



Symmetry - Living an Empowered Life From the Inside Out

April 2008 Volume 5 Issue 4

**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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**What are your dreams and visions?
Now is the Time to Move into Action.
What you do Today Creates our Tomorrow.**

Attend the Symmetry Spring 4-Day Intensive, May 12-15, 2008

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

*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.*

Embody and fill your being and your life with the Rhythms of Life.

Experience just how tangible the Rhythm of Peace is in your life,

- and how lack of its presence creates disturbance in your mental, emotional and physical world,

- and lift the blockages to restore a sense of self-control and direction back in your life.

Experience the depth of each of the 12 Rhythms of the Rainbow of Life within you,

- and set goals to expand the momentum of these glorious Rhythms into specific areas of life.

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

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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Action

by Ann Marie Work

The Rhythm of Action is the rhythm of responsibility and conscious activity in expressing the Divine Love within to achieve your heart's desires.

The Rhythm of Action is formed when the red Rhythm of Harmony flowing through the tailbone merges with the orange Rhythm of Creativity flowing through the pelvic cradle to ignite a coppery stream of movement through the hips. This movement puts a positive energy of action into motion, encouraging you to look at life to determine in which part of life you choose to participate. Once a choice has been made, definitive thoughts begin to form as to how to put this choice into action. These natural Rhythms support your neuro-transmitters to transfer the transmissions associated with ignition of creative ideas, goals and plans.

The more activity evolved in the choice, the more the Rhythms of Creativity and Harmony begin to move through your being. The Rhythm of Creativity produces creative ideas and the energy to carry them forth. The Rhythm of Harmony develops your internal passion for the project and energetically opens the doorways of opportunity for fulfillment.

This natural Rhythm moves continuously through your being unless it is suppressed or stopped by judgment: self judgment, judgment of the idea or project, agreeing with the judgment of another or having judgment of another. Judgment serves as a barrier or blockage, suppressing the Rhythm of Action plus Harmony and Creativity. Until there is movement out of judgment, suppression of these Rhythms will continue in all the areas of life.

The Rhythm of Action motivates you to make positive actions rather than reactions. A "reaction" is a response to something which you perceive as negative. When you are in the Rhythm of Action and you are given an opportunity to react, you will discover a momentary pause in your behavior. Your thoughts will scan a variety of options. If you stay out of judgment, your mind will choose a positive response and appropriate action for you to take.

When the Rhythm of Action becomes suppressed, disappointment arises. When you judge your ideas and fail to expedite the activities which would bring fulfillment from these ideas you feel disappointed in yourself. When you see others fail to move on their ideas, you may feel disappointment in that person. Often parents are disappointed in their children when they fail to take expected actions. What ever the situation, judgment must first take place before disappointment can appear. Being in the Rhythm of Action allows you to gently detach from the situation or to shift your action into alignment with your intentions to express the Divine Love within.

It is the electrical spark within you that motivates you to accomplish your plans to fulfill your desires.

Action is the rhythm of creative passion removing the resistance of the ego to let Divine Love totally express itself in all areas of your life. It is the rhythm which breaks down barriers of negative emotions and attitudes which have caused limitations and suppression. It is the rhythm of nurturing the creative element of every thought and action you have desired to take.

The Rhythm of Action is a power within you, waiting for its full potential to be utilized as you step out of judgment, into honoring the expression of the Divine Love within.

As you move in your Rhythm of Action, you:

- Balance the flow of vital energy in, around and through the cells.
- Open up a free flow of electrical energy to balance energetic distortions and renew natural patterns of creativity and harmony.
- Enhance neuro-transmissions throughout the nervous system.
- Balance the basal metabolic processes within the cells.
- Transmute self-judgment and negative reactions causing stress in your life.

My Declaration of Action

"The Rhythm of Action within me opens my consciousness to embrace my passions in life, in balance and in honor of myself and others to achieve results which prosper and serve the Truth of the Divine Wisdom and Divine Order of my life in alignment with the Divine Love within me. And so it is".

Your Actions of Today Create Your Tomorrows

by Ann Marie Work

Intentions are only the first step in the process of manifestation.

Intentions and thoughts sit in the silence until they are put into action. The Rhythm of Action is the quality of fulfilled activity to bring your creative ideas into manifestation. Without action, thought is only an elusive characteristic that is soon lost in the element of time. Action is a series of events that constructively put your thoughts into motion. Each individual action inspires the development of new thoughts to expand upon the original thought. Without action - this expansion rarely happens. Therefore, action is the catalyst for the whole complete thought to be birthed and brought into the physical realm.

Meditation is a wonderful way to begin the thought process. During conscious meditation a person allows their mind to quiet and focus upon the element of Peace within. In a place of Peace the mind becomes free to disengage from the monotony of continuous dialog and reconnects to the stream of creative thoughts and ideas from the core of Divine Love deep within. An expansion begins within the mind, as it explores new ideas or new concepts of existing ideas. During this renewal process the whole being is filled with a sense of satisfaction and a celebration of life opens the body's energy circuits to put renewed ideas and concepts into motion.

There is an emotional gentle or exuberant response of excitement and anticipation. A determination is birthed to bring the renewed ideas into fulfillment. The heart opens to listen to the input of others. An inner strength begins to birth a flow of creativity and develop it with honor and integrity. A plan of action begins to form which develops as each thought is explored and expanded upon.

This cycle is repeated many times during the process of bringing the full idea into physical reality. Some ideas are fulfilled in minutes, some are handed down from one generation to another as they are continually changed or expanded upon. Each individual is a complex and unique creation. As we interact with one another in Divine harmony, the action of our creative ideas continues to expand our experiences of Divine Love Manifested.

TAKE ACTION - by Joanie Zimick

Now, let's move the manifestation of consciousness and creative energy into reality.

In other words, let's take ACTION!

We've moved into the Breath of Life continuously.

We've established and continue to emanate a firm foundation with Peace, Joy and Harmony.

We've moved into expressing our creative energy with Creativity, Balance and Strength.

And as we continue to express our creative energy, the Rhythm of ACTION helps free us from judgment and assists us to hold ourselves sacred above all else.

How do you get someone to honor you?

Can I get someone to honor me if I don't honor myself?

Probably not. So, I'm going to make sure I reaffirm this amazing Rhythm of ACTION.

Moving with my hips in a stream of copper, to manifest my reality.

My reality - what is that? One of honor, peace, joy, harmony with all, creative passions in life, balance that allows me to see how magnificent I am, and strength that allows me to move forward on my Soul's Journey, as I honor myself for the wonderful, sacred being that ACTION allows me to see.

How can life be anything but magical with all of these wonderful rhythms to show me the way – all I have to do is work with them – every day. Makes me smile☺

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. This 4-Day experience is available for a \$500 Donation.

Additional Symmetry Courses

Symmetry I - Apr. 5, 2008 - Overland Park, KS - Pre-register - Jeanne Ryan 573-346-1021.

Symmetry I - Apr. 19 & 20, 2008 - Granger, IN - Pre-register by Apr. 10 - Sally Milewski 574-679-9759

(Symmetry I is a prerequisite for the above Intensive.)