



Symmetry - Living an Empowered Life From the Inside Out

March 2008 Volume 5 Issue 3

**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

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A Healing for You – A Healing for the Earth Symmetry Spring 4-Day Intensive, May 12-15, 2008

This is a One-Time opportunity to experience Symmetry in this way.

Your body reflects what is going on in and on the Earth. As we connect and activate your Spirit of Life and Core of Peace with every area of your body, it reconnects with the Core and the Grid of the Earth and brings Peace into the Consciousness of Humanity which then reflects back to you and into your life. This works like a “pay it forward” plan. You get to receive the immediate benefits of the amazing healing qualities of Peace. Then throughout the months ahead you will benefit from the streams of Peace that you have sent into the Earth and the Universe as they return manifest back to you, like a boomerang effect. (See page 4.)

*Going beyond the principles of “The Secret” into the magic of the “Action of Manifestation”,
awaken to your true potential as a Being of Divine Love Manifest.*

“Embracing the Divine Love within me expands my conscious awareness and creative expression of the power of Love. It ignites the fire of life creating balance and strength within me. I take responsibility to forgive myself and others, and let go of my fear to live in alignment with the presence and magnificence of the Divine Love within. And so it is.” Symmetry I Manual by Ann Marie Work

Journey into the kaleidoscope of the magnificence in the Core of Divine Love within you.

**THERE IS NO POWER GREATER THAN THE DIVINE LOVE WITHIN.
UNLEASH THIS POWER TO TRANSFORM YOUR LIFE AND YOUR WORLD.**

**This publication is FREE and is available on the 1st of each month at:
www.symmetry.nu and www.harmonicsinternational.com
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Strength

by Ann Marie Work

Strength is your Rhythm of honor and integrity.

The Rhythm of Strength originates from the core of your being and pulses through your spinal fluid, embracing the spinal cord, discs and vertebrae, providing a sense of peaceful harmony as it moves out to the rest of the body. From the atlas to the tailbone this Rhythm dances through the cranial-sacral system enhancing the order and organization within all systems as it continually opens and expands the body's natural intelligence to establish and maintain a state of vital health on a cell level.

Its gentle movement pulses through your being strengthening every part of your body and the body's ability to stand strong against all of the pressures from the outside world and let go of the effects of stress that get trapped in your being.

The Rhythm of Strength is the rhythm of integrity, recognition and connection. It opens up your connection to truth - the truth within your being as well as Universal Truth within Creation. It enhances your body, mind and soul connection allowing you the opportunity to discover, know and live in your Truth. When you walk in integrity with yourself and others, you are moving in the Rhythm of Strength.

*It moves through the nervous system activating your feelings of inner strength,
awakening your awareness of your connection to the Heart and Mind of God within you.
In this place honor yourself and honor others
by opening your eyes to the presence of God within them.*

This is the Rhythm of tenacity and perseverance. A gentle inner driving force, it continually nudges you to seek truth in all areas of life, to stay connected and live from your soul and walk free of fear and judgment. It nudges you to seek wellness for the physical body, knowledge for the mind and sacred expression for your soul.

It lifts the veils of oppression, allowing you to see your value and your worth, guiding you to trust and believe in yourself. It encourages your personality to align with your soul, and break free of the tyranny of belief systems which have held you in separation and limitation.

It appears to be directly related to the strength of the immune system. When the Rhythm of Strength is distorted or suppressed, the immune system becomes dysfunctional and weak. Conversely, anything which distorts or suppresses the immune system does the same for the Rhythm of Strength. Whether it is environmental toxins, radiation, virus, immunizations or stress, what affects one—affects the other.

It has great influence on the connective tissue, cartilage and collagen in the body. As the body ages, these tissues lose their elasticity becoming rigid and calcified. This Rhythm encourages flexibility in both the body and the mind. Reversing rigidity and calcification requires movement plus the inner strength to walk free of fear and judgment. The younger you are—the freer you are. Age is not determined by the length of time you have been on the Earth.

The Rhythm of Strength carries the fire of life into the nucleus of every cell and area of life.

As you move in your Rhythm of Strength you:

- Reconnect the communication systems in the body.
- Reduce stress, restore peace and promote a strong immune system.
- Reestablish balance in the nervous system, reducing the static of excess electricity.
- Emanate the magnificent radiance of your Soul through your being.
- Reinforce your body, mind and soul connection.
- Are inspired to embrace the value within, to honor your self and all others.

My Declaration of Strength

*“The Rhythm of Strength within me is my conscious awareness of the living power of Divine Love,
bringing life, balance and honor into all aspects of my existence,
while supporting the pure unfolding of Divine Perfection and Love in my life. And so it is”.*

Transformation

Excerpts from Proclamations of the Soul by Rich Work

Do You Choose to Be Free?

If there is anything interfering with your free-will choice and your desire to move ahead in life according to your heart's desire, do you choose to be free? I offer this proclamation to transmute those interfering energies.

Transmuting Interfering Energies

*From the Divine Love that flows within my Being,
whatever is in my auric field that is interfering with my Free-Will Choice,
whether it is here with or without my permission,*

I transmute into the divine expression of Creative Love and embrace in Unconditional Love. And so it is.

My Connection to the Earth

You are a beautiful soul trying to have an experience in a dense, earthen body. Your physical body is attached to the Earth no less than a plant or a tree. The electromagnetic grid system of the body depends on its connection to the electromagnetic grid system of the Earth. If you pull up a tree by the roots, it will soon wither and die. If your physical body becomes disconnected from the Earth, it can no longer sustain its life form. As the body's energy systems become disconnected, your electrical systems become fragmented and the body begins to degenerate rapidly. Symptoms might be any or all of these: confusion; inability to focus, remember or concentrate; lethargy, fatigue; headaches or pain in the muscle tissues; and low energy, difficulty in getting through the day.

My Connection to the Earth

*From the Divine Love that flows within my Being,
I proclaim my desire to remain in my physical body
so I may experience and fulfill my journey in peace and joy upon the Earth.*

*I see those energies within me that are connected to Creation
flowing through my Being, reconnecting with the Earth in Divine Perfection. And so it is.*

The Golden Light of Transformation

Tools come to us according to our consciousness. There was a time when the consciousness of some people could understand herbs. As consciousness opened further, others could accept homeopathics. Still later, many could embrace flower essences and essential oils. Now, as consciousness continues to expand, many can understand, accept and experience the Harmonic Vibrational Essences, a pure, full-spectrum, high-vibrational energy that assists in raising the flow and amplitude of the life-force energy in all life forms to which it is applied.

The same is true for all tools of healing and transformation. As humanity stood in fear and judgment, asking for a tool to protect them, it was suggested that they put up walls of light to protect them from harmful energies. The tool was appropriate in the moment: however, a wall is a wall, and it became a limitation standing in the way of growth. As we expand our consciousness, becoming aware of all that we are, we desire to grow without limitation. This proclamation allows us to trade the walls of limitation for the Golden Light of Transformation. It is a catalyst to ignite the golden spark that connects each person to Creation, a spark that will illuminate and fill your energy field with the Golden Light of Transformation. Any energy that enters this Golden Light, regardless of its origin or intent, will be instantly transmuted into the divine expression of Creative Love.

The Golden Light of Transformation

From the Divine Love that flows within my Being,

I am prepared and I accept the full integration of my Divinity throughout my Being.

*I acknowledge and honor all parts of my Being that have supported my journey in my physical experience,
and I transmute those thought forms which no longer serve me into Unconditional Love.*

*I transmute all energies that would interfere with my ability to declare my freedom and proclaim my Divinity,
into the divine expression of Creative Love,
and activate the Golden Light of Transformation throughout the totality of all that I am. And so it is.*

Symmetry Spring Intensive, 2008 ***A Transformational Experience of Rejuvenation and Renewal***

***Going beyond the principles of “The Secret”
into the magic of the “Action of Manifestation”,
awaken to your true potential as a Being of Divine Love Manifest.***

This is a One-Time opportunity to experience Symmetry in this way.

This transformational Seminar focuses on activating and integrating the Breath (Spirit of Life) and your Core of Peace throughout your body and your life. This Special Seminar will present a unique approach to experiencing and utilizing the Symmetry principles. Its focus will be to work with the energy of the individuals in the group and the energy of the Earth.

This special Transformational Intensive encompasses several elements.

- Explore and experience a greater understanding of the amazing principles taught in Symmetry I & II along with additional material prepared just for this Seminar.
- Experience the principles and techniques of the Applied Symmetry I and II Courses.

This intensive will weave the principles of theory with application.

- To enhance the integration of peace, joy and harmony on a cellular level.
- To open the fires of creativity, balance and strength.
- To expand your concept of action, confidence, security, discernment, intuition and organization.

***Discover the amazing facets of the Rainbow of Life
and how they integrate and evolve through the many aspects of your Being.
Harmonize the accumulated affects of stress from your life,
returning it to your body as harmonized energy.***

This Transformational Seminar utilizes the principles of Symmetry with specific intent:

- Journey into the kaleidoscope of the magnificence in the Core of Divine Love and Peace within you.
- Awaken to the depth of the multifaceted Harmonic resonance within.
- Turn the dynamo of energy within into a stream of manifestation according to your desires in alignment with your Soul.
- Set your feet firmly upon the path of your Soul - free of interference, distraction and suppression.
- Learn simple techniques to continue this positive experience after the seminar.
- Experience wonderful self-healing personal body work techniques and attunements, that you can utilize in a daily or weekly routine to enliven your body and your life.

Symmetry Spring Intensive 2008: A Healing for You – A Healing for the Earth

Join us May 12-15 at the wonderful Heartland Retreat Center near Kansas City.

We have created a Sacred Space for this Transformational experience.

For details and prerequisites contact Dianne@symmetry.nu or 888-479-6638

Must register before April 12th, 4-Day Special \$500 Donation (\$750 value)

Register by March 15th to receive a FREE ½ oz Universal Harmonic Protocol Package.

Harmonics International distributes products that align with the principles of Symmetry, enhancing your natural Rainbow of Life. For info and product specials, call 800-243-6156 or visit www.harmonicsinternational.com.

Additional Symmetry Courses

Symmetry I - Saturday, April 5th, 2008 - Overland Park, KS - Pre-registration required.

For details, contact Jeanne Ryan 573-346-1021. (Symmetry I is a prerequisite for the above Intensive.)