



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!

**Transformation is not a miracle
it is our natural state of being.
Symmetry is principles of ageless wisdom
made tangible for today's modern world.**

- Ann Marie

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Joy is the Elixir of Life

Joy is a most extraordinary element of Divine Love. It is a foundation of Life which is absolutely necessary for peace and fulfillment. It can be quiet and deep or light and exuberant. When it is absent there is emptiness, a feeling of being lost and alone, sadness and a lack of energy both emotionally and physically. It is like the sunshine of your soul that enlivens your Being and your journey through life.

**Take the challenge
to spend one month
to restore and fortify your foundation of Joy
and enliven the moments of your life.**

Join us at the Symmetry Spring 4-Day Intensive, May 12-15, 2008

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

Awaken the kaleidoscope of the magnificence in the Core of Divine Love within you.

Call Dianne for information at 888-479-6638

**This publication is FREE and is available on the 1st of each month at:
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Awaken Your Joy

by Ann Marie Work

*When you embrace the Love within your heart and
let go into the waves of the Breath, and into the Rhythm of Peace,
the smile of Joy emerges from deep within.
Without Peace there can be no true Joy.*

Joy is the creative movement of Divine Love in all things.

- In Joy you express the magnificence of the Divine Love within.
- In Joy there is a celebration of life. There is no fear.
- The Rhythm of Joy maintains the movement of Life within the body.
- This Rhythm emerges as the Breath of Life moves through the meridian system into the cells and systems of the body. Where there is joy, there is no stagnation. Where there is movement there is life, rejuvenation and vitality.

An Evening Attunement to Awaken the Joy within you.

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

Open your solar plexus.

Feel your Heart breathing with you.

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

Focus on 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.

As you let yourself go into the waves of the Peace,
allow yourself to go deep within to embrace your Core of Peace.

Focus on the gentle smile of Joy within you and cradle it into the Peace.

Allow this smile of Joy to spread out through and encompass your entire being.

Allow your mind to focus on those things within your life
that bring you this feeling of peaceful joy.

Then focus on one area of your life which diminishes this feeling
and gently cradle it in Love into your core of Peace,
until a smile of joy begins to form and spreads throughout your entire being.

This is transformation.

After one week,

expand this attunement to include one specific thing from each of these areas in your life:

1 - Body, 2 – Relationship with others, 3 – Finances, 4 – A plan for your life.

Take a moment to focus on what Joy means to you.

Cradle each idea as it develops one to another, into the Peace.

Embrace your body into the Peace and into the smile of Joy,

Embrace your mind into the Peace and into the smile of Joy,

Embrace your whole being into the Peace and into the smile of Joy.

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

The Rhythm of Joy

by Ann Marie Work

Joy is the celebration of life.

It is effervescence moving through your being like the radiance of sunshine smiling through from the inside out. Joy 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, to clear your perspectives on life and to allow you to embrace and move into positive thoughts and actions.

People often ask, "What is my mission in life?" The answer to this question may seem complicated. Yet, it is simple. Your mission in life is to find what brings you joy, live what brings you joy and share this joy with others. When you live and share what brings you joy, your life will be fulfilled. You will be guided from the Divine Love within, rather than by what someone else thinks is right for you or what you perceive someone else wants you to do.

The Rhythm of Joy begins like a radiant smile from deep within and moves through your being. This movement of energy creates a magnetic attraction for those people, things and events that bring your thoughts and ideas into physical reality. You are unique, and the gifts you came to share with the world are all those things that bring you joy.

Joy is the expression of Creative Love moving through your being and in your life. Suppressing your joy is the same as suppressing your creative energy. When you are out of joy, you are out of balance physically, mentally and emotionally. The body moves into a state of stagnation and dysfunction that can lead to chemical imbalances catapulting a person into chronic depression and degeneration. When you have lost the Rhythm of Joy, it can seem like a spiraling descent into an abyss of no return.

The simplest way to restore the Rhythm of Joy is through movement and creativity.

Joy is an acceleration of the movement of the Breath of Life through your being. It restores balance, rejuvenation and vitality in all levels of your life. It feels so good to be in joy. It brings a twinkle to your eye and bounce in your step. The smile in your being is intoxicating and catching - we love to be around others in joy. Joy evolves from a state of Peace. There can be no lasting Joy without Peace. Together they create the catalysts and the foundation in your life for lasting changes according to your Heart's desires.

Joy is more than a state of being, there are physical mechanics involved. The body must breathe in certain ways to accelerate the movement of the Breath of Life. Laughter replicates these mechanics, so does doing the Breath of Life exercise.

Start a journal and title it: What brings me joy? Write in it every day, even if only one or two sentences. Then expand this topic to describe how you express joy. Include short and long term plans to create experiences which would bring you joy. Then list the steps and make a plan to accomplish the goals. To restore the Rhythm of Joy to its full potential takes a concentrated effort, but it is well worth every minute spent. To once again embrace life to its fullest is the greatest reward of all.

The Rhythm of Joy is the creative expression of the Divine Love within you.

As you move in the Rhythm of Joy you:

- Awaken the creative energy of life and rejuvenation.
- Activate your RNA, the body's architects and engineers.
- Increase the movement of life-force in and around every cell
 - accelerating the rebuilding of damaged tissue and reversing the aging process.
- Build your immune system.
- Restore self-confidence from deep inside; enhance your sense of well-being and serenity.
- Transform fear, frustration and depression.