



Symmetry

**Living an Empowered Life
From the Inside Out**

June 2008 Volume 5 Issue 6

**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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Why is it important to learn to move with the magnificent flow of energy from your Soul?

Have you ever had an absolutely wonderful day? What made it that way?

Is it possible that the Song of your Soul came alive within you?

The most beautiful moments in life are when all 12 elements of Divine Love are moving synchronistically in your body, mind and emotions; manifesting into the activities of your life.

You may not be aware of the movement of each of the 12 elements or rhythms, because usually it feels more like an amazing sense of oneness with all things.

When you take time each day to focus on your individual Rhythms of Life, this synchronicity starts happening more often and at a deeper and deeper level. Each time it happens, you begin to notice how your body and mind respond, how your thoughts begin to shift into positive attitudes and your emotions align in peaceful joy. It all begins with moving into the Peace.

This all sounds good, but how do you make it happen?

By focusing your intention to mentally find, emotionally embrace and physically move into the Rhythms of Life, you ignite their movement and resonance through your mind, emotions and body. This transforms deeply embodied disharmonic counter-rhythms into harmonic form. As you continue to live in this harmonic resonance, it reconnects and moves you and the cells of your body into the waves of the Breath (Spirit) of Life gradually freeing you from the accumulated effects of stress throughout your being.

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

Symmetry monthly publications provide creative ideas to restore your natural, harmonic Rhythms of Life.

Symmetry classes assist individuals in experiencing and integrating the principles of Symmetry.

Individual Symmetry mentoring is available with Ann Marie Work - call 859-489-3327.

Supportive books and products are available through Harmonics International - call 715-355-8515.

To receive a Free Daily Harmonic Inspirational email, contact joanie@harmonicsinternational.com

Our FREE monthly publication is available at: www.symmetry.nu and www.harmonicsinternational.com

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Symmetry is more than a Philosophy. It is a way of Life

The essence of Symmetry is the magnificence of the Divine Love in your Soul. Some call it the song of the Soul. It is the movement of light, sound and color from the Divine Love within. This resonance emanates in and around your being cradling your body, mind and ego to let go and align with the Symmetry of Love within all of Creation. Within the Symmetry of the Soul lies the perfect body blueprint, the guidance for the journey of your soul and unlimited possibilities for your individual expression of Divine Love.

It is more than about wellness and longevity, it is about your quality of life:

- The movement of this energy makes your Heart sing.
- The awakening of this energy on a cellular level makes your body sing.

Symmetry teachings provide information, techniques and tools to assist you in:

- ♥ Awakening and living in the 12 natural Rhythms of Life within your being.
- ♥ Expressing and manifesting the magnificent kaleidoscope of Divine Love within you.
- ♥ Enlivening your body, mind and emotions as you remove the accumulated effects of stress.
- ♥ Enriching your daily life and the lives of those around you.

The Elements of Symmetry

by Ann Marie Work

Peace is the conscious awareness of the Divine Love within. Until a person is aware that Divine Love exists within them they may have the erroneous belief that they are unworthy and insignificant. Peace is also the conscious awareness of Divine Love in all things. When you look for the Divine in yourself and others, it allows you to move past judgment into understanding and compassion.

Joy is the movement of Divine Love in all things. Once you are aware of the Divine Love within yourself and others you realize there is nothing to fear in expressing thoughts, ideas and actions coming from this place within you. This expanded freedom of expression encourages others to do the same.

Harmony is the fulfillment of Divine Love in all things. It is the manifestation of the power of the Divine Love within to bring forth the desires of your heart in alignment with your soul.

Creativity is the fire of life to birth vitality into every area of your life. It is necessary for there to be meaning and momentum in your interactions with all those things you chose in life.

Balance is the support of the Divine Love in all things. As you trust in the Divine Love within it opens up into a kaleidoscope of magnetic attraction for health, healing, companionship and the desires of your heart.

Strength is the power to embrace and honor the Divine Love in all things. It is the driving force within you to reconnect and integrate Divine Love in all areas of your life.

Action is the ability to move into Divine responsibility to the Love within you and all others. It gives you the desire and energy to put your thoughts and plans into motion and fulfillment.

Confidence is the ability to discover, forgive and live in your true identity in alignment with the Divine Love within. It is the magnetic attraction for prosperity in all areas of your life.

Security is the ability to feel secure in the presence of Divine Love in all things, allowing you to move beyond thoughts of injustice into thoughts of serenity about yourself, your life and the actions of others.

Discernment is the ability to recognize and align your life with the truth of the Divine Love within yourself and others. It allows you to move out of indecision and into positive choices and actions.

Intuition is the ability to connect with the wisdom within Divine Love, allowing you to reconnect your inner guidance with your intelligence, to move out of doubt into knowing your truth.

Organization is the ability to accept the Divine Order of Divine Love. It allows you to recognize the magnificence of the Divine Love within your self and others plus the perfection in all things

Symmetry assists in restoring the “harmonic resonance” of the Rhythms of Life within you.

The Joy of Confidence

by Ann Marie Work

Confidence is birthed out of the Rhythm of Joy.

When you add the element (resonance) of Joy to your Creative thoughts, ideas, plans and activities you birth the Rhythm of Confidence to carry them forth into the Harmony of fulfillment.

Have you wondered where your normal drive and vitality has gone?

If the Rhythm of Joy is diminished for any reason, it affects the activity of several other Rhythms of Life in the body and in your life.

Joy is the “movement” of Divine Love. Without movement there is stagnation.

Joy is the harmonic counter-rhythm of the disharmonic rhythm of fear. Without Joy there is fear.

Joy (movement) and Harmony (fulfillment) ignite Creativity. Without Joy there is limited creativity.

Joy (movement) and Creativity (the fire of life) come together to create the Rhythm of Confidence.

Without Joy there is little confidence.

Each Harmonic Rhythm of Life has a disharmonic counter-rhythm of distress and degeneration.

Joy vs fear, distress, stagnation and degeneration

Creatively vs frustration, and suppression and limitation

Confidence vs unforgiveness, lack and poverty

Harmony vs powerlessness, disappointment and unfulfillment

Restore your Joy to move out of fear and re-ignite your Creativity.

Restore your Creativity to move out of frustration and limitation into vitality and Confidence.

Restore your Confidence to forgive your thoughts of “less than”

and reopen the flow of receiving the prosperity of the desires of your heart.

Restore your Harmony to move out of powerlessness and disappointment and into fulfillment.

Where Did the Joy Go?

Last month we wrote extensively on the Rhythm of Joy. In the “In Harmony” publication we reviewed an article written by Rich Work over 10 years ago and gave several solutions to restore the Rhythm of Joy within your being. It may be important for you to go back and re-read these articles and pass them on to a friend.

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.***

Divine Love and Symmetry - by Joanie Zimick

Divine Love is an energy or vibration that is naturally inherent within all humans. Its resonance is pure and is expressed as harmonic energy. If you were to see this energy with your eyes, you would see that it carries all the colors of the rainbow - a full-spectrum of color. And because of its extremely high energetic amplitude, it also expresses a full-spectrum of harmonic energy. This pure, high vibration permeates throughout every cell and is reflected in your DNA. If your Rhythm of Confidence is not flowing and amplified, the DNA cannot purvey accurate information to the RNA for cellular well-being.

What subdues the resonance of Divine Love? Stress - disease - toxins - parasitic activity - bacteria - imbalances - negative thoughts that change harmonic energy into disharmonic energy, etc. How do we restore and amplify this resonance, this Divine Love, this pure harmonic expression? By knowing what to do, knowing how to do it, and practicing it every day till it becomes strong enough and automatic enough to immediately harmonize stress, automatically clear parasites and bacteria, stop negative thoughts before they are even thought, allowing only a life of Peace, Joy and Harmony. It’s called Symmetry and it has changed my life!

Confidence

by Ann Marie Work

**Confidence is the Golden Light of Transformation.
It is the power to transform your challenges into gifts.**

The Rhythm of Confidence is formed when the orange Rhythm of Creativity flowing through the pelvic cradle unites with the yellow Rhythm of Joy flowing through the xiphoid process to merge into a golden stream of movement through the umbilicus. This movement is the element of life birthed out of the core of Divine Love within you. It comes from the core of your being, to assist you in finding, embracing and living your true identity - the divine nature of your being. It awakens the essence of your soul on all levels of your being; physically, mentally and emotionally, gently nudging your mind, body and personality to move into alignment with the Divine Love within.

The Rhythm of Confidence has the same resonance as the element of gold. On the physical level, it is a fluid movement of energy gently nurturing and assisting in activating the element of gold in every cell. Gold is an essential element for the proper functioning of all your systems. Life cannot be maintained without some element of gold active in your body. The gold in every cell could be referred to as the spark plugs of your physical vehicle. Even though gold is considered one of the most valuable substances on the Earth, most people are unaware of the importance of gold in your body since it is not on the list of essential food supplements for humans. However, if the gold in your body is compromised in any way, you are experiencing a lack of vitality and well being in every area of your life.

Gold is a soft metal that absorbs other metals easily. When gold becomes contaminated, resulting conditions are referred to as heavy-metal poisoning. When the gold absorbs mercury, symptoms can appear from minor headaches to death, depending on the severity of the condition. Alternative therapists usually recommend a “detox” to clean the toxic metals out of the gold.

To cleanse and activate the element of gold in your body requires an action of empowerment. Every time you confidently stand in your truth or confidently move forward in positive action you are setting into motion the body’s natural physiological biochemical reactions which cleanse out toxic metals and activates the element of gold, shifting the level of health and vitality in your body. The Rhythm of Confidence is the power of the action of positive thinking.

As the Rhythm of Confidence moves through your body, soothing, restoring balance and reconnecting you to the core of Divine Love within, it moves out into your energy field, serving as a shield of protection, transmuting or prohibiting disharmonic energies (those energies out of alignment with your being) to enter your being. The purified gold in the body serves as a magnetic attraction for all things gold. Since our monetary system is a gold standard, the gold in the body is your magnetic attraction for financial prosperity.

The Rhythm of Confidence is the rhythm of gratitude, giving and receiving. It is the rhythm of rich rewards for your service to mankind. It is your rhythm of inner strength to willingly move forward to share your gifts of love with the world.

*Move in the Rhythm of Confidence and become a living magnet
for health, vitality, prosperity, divine relationship and unconditional love.*

The Rhythm of Confidence is the pulse of life in every cell and area of life.

As you move in your Rhythm of Confidence you:

- Revive life on all levels of your being.
- Forgive all actions done by self or others in response to fear, judgment or low self worth.
- Learn to rise above adversity, to find an amazing journey of wonder and awe.
- Create victory over challenges.