



Symmetry - Living an Empowered Life From the Inside Out

August 2007 Volume 4 Issue 8

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

More Peace - More Happiness!

Peace is the foundation of everything you enjoy in life. The amount of health, wealth and happiness there is in your life is equal to the amount of Peace you hold.

More Peace = More health, wealth and happiness!

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When you acknowledge and embrace the magnificence of the Divine Love within yourself, you can then embrace it in all others.

This is the “peace in the world” you have prayed for. It all begins with you. The Harmonic Expression of Love is who you are, it is your natural state of being. As you go within, you reconnect to the magnificence of the Divine Love within, embracing your true identity, freeing yourself to express the Love which flows through your Being, activating the power to manifest your gifts into reality and share this joy with the world.

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

**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!

Maintaining your Rainbow of Life

by Ann Marie Work

The Universal Harmonic Protocol is designed to provide an energetic homeostasis of harmony and balance, restoring the Breath of Life and Rainbow of Life within the energy field. Keeping the overall energy field filled and moving in the vital life force of the Breath of Life and Rainbow of Life, allows the individual cells of the body to be gently cradled and lifted out of stagnation and limitation back to their individual natural state of being in their Rainbow of Life.

Maintaining the Rainbow of Life in your overall energy field, stimulates an increase in your level of wellness as more and more individual cells begin to restore and retain their individual Rainbow. During this process, the body will clear out toxins that have been trapped in the fluids around the cells in addition to toxins the individual cells are expelling. This is called a “cleanse”. Days of high energy may be followed by days of sluggishness, as the blood, lymph and major organs are overworked with removing long stored debris and toxins.

I am very sensitive and have several of my own “cleansing” stories. When I was 45, I remember going through 3 days of releasing the remnants of ether administered to me when I was 4 years old. I could taste it, smell it on my breath and feel it moving through my body. It was a very uncomfortable time. When it was over, I felt better than ever. The body will store the negative energies and substances it is unable to get rid of in the moment. You may want to think back through time of all of the emotions you have felt, chemicals and substances you have been exposed to, medications you have taken, pesticides, insecticides and artificial colorings and flavorings which may have entered your body at a time when the body was in a state of low level wellness and was incapable of cleansing them out. They all had to be stored somewhere and your body is just waiting for you to provide it with enough energy to not only take care of what you are currently dumping in, but also enough energy to remove the excess storage. Often during a cleanse, we have no idea what is being cleared out, just that we do not feel as good as we would like to.

In addition to just not feeling well for a few days, a person can also experience discomfort and even pain for a few days. We call this the “rubber band” theory. Imagine that you place a rubber band around your finger. At first, it will hurt and then go numb. Now imagine what it would feel like when you remove the rubber band. The circulation will return and the nerve endings may be sensitive for a few days. How much of your body has gone numb?

I remember a time when I was feeling really good - better than ever. It is during these times when a person begins to feel invincible. Then all of a sudden, or so it seemed, my right hip began to hurt. I was in severe pain for 3-4 days for no apparent reason. Then all was well again. I can only surmise that this was one of those “rubber bands” letting go.

I have been thoroughly enjoying the Universal Harmonic Protocol. On some levels of my being, I feel better than ever. I have more strength, emotional fortitude, mental clarity and intuitive knowing than I have had for a while. I am very present and my continual state of peaceful joy has returned. I believe the last of the grief and residues from the grief are finally leaving my being. There have been many ups and downs over the last few weeks as this cleansing is taking place, but overall I can feel the difference as my level of wellness continually increases.

*If you could stay in the Breath of Life 24 hours a day
and your energy field was continuously filled with the colors of the Rainbow of Life,
what would it mean for your body and your life?*

Maintenance for the Universal Harmonic Protocol

The Maintenance Harmonic Protocol assists in maintaining the Breath of Life and Rainbow of Life for approximately 12 hours. This simple protocol will assist you in maintaining the homeostasis you have achieved. Use the Universal Harmonic Protocol or Specific Harmonic Protocols to continue to raise your level of wellness by increasing the number of cells which have energetically returned to their natural state of being in their individual Breath and Rainbow.

You may use the Maintenance Harmonic Protocol twice a day, in place of the Universal Harmonic Protocol, when time is of a constraint. Keep in mind that this “*does not replace*” the Universal Harmonic Protocol in assisting you to shift your energetic homeostasis to a higher level of wellness, but “*it will assist you in maintaining the progress you have made*”.

Maintenance Harmonic Protocol

Application: Place 3-4 drops of *Harmonic AWAKEN* in the palm of your hand. Dip your finger into the drops and apply, hold and breathe at each Point. Then rub your hands together, spreading the moisture over front, back and sides of hands and wrists. State the proclamation - then breathe deeply to embody the words.

Harmonic AWAKEN

1. Third Eye – the point between the eyebrows.
2. Naval – inside and about 1 inch around.
3. Tailbone – the bottom four segments below the sacrum.

I Align All of My Energies

*From the Divine Love within my being,
I align all of my energies in Divine Perfection.
And so it is.*

Several specific protocols have been developed that can be used along with the Universal Harmonic Protocol, after the first 21 to 42 days. These protocols will be taught in the Symmetry Courses and private consultations that are available with me - some will be shared in these publications. Ann Marie Work

Peace Harmonic Protocol - the next step!

The Peace Harmonic Protocol is designed to energetically release the stress from the atlas and brainstem, stabilizing the energy of the neuro-muscular system, allowing the body to restore and integrate its natural Rhythm of Peace. (See Rhythm of Peace, page 6.) The Proclamations are by Rich Work.

Morning: Do the Universal Harmonic Protocol (UHP) or the Maintenance Harmonic Protocol if you are short of time.

Evening: Use the Maintenance Harmonic Protocol instead of the Universal Harmonic Protocol, immediately followed by the Peace Harmonic Protocol.

Do these applications for 4-6 weeks, and then continue to do the Universal, Maintenance or another Specific Protocol as you desire.

Peace Harmonic Protocol

(Begin with the Maintenance Harmonic Protocol followed immediately by the Peace Harmonic Protocol.)

Maintenance Harmonic Protocol

Application: Place 3-4 drops of *AWAKEN* in the palm of your hand. Dip your finger into the drops and apply, hold and breathe at each Point. Then rub your hands together, spreading the moisture over front, back and sides of hands and wrists. State the proclamation - then breathe deeply to embody the words.

Harmonic AWAKEN

1. Third Eye – the point between the eyebrows.
2. Naval – inside and about 1 inch around.
3. Tailbone – the bottom four segments below the sacrum.

I Align All of My Energies

*From the Divine Love within my being,
I align all of my energies in Divine Perfection.
And so it is.*

Peace Harmonic Protocol

Application - Use the same Protocol technique you have been doing for the past 21-42 or more days, using the following products and proclamations:

Begin with *Harmonic Opal* on these Master Points:

1. Third Eye – the point between the eyebrows.
2. Naval – inside and about 1 inch around.
3. Tailbone – the bottom four segments below the sacrum.

Acknowledging My Creation

*From the Divine Love that flows within my being
I call forth every cell in 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 now choose, and 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.

continue - next page...

Peace Harmonic Protocol continued...

Then *Harmonic Peace* on the following Points:

1. and 2. Atlas Transverse Process – the hollow behind each earlobe.
3. Foramen Magnum – the hollow at the base of the skull, the top of the spine.

Letting Go of Laws and Judgments

*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.*

Follow with *Harmonic Ebony* on these Master Points:

1. Third Eye – the point between the eyebrows.
2. Naval – inside and about 1 inch around.
3. Tailbone – the bottom four segments below the sacrum.

Aligning My Energies

*From the Divine Love that flows within my Being,
I command that all my energies be aligned in Divine Perfection.
And so it is.*

Close with *Harmonic Manna* on these Master Points:

1. Third Eye – the point between the eyebrows.
2. Naval – inside and about 1 inch around.
3. Tailbone – the bottom four segments below the sacrum.

Desires of My Heart

*From the Divine Love that flows within my Being,
I ask that my Being be filled with Infinite Love,
Infinite Healing, Infinite Protection, Infinite Power and Wisdom.
I call forth my Grand Adventure in feelings and emotions
that will bring me Happiness and Joy.
And so it is.*

Do these applications for 4-6 weeks, then continue to do the Universal, Maintenance or another Specific Protocol as you desire. Contact me with your intent, comments and testimonies. Call Joanie at 800-243-6156 or 715-355-8515 or email joanie@harmonicsinternational.com and she will forward your message -- Ann Marie Work

Additional Support: Add 4 drops of *Harmonic Peace* to a gallon of pure water. Use for drinking and cooking. Bring the essence of peace into your life in a myriad of ways. See the Harmonics International Booklet for suggested uses.

The Rhythm of Peace

by Ann Marie Work

Peace is the foundation of everything you enjoy in life.

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

In Symmetry, we refer to the Rhythm of Peace as the state of being that is created when the Breath of Life moves through you, releasing the bonds of stress, allowing you to breathe free and move forward in life. Peace is that state of being when you feel calm and peaceful on the inside. A feeling that all is well in your world and you “know” everything in your life will be okay. It gives you a soft, gentle buoyant feeling of contentment with who you are and how your life is progressing. An inner knowing that all obstacles will slip away and answers are coming your way.

Peace is a natural Rhythm of Life, essential to the integrity of your physical, mental and emotional being. It is the cohesive bond of energy maintaining the communication between the cells and systems of the body to establish health, vitality and well-being. It releases stress, friction and discontent while establishing high-level wellness in all areas of your life.

There appears to be no logic involved in this state of Peace. It is just there despite the circumstances, as long as you remain connected to the Breath of Life.

*The simplest, easiest way to reestablish your natural state of health
and well being is to restore the Rhythm of Peace*

The Rhythm of Peace is a natural, essential movement of energy through the body.

As you move in the Rhythm of Peace you:

- Move in the Breath of Life.
- Awaken the natural intelligence of the body to heal itself.
- Activate your body, mind and soul connection.
- Balance your cranio-sacral system and rhythms.
- Restore order to the movement of fluids in and around cells restoring proper cleansing and nourishing; reversing the aging process.
- Quiet the mind, to focus and move out of doubt and indecision.
- Fine-tune the interaction of body systems with one another.

*The amount of Peace you hold is equal to
the amount of health, wealth and happiness you have in your life!*

Personal Harmonizing with the Universal Harmonic Protocol

by Ann Marie Work

Just as the *Environmental Harmonizer* harmonizes energy in the atmosphere, using the *Harmonic Formulas* with the *Harmonizer* in a Personal Harmonizing Attunement, harmonizes the energy within the energy system of the body. Over time, the movement of a person's life-force energy is suppressed and decreases due to constrictions in the energy system of the body caused by the everyday stresses in life. These constrictions are accelerated during times of distress, disharmony and trauma sometimes creating pain and discomfort.

A *Personal Harmonizing Attunement* amplifies the resonance of each *Harmonic Formula* through the energy system of the body, restoring the Breath of Life to relax constrictions within the energy system, allowing the body to restore the natural flow of life-force energy.

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 or massage table. Place bottles of *Harmonic AWAKEN, Peace, Joy, Harmony and Manna* underneath.
 - If sitting, place all 5 formulas under the chair. If lying, place them under the massage table beneath your solar plexus.
2. Place yourself inside this harmonizing energy. Close your eyes and relax for 15-20 minutes. Focus on what brings you Peace, what brings you Joy and the desires of your Heart. (Do this Attunement as often as desired.)

Optional Indulgences:

- For additional support, listen to the *Harmonic Synchronistic Attunement* by Ann Marie Work as you drift on the waves of the Breath and into the Peace. This attunement will help guide your intent to move the energy throughout all parts of your being.
- To enhance the energy flow to specific areas of the body, apply a few drops of *Joy* topically to that area before harmonizing.
- For *Harmonizing* in bed, lay each *Harmonizer* column with the points directed inward and logo facing upward on each corner of the bed. Put the bottle of *Harmonic AWAKEN* above your head, *Peace* next to your neck, *Joy* near your heart, *Harmony* near your tailbone and *Manna* below your body by your feet. Continue with step 2.

The *Environmental Harmonizer, Harmonic Synchronistic Attunement* tape or CD and *Harmonic Liquid Formulas* can be purchased from Harmonics International. To order, call 800-243-6156 or 715-355-8515. Order online at www.harmonicsinternational.com.

Harmonic Products do not treat or cure disease, they enhance the energies of the body. For diagnosis and treatment of medical conditions and disease, contact a health care professional.

Symmetry – Living an Empowered Life!

Symmetry is about reconnecting to the wave of the Breath of Life within Creation, an inherent part of your being which often becomes disconnected shortly after birth. When you pick up a baby, you begin to rock. If asked, you would say you were rocking the baby. However, I am going to suggest, the baby is rocking you in the wave of the Breath of Life. The baby has no fear or judgment. It is still fully connected to this Breath, which moves in the gentle Rhythms of Life.

Within the wave of the Breath of Life lies a spectrum of rhythmic patterns. This spectrum can be defined in twelve separate rhythms, each relating to a color in the rainbow which can be felt and expressed as a harmonic Rhythm of Life as follows: blue-peace, yellow-joy, red-harmony, orange-creativity, green-balance, violet-strength, red/orange-action, yellow/orange-confidence, yellow/green-security, blue/green-discernment, blue/violet-intuition, red/violet-organization.

When you disconnect from this Breath of Life, you move into expressions and rhythms of disharmony in response to judgment, fear, feeling powerless or unworthy to love and honor yourself and others. You are on Earth to discover what brings you joy and to share that joy with others.

“If I could stay in the Breath of Life and my energy field was continuously filled with the Rainbow of Life, it would mean a complete change in my life. You can’t remain in the Breath of Life and stay angry or in rage or in sorrow or frustration. All toxic emotions fall away. When you are in your Rainbow you are connected to all of creation and filled with God’s light. Pain drops away. The body heals. You connect with the people around you and with the Earth. Love happens. Healing happens. Miracles happen.” - Jeanne Ryan

**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



In Harmony!

A Publication by Harmonics International - August 2007

More Peace = More Health, Wealth and Happiness!

Introducing Peace Harmonic Protocol - the next step!!

The **Peace Harmonic Protocol** is designed to energetically release the stress from the atlas and brainstem, stabilizing the energy of the neuro-muscular system, allowing the body to restore and integrate its natural Rhythm of Peace.

It uses the *Harmonic Formulas* of *AWAKEN*, *Opal*, *Peace*, *Ebony* and *Manna*, and Proclamations from *Proclamations of the Soul & The Veils of Illusion* by Rich Work.

See the August 2007 Symmetry Publication for complete details.

Peace Harmonic Protocol Packages - On Sale August 2007!!

(Formulas required for the Peace Harmonic Protocol)

Package contains - 1 each of *AWAKEN*, *Opal*, *Peace*, *Ebony*, *Manna*

2 oz. pkg. - Only **\$299.00!** (reg. \$375.00)

1/2 oz. pkg. - Only **\$99.00!** (reg. \$116.00)

Maintenance for the Universal Harmonic Protocol!

- ♥ *Not enough time to do the Universal Harmonic Protocol?*
- ♥ *Still want to maintain the progress you have made?*
- ♥ *Use the Maintenance Harmonic Protocol.*

See August 2007 Symmetry Publication for complete details.

Maintenance Harmonic Protocol - August 2007 Special!

AWAKEN - 2 oz. **\$79.00!** (reg. \$95.00) -- 1/2 oz. **\$25.00!** (reg. \$28.00)

Universal Harmonic Protocol Packages - Still On Sale August 2007!!

(Formulas required for the Universal Harmonic Protocol - see July 2007 Symmetry Publication for details.)

Package contains - 1 each of *AWAKEN*, *Peace*, *Joy*, *Harmony*, *Manna*

2 oz. pkg. - Only **\$299.00!** (reg. \$375.00)

1/2 oz. pkg. - Only **\$99.00!** (reg. \$116.00)

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

Harmonic Products do not treat or cure disease, they enhance the energies of the body.
For diagnosis and treatment of medical conditions and disease, contact a health care professional.

PEACE

- Peace is the conscious awareness of Divine Love in all things.
- In Peace you discover and acknowledge the magnificence of Divine Love within.
- In Peace there can be no judgment.
- The rhythmic pattern of Peace releases and transforms the rhythmic patterns of judgment.
- Transformation is not a miracle, it is our natural state of being.

Learn how to stay in your Rhythm of Peace 24/7.

See the August 2007 Publication "Symmetry - Living an Empowered Life From the Inside Out!"
at www.symmetry.nu

Harmonics International **August 2007 Specials!**

Peace Harmonic Protocol Packages - On Sale August 2007!!

Package contains - 1 each of *AWAKEN, Opal, Peace, Ebony, Manna*

2 oz. pkg. Only \$299.00! (reg. \$375.00) -- **1/2 oz. pkg. Only \$99.00!** (reg. \$116.00)

Maintenance Harmonic Protocol!

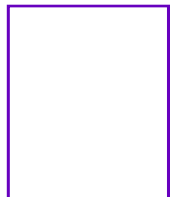
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Universal Harmonic Protocol Packages - Still On Sale August 2007!!

Package contains - 1 each of *AWAKEN, Peace, Joy, Harmony, Manna*

2 oz. pkg. Only \$299.00! (reg. \$375.00) -- **1/2 oz. pkg. Only \$99.00!** (reg. \$116.00)

Harmonics International
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Mosinee, WI 54455



*When you are in Peace, you
bring peace to the world!*