



Symmetry - Living an Empowered Life From the Inside Out

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THERE IS NO POWER GREATER THAN THE DIVINE LOVE WHICH LIES WITHIN YOU!

*The goal in life is to identify, embrace
and live from the magnificence of the
Divine Love within.*

*The stepping-stones to accomplish this
goal create a pathway
to experience, express and fulfill peace,
joy and harmony in all areas of your life.*

- Ann Marie Work

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From Ann Marie Work

December is the month of contemplation and celebration.

**It is the time to give thanks for all that has transpired this year,
and create your intentions for the year to come.**

**It is the time to celebrate all of the wondrous moments of your life,
all of your relationships with others and the Earth,
and all of the gifts, talents and love you have to share with the world.**

**It is your time to reconnect with the Heart and Mind of God
and give thanks for the spark of Divine Love within you,
and embrace Divine Love in all things.**

**Celebrate, love, honor, respect, admire, embrace, uplift, encourage, share and rejoice in
the Divine Love within yourself and all others.**

**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 this publication and forward to a friend!**

A Living Rainbow Attunement

by Ann Marie Work

The Living Rainbow within you is the kaleidoscope created as the Divine Love from the core of your Being moves through you to integrate with your body, mind and personality.

- Divine Love is the pure, harmonic spectrum of life within you connected to the Heart and Mind of God.
- There are 12 main colors or Rhythms within your Rainbow of Life.
- Each represents specific characteristics or attributes of life, love and empowerment.

The activation of the Rainbow of Life begins with the Breath of Life.

- The Breath of Life is the movement of Creative Energy from Creator into Creation and back again.
- The Breath of Life originates from the Divine Love of the Heart and Mind of God.
- This spark of Love and Life moves through all of Creation as the Rainbow of Life.

The Breath of Life activities the presence of Peace.

- The Rhythm of Peace releases the bonds of stress, allowing you to breathe free and move forward in life.
- Peace is that state of being when you feel calm and peaceful on the inside.
- It is a feeling that all is well in the world and you “know” everything in your life will be okay.
- It gives you a soft, buoyant feeling of contentment with who you are and how your life is progressing.

The presence of Peace leads to the smile of Joy filling your being.

- Joy is an effervescence moving like the radiance of sunshine smiling through from the inside out.
- It is the fuel that drives creative ideas into materialization.
- It is the force that makes things happen in your life according to your desires.
- It is the energy to lift you out of depression, clear your perspectives on life and allow you to embrace and move into positive thoughts and actions.

As the smile of Joy fills your being there is a deep penetrating sense of Harmony, satisfaction and fulfillment.

- Harmony is a full, vital movement of energy rekindling rejuvenation, regeneration and creativity.
- It activates the element of life within you to renew stamina, vitality, order and organization.
- This passion for life fills you with the sense of satisfaction, fulfillment and purpose.

Embrace the emanation of Divine Love in, around and through your Being.

- The Rainbow of Divine Love within you is the creative life force within your being.
- It awakens your consciousness to the full potential that lies within.
- It creates balance in all areas of your life.
- It allows you to stand securely in your personal connection to the Heart and Mind of God.
- To find your truth, create your unique identity and embrace the magnificent power of the Love within you.



A Living Rainbow Attunement

Breathe - into the wave of the Breath and into the Peace.

Open your solar plexus.

Feel your Heart breathing with you.

Feel the magnificence of the Divine Love within your Heart breathing with you.

Then let yourself go into the wave of the Breath and into the Peace.

Be aware of the Rhythm of Peace and let your mind define its presence in your body.

Feel the Rhythm of Joy begin to flow through your being, like a gentle smile of sunshine.

Perceive the Rhythm of Harmony filling your being, like the warm rosy glow of fulfillment.

Embrace the radiance of the Divine Love within as it emanates from your Heart through your being.

And declare: “The magnificence of Peace, Joy, Harmony and Divine Love exists, expresses and manifests in and through me. And so it is”.

The Simpatico System

by Ann Marie Work

The Simpatico system is the integral system of life within the body. It consists of the interface between the electro-magnetic system, nervous system and fascia system. Like a fiber optic system, it carries the resonance of Divine Love through the body into the DNA of every cell and the mechanics of every system in the body. This system can and has been measured in many different ways. Often referred to as the electro-magnetic force in the body, neuro-scientists have measured its field as far as 8 to 10 feet out from the body. The reflective field of the Simpatico system has been referred to as the aura and the movement of the energy through this system has been referred to as prana, chi or simply life force energy.

The source of the energy within this system is the illuminated radiance and resonance of the Divine Love within the core of your being. Often referred to as the spark of Life, the spark of God or the presence of your Soul within you, it has been perceived through the ages by many different cultures and been given many different names. In Symmetry we refer to it as the power of the Divine Love within, the Heart and Mind of God within you, your source of Life, Love and Empowerment.

The movement of Divine Love through the Simpatico system creates what we call the Rainbow of Life. This full spectrum of Love in motion can be dissected and measured as the 12 basic waveforms of life. Each one of these 12 basic segments moves in its own individual waveform creating the perception of a specific resonance. This resonance can be perceived by receptors in the brain as a specific color, sound, taste, smell, emotion or rhythm. In Symmetry we refer to the full spectrum of these individual segments of Divine Love as the Rainbow of Life and we define them as the individual Rhythms of Life.

The physical body serves as a conduit for Divine Love in a very unique way. It contains 12 centers which act like prisms to refract the illuminated radiance of Divine Love separating it into its component waveforms. Each center is designed to amplify one of the 12 basic waveforms. This waveform creates a Rhythm which can be perceived as a color in the mind's eye and therefore is often mistaken as the only color present. In truth, the full rainbow is present at each prism and each predominant Rhythm carries a background of all 12 waveforms. As an example: the Rhythm of Peace appears blue. It is a blue rainbow containing all of the waveforms within Divine Love.

From the centers, the Rhythms are sent back through the meridian system, where they are amplified through the chakra system. Individuals, who have the ability to perceive the chakra system, are given a picture of the condition of the prisms and how the flow and amplitude of the individual segments of the Rainbow of Life are moving through the Simpatico system out to the whole body.

This Rainbow of Life is carried through the electro-magnetic, nervous and fascia systems where the individual Rhythms of Life interact to create a kaleidoscope of amazing patterns of life within each cell, according to the blueprint within the DNA. When we increase and balance the presence of all the Rhythms of the Rainbow of Life within each cell we increase the health and vitality of our being. When just one of the Rhythms of Life is suppressed within the physical body, the body is unable to maintain a state of vital health and begins to deteriorate. Within the emotional body, healthy positive emotions begin to deteriorate into disharmonic resonance. Emotions are simply "energy in motion". If the movement of energy is distorted, the resonance is affected. Mental clarity can also be affected due to interruptions in the flow of energy. The more diminished the flow, the greater the mind is affected.

To achieve the goal of vital health, stable emotions and mental clarity, the flow and amplitude of the Rainbow of Life must be restored to and maintained at its full potential.

Symmetry Courses and materials are designed to assist you in enhancing your Simpatico system by assisting you in restoring your Rainbow of life.

The Symmetry Courses

Teaching the newly revised Symmetry Courses has been a delightful experience.

I began teaching the revised **Symmetry I** Course about a year ago. It is a foundation for life. It contains the basic philosophies of Symmetry and techniques to totally restore your vitality and commitment to life. I continue to be awe of the testimonies to this work. I am so very grateful to the continued awakening of the Breath of Life within me and for my opportunity to share this with the world.

The **Applied Symmetry I** Courses have been an evaluation in process. It is now ready to be formatted and duplicated. I want to thank all of the students for their input and testimony of the healings they have received. What a delightful and beneficial time for all.

The revised **Symmetry II** Course was such a delight to teach. To rediscover the amazing facets of the Rainbow of Love within was a great experience for all and will take several days or weeks to integrate and evolve through the many aspects of our Being.

The **Applied Symmetry II** Course is being formatted and will be made available in Kansas City in March.

I have been working on the **Symmetry III** Course and hope to offer it in the fall of 2008. *Ann Marie*

SYMMETRY CLASSES -- Kansas City, KS

Symmetry II - December 18 & 19, 2007

Symmetry I is being scheduled in January 2008

Instructor - Jeanne Ryan

For more information and to register, call 573-346-1021.

ANN MARIE WORK IS CURRENTLY PLANNING HER SCHEDULE FOR 2008.

Symmetry II and Applied Symmetry I - End of January - Kansas City, KS

Both are prerequisites for Applied Symmetry II to be taught in March in Kansas City.

If you would like to sponsor a class in your area, call Dianne 1-888-479-6638

Transformation is not a miracle it is our natural state of being.

Symmetry takes the principles of ageless wisdom

and makes them tangible in today's modern world.

Science has discovered neurons and neurological pathways in the gut and in the heart equal to the main thinking compartments in the head brain leading them to believe that we have 3 brains rather than one. When they all work together it creates balance in life. In Symmetry, we teach a simple technique to balance these three brains. When they are all working together a gentle neurological pulse is present. We call this the Simpatico Pulse. This pulse of life is integral to well-being in all areas of life. In the Simpatico Pulse:

- The body Breathes in the Rhythm of the Breath of Life.
- All twelve Rhythms, your Rainbow of Life is restored and integrated.
- Stagnation and disharmonic energy patterns and emotions are released.
- Energy meridians clear, energy centers balance and activate to their full potential.
- The body's innate ability to heal itself is enhanced.

This is the simplicity of healing.

www.symmetry.nu