



Symmetry - Living an Empowered Life From the Inside Out

February 2008 Volume 5 Issue 2

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

*The Presence of Peace
The Expression of Joy
The Fulfillment of Harmony
The Magnificence of Divine Love
exists, expresses and manifests
in and through you.*

- Ann Marie

In This Issue:

- Harmony
- Finding the Rhythm of Harmony
- Awaken to Harmony
- “In Harmony”

From Ann Marie

I am basking under sunny skies in Florida, as we schedule our 2008 calendar.

We are planning a 4-Day Intensive for April 2008.

**During this Intensive we will explore the intricacies of *Symmetry I and II*,
plus experience the *Applied Symmetry I and II Courses*.**

*(Prerequisite - Symmetry I - see schedule in this publication or take the course long distance via
a teleconference with Ann Marie in February or March.)*

**Join us at the wonderful Heartland Retreat Center, Kansas City area.
April 2008**

Contact Dianne@symmetry.nu or 888-479-6638 for all details, including dates, times and
Symmetry I teleconferences with Ann Marie.

If you would like to sponsor a course in your area, contact Dianne at 888-479-6638.

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

This publication is FREE and 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!

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Harmony

by Ann Marie Work

Harmony is the rhythm of your passion for life.

It is a full, vital movement of energy that comes from the Divine Love within. As this energy moves through your body, its warmth lights the fires of life, love and empowerment on a cellular level and rekindles the flames of rejuvenation, regeneration and creativity.

As it moves through your circulatory system it activates the element of life within your blood to embrace every cell with renewed stamina and vitality. It activates the glands to restore, align and balance the energy systems of the body restoring order, organization and structure within your being.

Have you ever noticed that when you get excited about something or you are focusing on one of your passions for life, you stand a little straighter and taller? This is the Rhythm of Harmony moving through your spine and skeletal structure. Your passion for life energizes you, increases your metabolism and decreases your appetite. It puts a smile in your heart and spring in your step. It fills you with the sense of fulfillment and purpose.

The Rhythm of Harmony is the rhythm of manifestation and fulfillment.

You find the Rhythm of Harmony by focusing on your passions for life.

When you focus on your passion for life the Rhythm of Harmony moves through your being expressing the magnificence of the Divine Love within. The energy patterns created by this movement magnetically attract the desires of your heart into your world. This magnetism is called manifestation. Without it, there is despair and limitation. The Rhythm of Harmony is a dance of life where the creative energy of the feminine and the order and organization of the masculine come together to create the celebration of life. This is the power of Divine Love in action.

As you move into the Rhythm of Harmony visualize the desires of your heart and focus on how you would like them to manifest. List these desires in a journal and return to this visualization often. Each time you move in the Rhythm of Harmony you open windows of opportunity for manifestation to happen. Each time you move into anger, rage or disappointment you nullify and close these windows.

The Rhythm of Harmony opens the windows of opportunity to manifest your desires.

As you move in the Rhythm of Harmony you:

- Support the physical heart and proper blood flow through your body.
- Restore the order and structure of your body.
- Adjust and align your tailbone, relaxing the spine, hips and pelvis.
- Reconnect to the electro-magnetic grid of the Earth.
- Awaken and put forth intentions for your passions in life.
- Open windows of opportunity to put your thoughts into action.
- Transform and remove blocks and limitations in life.
- Trust yourself to call forth and accept manifestation of your desires.
- Create the magnetic attractions for those things you desire.

Finding the Rhythm of Harmony

The Rhythm of Harmony is the rhythm of empowered living.

It opens the doorways to live the life you desire.

The Rhythm of Harmony is present when fulfillment is in your life.

Mechanically moving in the Rhythm of Harmony creates a momentum for fulfillment to happen.

The Rhythm of Harmony is a Rhythm of Life. It is the fulfillment of Divine Consciousness manifesting into your reality according to your desires in alignment with the Heart and Mind of God for the greatest good for all. In this place there can be no powerlessness.

This Red Rainbow of Life activates all of the systems of the body to bring the blueprint within the DNA into physical reality in perfect order. Without it, the body becomes dysfunctional. As harmony moves through the body, mind and emotions it can be defined as fulfillment, satisfaction, purpose, stamina, power, passion for life, exuberance.

The red spectrum of Harmony begins at the Tailbone. The tailbone is at the beginning of the meninges in the spine. Releasing the stress in the tailbone assists in releasing the accumulated stress in the whole spine. (The meninges is the triple layer sac holding the spinal and cranial fluid.)

The Breath of Harmony

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

Open your solar plexus.

Feel your Heart breathing with you.

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

Feel your Heart breathing with the stretch in the meninges from tailbone to forehead.

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.

Then focus on the Tailbone becoming a “pivot point” for the Breath.

Focus on the stretch in the meninges from tailbone to forehead.

Then let yourself go into the wave of the Breath.

Perceive the Rhythm of Harmony filling your being,

like the warm rosy glow of fulfillment.

And declare:

“The magnificence of Harmony exists, expresses and manifests in and through me. And so it is”

Symmetry Courses - Instructors Jeanne Ryan & Mike Bruch

Symmetry I - February 9 & 10 - Osage Beach, MO

Symmetry I - February 23 & 24 - Kansas City/Warrensburg, MO area

Symmetry II - March 1 & 2 - Lake of the Ozarks/Camdenton, MO area

Symmetry II - April 5 & 6 - Kansas City/Warrensburg, MO area

For more details on these courses, call Jeanne Ryan 573-346-1021 or Mike Bruch 660-747-8003.

Awaken to Harmony

by Joanie Zimick

Many people go through each day the same – Get up (guess I better) – Go to work (same old stuff – same people and things to deal with every day) – Come home, make food, eat food, clean up after food. (sure would be nice to have a chef and maid) – Watch some TV, maybe read the newspaper or surf the net. Better get to bed, gotta get up and do this all over again. Nothing exciting – maybe the weekend will be better – maybe not☺

Wow – Let's get it moving!! Your Rhythm of HARMONY can help!!

Let's stimulate the circulatory system, activating the element of life within your blood to embrace every cell with renewed stamina and vitality. Yeah!!

Let's activate the glands!

Let's restore, align and balance the energy systems of the body!

Let's get excited about something – everything!

Let's stand straighter and taller!

Let's increase our metabolism and decrease our appetite!!

Let's get out of the sluggish mode!!

Let's put a smile in our Heart and a spring in our step!!

Let's magnetically attract our Heart's desires and fulfill our dreams and passions in life!! (some we may not even realize we have☺)

Let's open windows of opportunity!

Let's embrace those opportunities and live life!!

Get up in the morning – stretch – do the Breath of Life exercise and feel refreshed and ready to live life!

Don't forget to get dressed up in your Universal Harmonic Protocol☺

Look in the mirror and see the magnificence staring back at you.

Put a nourishing breakfast in your body – feed it for life!

Feel the sparkle in your teeth as you brush them and thank them for the magnificent things they do for you each day!

Go to work excited about what you will accomplish that day and the wonderful experiences you will have! (what you focus on you get!)

Come home excited about your accomplishments and creativity and the wonderful food you are going to create and nourish your body with!

Find something creative to do in the evening after you look and admire the clean kitchen and happy nourished faces around you.

Look in the mirror again before you go to bed and focus on the wonderful day you had and an even better day you will have tomorrow.

Don't forget to put on your Universal Harmonic Protocol along with your pajamas! You'll sleep like a baby and be refreshed for another fulfilling and exciting day!!

HARMONY – an amazing and fabulous Rhythm you will want to focus on every day.

Move HARMONY, breathe HARMONY, live in fulfillment. Inspire your world and all that is around you!

(See Harmonic Universal Protocol in the Symmetry Publication - July 2007)