the Divine Love within my Being.
I proclaim all attachments connected to me,
and all energies inflicted on my Being,
with or without my permission,
out of alignment with my core essence, be transmuted
into the divine expression of Creative Love
and returned to Creator Source.

I call forth my mind and body
to align and reconnect with my core essence.

I proclaim this take place in harmony
and resonate with every cell in my body
and aspect of my Being.

And so it is

Self Worth

Veils of Illusion by Rich Work pg 79

From the Divine Love within my Being,
I proclaim my value, my worth.

I am worthy of being loved
and of loving others.

I am the Creative Expression
of Creation Itself.

And so it is.

My Thought forms

Veils of Illusion by Rich Work pg 15

I command all thought forms I have created,
on all levels of consciousness, past, present or future,
be transmuted 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.

And so it is.

Transmuting Fears

Veils of Illusion by Rich Work pg 18

From the Divine Love within my Being.

I forgive all my fears
and all my reactions to those fears.

I transmute 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.

*I invite you to share your insights.
E-mail - MaryJo@Symmetry.nu*

Balance is Essential to Shift

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 May, our focus is Balance. I suggest you review the information on Balance in Volume 1, Issue 6 and see the May IN HARMONY publication.

Balance

Balance is the key ingredient to all of the elements of shift. If you desire a shift - you must first find the balance in that area of your life.

I remember patiently teaching my children to ride a bicycle. They had already honed their skills of pedaling, steering, braking, and knowing where they desired to go. The only thing that kept them from moving out of the 4 wheel, training wheel stage, to the 2 wheel stage was - BALANCE. And that seemed to be the most difficult element to master on their way to bicycle freedom.

All concepts of moving forward require Balance - even walking. You must first stabilize on one foot before you can pick up the other. When toddlers are ready to go, they start to move, fall down, then start all over again - until one day they achieve balance. With balance, the world opens up to all kinds of possibilities. They have moved past one wall of limitation and are free to walk, run, skip, dance and enjoy the freedom to move in any direction they desire to go.

This month I challenge you, as I have challenged myself, to explore those areas of life in which the lack of balance has prevented the movement desired. Then take the next step to establish a plan to create the stability necessary to open up and move into the possibilities of change.

Balance is a state of peaceful joy.

It is the happiness which comes from the awareness of insights into the meaning of life.

It is putting those insights into perspective and honoring your journey through life and those who have traveled in your life with you.

It is stepping outside of your fears to embrace unlimited possibilities.

It is the gratitude for all challenges, delays and road blocks which have served as catalysts to get you to move into the full realization and acceptance of who you are.

It is the realization and acceptance of where you are in your life and the willingness to take the next step forward.

The Magnificence of Balance

by Ann Marie Work

The Rhythm of Balance within me is the pure consciousness of Divine Love manifesting in, around and through me in a creative, balanced, honoring movement of blessings which bring my life into alignment with my inner desires to live in Divine Order with the Divine Love within all of Creation.

Activating the Rhythm of Balance Within My Being

by Sandy Kamiak

Balance is the name for the quality of the emerald green vibration that combines the peace of blue and the joy of warm yellow. The heart location under the sternum signifies the connection to love and a dynamic state of equilibrium that flows outward into the entire person. This harmonic rhythm directly influences electrolytes, minerals, and fluids in our bodies, that need to be in balance for cellular integrity to occur and for our vital organs to function properly.

On the physical plane, being without balance can result in excess calcium deposits in joints or, for example, muscle weakness can occur from insufficient potassium and magnesium. People may even start to tilt in their gait or walk. The structure eventually may look like the leaning tower of Pisa.

Emotional imbalance can result in a situation of excess desire or harmful mood swings. One could be stuck in a feeling of superiority or inferiority. The noble middle path leads between the extremes of any polarity. Fear may hold some people back from expressing their soul's purpose while others may rush foolishly into grandiose plans based on anger or self-pity. It is a common human experience to be attached to material pleasures (maya), to be emotionally attached to glammers of all kinds, and to mentally hold thoughts of separateness.

Balance is one of the three-fold rhythms or prisms that make up the Feminine Divine Triad of Creativity-Balance-Strength. While holding the image of balance for several days and taking the same essence drops, I became more aware of how I am in a continual creative mode of activity. Breathing with Balance in mind brought me a deeper sense of calmness and presence. I also visualized my etheric and physical anatomy in a straighter direction, but with resiliency and flexibility. "Yoda" comes to mind; a wise teacher. Peaceful Joy is a very soothing energy to embrace during these days of challenge on the planet.

Trust is the keynote in the rhythm of Balance. This means to trust in our Higher Self-Soul and in our connection to the Divine Mother-Father God. This inner knowing comes from the spiritual heart and the plane of the intuition. Safety, spiritual guidance, and love are available to us if we choose to be in alignment with the Soul. Work and rest, play and service, being and doing, day and night, inner and outer, masculine and feminine, light and dark, inspiration and expiration, creativity and strength, love of self and of others, are all examples of polarities where balance will bring in peaceful joy.

May the Force Be With You!

The Amazing Rhythm of BALANCE!

"Being cradled by this Rhythm from the inside out gives you strength and increasing assurance to follow your heart. It gives you the courage to be both gentle and bold, to stand in your truth and proclaim your identity as a divine expression of Creative Love. As you embrace this magnificence, it opens your eyes to see the magnificence of others. It allows you to shed insecurity and doubt, and move into peaceful joy." - Symmetry Publication, November 2004

When you are in BALANCE you can see more clearly that you truly are a magnificent divine expression of Creative Love. It is ok to follow your heart - to stand in your truth and proclaim
I Am Magnificent - and so it is!

Stabilizing in the Rhythm of Balance

by Ann Marie Work

Balance is the key ingredient to all of the elements of shift.

If you desire a shift - you must first find the balance in that area of your life.

The question this month is - "What do I desire to shift in my life?" In order to answer this question, I must first ask, "What is not bringing me joy? And if something is failing to bring me joy, what am I willing to do about it?" Am I willing to make a commitment to myself (or maybe those around me) to bring balance into this part of my life? What is the harmonic resolution or solution to the dilemma I am facing? What is out of kilter? Is there something I can do (or if others are involved, something I can suggest that we do) which will first establish balance then create a plan to move into the shift desired. Journaling will be very important for me, as I scrutinize my life, my thoughts, my emotions, the directions I have planned, my endeavors and my dreams for my future. Then I will make my plans to stabilize and enhance the peace, joy and fulfillment in all the areas of my life.

In the Breath of Life:

*Moving into a place of peaceful joy in my mind, body, emotions and personality
by acknowledging and embracing my gifts and blessings - is my inhale.*

*Moving into balance and shifting out of disharmony, distress and limitation
by making a commitment to finding the pathway to peace, joy and fulfillment - is my exhale.*

This month I will focus on the areas in my life where balance already exists and where balance is needed. Journaling each day will give me an opportunity to embrace my gifts and blessings plus put into perspective those areas of my life in which I choose to make a shift. My focus will be on bringing my life into balance and using this foundation to make plans for my future.

To energetically assist me in opening my awareness plus stabilize my systems, thought patterns and emotions I will use the *Harmonic Balance* by placing 5 drops in my beverages 4 times a day, plus at the same time, place a drop of *Balance* on the soles of my feet (or a drop in each shoe).

In addition to the program above, I plan to:

- Find and read *Proclamations* which include the word Balance.
I have found this opens up insights and revelations, giving direction to my life. (Thank you, Rich.)
- Hold my *Body Balancers* in my hands for a 20 Minute Attunement, as I focus on balance in my life.
- Redo the Basic Parasite Cleanse with *Balance*. (See the "May - In Harmony" publication)

According to scientists, the color Green stimulates calmness and opens awareness. In Symmetry, we discovered the color green is related to the Rhythm of Balance. When you are feeling scattered or fragmented at a loss for ideas or words, or just want to enhance your abundance of peaceful joy, wearing or seeing the color green stabilizes and balances your being. With this in mind I plan to:

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

I invite you to join me in stabilizing Balance in your being and in your life.

An Attunement of Balance

by Ann Marie Work

Take a moment from your busy day to relax and embrace the peaceful joy within you.
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.

Reach in to embrace the Love within your Heart.

It is within this Heart space from which you give and share the Love within you.

It is within this Heart space from which you feel and receive the Love given to you.

Take a moment to Breathe the Love in to your being
and then Breathe the Love out to the world.

Focusing on the giving and receiving of Love with each breath that you take,

- Awakens the sense of peaceful joy within you.
- It awakens your connection to the Heart and Mind of God.
- It restores balance in your mind and in your emotions.
- It is a stabilizing Breath that you can take anytime, anywhere.

Do each step of this Breath of Love three or more times.

Feel your lungs expand and contract as your whole chest

- opens to receive the Love
- then sends it back out on the exhale.

Feel your collar bones and shoulders rock back and open to receive the Love in the inhale,

- then rock forward to send the Love out on the exhale.

Feel the Love move down your arms, into your hands and fingers on the inhale,

- then back toward your Heart and out to the world on the exhale.

Feel the Love move up through your neck, into your head and face on the inhale,

- then back toward your Heart and out to the world on the exhale.

Feel the Love flow through the back of your Heart into your spine on the inhale,

- then back through your Heart and out to the world on the exhale.

Feel the Love move down into your hips and pelvic cradle on the inhale,

- then back through your Heart and out to the world on the exhale.

Feel the Love move down your legs and into your feet and toes on the inhale,

- then back toward your Heart and out to the world on the exhale.

Feel the Love move through your abdomen on the inhale,

- then back through your Heart and out to the world on the exhale.

Feel your Heart breathing Love into your being on the inhale

- then out to the world on the exhale.

Focus on the peaceful joy filling your being with each Breath as you proclaim,

“ I embrace the Magnificence of the Love moving in my being and out to the world. And so it is”.

Symmetry Courses 2006

Symmetry Empowers You To Empower Yourself

Symmetry I - June 2, Phoenix, Arizona

Symmetry II - June 3-4, Phoenix, Arizona

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

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

Experience amazing new techniques and information to bring symmetry into your life!

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

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

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

*If you did not have the ability to have a negative thought, everything you did would simply be an accomplishment!
Restore the Joy in your life! Regain Balance for emotional stability and physical healing!*

Balance



Take charge of your life! Take **Balance** to assist you in:

- Balancing your thoughts for emotional stability!
- Balancing and enhancing the systems of your body!
- Balancing electrical charges at the cell wall and throughout the body!
- Balancing the electrolytes and pH!
- Balancing the vitality of the major organs of the body!

Harmonize the stress that causes imbalances in your body and your emotions!

- Take 5 drops *Balance* in water or under tongue as desired, plus place 1 drop *Balance* on sole of ea. foot.

Suggested Uses

To energetically support those challenged with magnesium deficiency, muscle spasms, osteoporosis, arthritis, lung, liver, and kidney conditions and to release tension and activate the body's healing energies:

- Take 5 drops *Balance* 4 times a day in water or under tongue.

To relax the digestive system and activate metabolism and balance fluids:

- Take 5 drops 4 times a day in water before meals and at bedtime.

To release stress from sore, stiff joints or muscles: Put 5 drops in lotion and rub onto area.

To harmonize stress and negative emotional patterns: Use 15 drops under tongue or in 1-2 oz. of water at bedtime.

Balance - Both 2 oz. and 1/2 oz. - Only **\$50.00** - May 2006!

Order at 800-243-6156 or 715-355-8515 or online at www.harmonicsinternational.com

Testimonies:

- *I came home with a severe headache.* I took 5 drops of *Balance* and it was gone. (K.P.)
- *Muscle spasms plagued my 10 year old son.* They threw out his atlas and caused severe headaches. In a week, using *Balance*, the spasms and headaches were gone. (D.O.)
- *I take Balance for arthritis and use it on my hands.* It is in total remission. (J.K.)
- *My energy depleted,* with blood in my urine. In two days using *Balance*, bleeding stopped and vitality returned. (C.D.)
- *I have had lung problems for some time.* When I take *Balance* for my bronchitis, the problems go away. (L.W.)

Results are not necessarily the same for all individuals. Harmonic Products do not treat or cure disease, they enhance the energies of the body. For diagnosis and treatment of disease, contact a health care professional.

Harmonic *Balance* Parasite Cleanse

This program assists you in clearing parasites while supporting health and vitality. Each formula supports specific enzymes to assist in eliminating a specific spectrum of parasites.

Harmonic *Balance* supports a broad band of enzymes and co-enzymes involved in maintaining stability and an equilibrium in and between all the systems 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 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 20 drops each: *Balance* 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 *Balance* - in 1-2 oz. water, plus 1 drop of *Balance* on the sole of each foot.
3. Prepare a Spritzer: per 1 oz. *Restored Water** add 20 drops *Balance*, 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 *Balance*, and 5 drops each *Ebony*, *Opal*, *Peace*.
- Place a drop of *Balance* on the bottom of each foot and on your hands, 2-3 times daily.
- Add 5 drops *Balance*, *Ebony*, *Opal*, *Peace* to the wash water when doing laundry.
- Add 5 drops *Balance*, *Ebony*, *Opal*, *Peace* to water for soaking fruits and vegetables.
- See Harmonics International booklet for additional suggestions on using *Balance*.

***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.) *Balance*

1 - (2 oz.) *Discernment*

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

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

Balance Parasite Cleanse Package

Receive all 4 items required for the *Balance Parasite Cleanse*

On Sale May 2006 -- ONLY **\$130.00** (reg. \$184)

Important: It is recommended to do the *Peace, Joy, Harmony and Creativity Parasite Cleanse* before doing the *Balance 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

Body-Balancers



**Release deeply embedded disharmonies from stress, restoring
Balance and stability in the systems of the body!**

The skeletal, muscular, reproductive, digestive and fat storing systems are all inter-related. Imbalances in these systems lead to physical weakness, overall distress and weight problems. Scientific studies show that imbalances in these systems stem from survival issues and when you experience stress your body reacts according to its survival instincts. Releasing the stress within the emotional body, by using harmonic energies to restore the emotions of acceptance, creativity, self-esteem, strength, security plus other positive attributes, while stimulating the energy within the glandular system, restores the natural flow of energy to re-establish overall

Relieving the stress within the emotional body, restores the natural flow of energy, re-establishing balance and harmony, which creates a positive affect on the overall level of wellness, rejuvenation, strength and tone of your body.

rejuvenation, strength and tone to your body. Many struggle with weight, trying one exercise and diet program after another with no lasting results. May I suggest, when the emotional body is in balance it will be easier to tone, strengthen and sculpt your body according to your desire. Using the *Body-Balancers* along with a good diet and exercise program may give you the edge you have been looking for. Many report they actually gained weight in the beginning as muscle tissue was building and fluids rebalanced. Then as the body began to tone and strengthen, excess weight began to drop. - Ann Marie Work

Seventy years ago I had polio, leaving one leg totally atrophied. I began using the Body-Balancers. In 2 months I noticed the muscles in my atrophied leg were beginning to enlarge and gain strength. My leg has doubled in size, almost the size of my good leg and with therapy the muscles are beginning to function. (V.B.)

I can walk with no pain. For more than a year my foot would swell at night and I limped first thing in the morning and after sitting for a time. After sleeping in the Body-Balancers for just 2 weeks, the pain is gone. (D.K.)

Body-Balancers ! On Sale for \$375! Save \$120 (reg. \$495) -- May 2006
Includes a 2 oz. bottle of **Balance FREE!**

- To maximize results, use *Balance* formula. To relax digestive system, activate metabolism and balance fluids, take 5 drops 3 times a day in 8 oz. of water before meals and under the tongue at bedtime.
- To assist in eliminating fat build-up and cellulite, add 5 drops of *Balance* to a small amount of lotion to rub on areas of focus.

For information on all *Harmonic Products* and to order,
call 800-243-6156 or 715-355-8515. Order online at www.harmonicsinternational.com

Treat yourself to a Triad!

It has been proven that stress causes a negative chemical reaction within the body, inundating the cells with disharmonic energy which eventually manifests as pain, discomfort and even disease.

There are many other negative energies that contribute to distress in the body, including pesticides on the food we eat and pollution in the air we breathe. All of this not only affects our health, but also our emotional well being.

Under stress the body fills with toxic emotions and chemicals, degenerating and aging the body before its time. Many consider headaches, indigestion, pain and disease normal; they are not. They are the expression of the body in distress, a body no longer operating effectively and efficiently.” Ann Marie Work

Negative energies are perceived in clusters of three. These triads of disharmonic energy form together to create energetic patterns of distress in the body. **Three Harmonic Formulas are used to shift these disharmonies to a Harmonic form, alleviating the distress and allowing the emotional and physical body to heal.**

Here are some examples that showcase the Product of the Month - Balance!

Balance, Security, Joy - Stuck in a rut? Enhance your motivation and self-discipline and expand your horizons, to assist in realizing the fulfillment of your heart's desires.

Take 10-20 drops ea. in a little water a.m. and p.m.

Balance, Harmony, Joy - Harmonize your life! Shift out of anger and frustration into a new zest for life, creating the changes you desire. Take 10-20 drops ea. in a little water a.m. and p.m. or as you desire.

Balance, Organization, Security - Restore flexibility. Energetically relieve the stress of arthritis and open the flow of energy to release stagnation in the body.

Put 5 drops of this **Triad** in beverages 3 times a day, plus put 10 drops of this **Triad** in 1 oz. lotion of your choice. Rub on topically.

Triad Special - May 2006

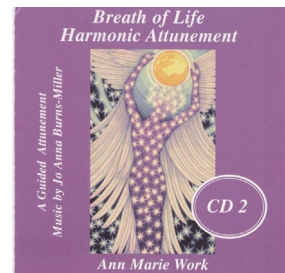
Any 3 Harmonic Liquids 1/2 oz. - \$50

Any 3 Harmonic Liquids 2 oz. - \$150

**For a complete listing of Triads
that correlate to specific difficulties,
see the Harmonics International Booklet ****

“Breath of Life Harmonic Attunement” by Ann Marie Work

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.



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May 2006

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Visit our website for information and to order at www.harmonicsinternational.com**

Stabilizing in the Rhythm of Balance by Ann Marie Work

From "Symmetry" publication, Volume 3, Issue 5. View the entire publication at www.symmetry.nu

Balance is the key ingredient to all of the elements of shift.

If you desire a shift - you must first find the balance in that area of your life.

The question this month is - "What do I desire to shift in my life?" In order to answer this question, I must first ask, "What is not bringing me joy? And if something is failing to bring me joy, what am I willing to do about it?" Am I willing to make a commitment to myself (or maybe those around me) to bring balance into this part of my life? What is the harmonic resolution or solution to the dilemma I am facing? What is out of kilter? Is there something I can do (or if others are involved, something I can suggest that we do) which will first establish balance then create a plan to move into the shift desired. Journaling will be very important for me, as I scrutinize my life, my thoughts, my emotions, the directions I have planned, my endeavors and my dreams for my future. Then I will make my plans to stabilize and enhance the peace, joy and fulfillment in all the areas of my life.

In the Breath of Life:

***Moving into a place of peaceful joy in my mind, body, emotions and personality
by acknowledging and embracing my gifts and blessings - is my inhale.***

***Moving into balance and shifting out of disharmony, distress and limitation
by making a commitment to finding the pathway to peace, joy and fulfillment - is my exhale.***

This month I will focus on the areas in my life where balance already exists and where balance is needed. Journaling each day will give me an opportunity to embrace my gifts and blessings plus put into perspective those areas of my life in which I choose to make a shift. My focus will be on bringing my life into balance and using this foundation to make plans for my future.

To energetically assist me in opening my awareness plus stabilize my systems, thought patterns and emotions I will use the Harmonic Balance by placing 5 drops in my beverages 4 times a day, plus at the same time, place a drop of Balance on the soles of my feet (or a drop in each shoe).

In addition to the program above, I plan to:

- Find and read *Proclamations* which include the word Balance.
I have found this opens up insights and revelations, giving direction to my life. (Thank you, Rich.)
- Hold my *Body Balancers* in my hands for a 20 Minute Attunement, as I focus on balance in my life.
- Redo the Basic Parasite Cleanse with *Balance*. ("May - In Harmony")

According to scientists, the color Green stimulates calmness and opens awareness. In Symmetry, we discovered the color green is related to the Rhythm of Balance. When you are feeling scattered or fragmented at a loss for ideas or words, or just want to enhance your abundance of peaceful joy, wearing or seeing the color green stabilizes and balances your being. With this in mind I plan to:

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

I invite you to join me in stabilizing Balance in your being and in your life.

Take charge of your life! Restore *BALANCE* for emotional stability and physical healing!

The Rhythm of Balance is the movement of the emerald flame of love which comes from deep within to enfold and nurture every aspect of your being. It is the life force of health, healing, love, trust and emotional stability. It is the soft, warm Rhythm of the magnificence of your Breath of Life.

Read all about your fabulous *Rhythm of Balance* and how to bring *Balance* to every aspect of your life, in the May 2006 publication "*Symmetry - Living an Empowered Life*". For a free copy, visit the Symmetry website at www.symmetry.nu or www.harmonicsinternational.com or call 800-243-6156 or 715-355-8515.

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**Take charge of your life!
Restore Balance and stability!**