



# 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!**

*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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#### **Do specific Rhythms correlate to specific physical, emotional or mental conditions?**

The “colors” of the Rainbow of Life within the body, mind and emotions have been studied for centuries within many different cultures. The function and movement of color frequencies has been given a variety of meanings in modalities such as chakra therapy, bio-resonance and color therapy.

A single color application or therapy has never been found to “cure” any condition. However, using color to transform disharmonic frequencies into harmonic form which increases the flow and amplitude of harmonic frequencies within the body has been found to have a beneficial physical, mental and emotional affect in conjunction with an overall wellness program.

*A basic premise in all forms of “color therapy” is to assist the body in activating the basic organic chemical elements of life within the body to enhance the body’s natural ability to rejuvenate and heal itself.*

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#### *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 888-479-6638.

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](mailto:joanie@harmonicsinternational.com)

**Our FREE monthly publication is available at: [www.symmetry.nu](http://www.symmetry.nu) and [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**

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# **The Rhythms of Life affect the body, mind and emotions.**

**by Ann Marie Work**

Everything in your world is energy. Energy is constantly in motion. The way in which energy moves may be called a wave-form or frequency which can be either harmonic or disharmonic. Its flow can be smooth and full or disjointed and only partially realized. The amplitude can be soft and gentle or expansive and vibrant. Each harmonic frequency of the Rainbow has a positive uplifting effect on all the other energies around it. Each disharmonic frequency can have a negative, suppressive effect on the energy around it.

The physical body functions in a very complex manner. At the hub of this activity is the blueprint in the DNA and the mechanics of the architects and engineers within the RNA. Communication is imperative to create outstanding results. Communication on a cellular level is achieved through the movement of frequencies along neuro-pathways. When the full Rainbow of Life is present without distortion, these neuro-transmissions can reach their fullest potential. The results are rejuvenation, vitality and healthy longevity in peace, joy and harmony in all areas of life.

***The more that you increase the flow and amplitude of the Harmonic Rhythms of Life the more you:***

- ♥ Awaken the potential within your DNA.
- ♥ Enliven your body, mind and emotions and eliminate the accumulated effects of stress.
- ♥ Enrich your daily life and the lives of those around you.
- ♥ Express and manifest the magnificent kaleidoscope of Divine Love within you.

The Rainbow of Life is an energetic rainbow of frequencies which move through the body much like musical resonance moves through an instrument. One might think of it like the vibration which moves through the strings of a piano. The keys on the piano always remain the same, however, if a string becomes dysfunctional and loses its pitch, it must be “tuned” before you can again hear a beautiful resonate harmonic note.

As the Rainbow of Life moves through the body certain frequencies can become distorted because of a dysfunction with the body. One way to assist the body in correcting the dysfunction is to restore specific “Rhythms” of Life to assist in “tuning” the body to its harmonic potential. This will awaken the natural inborn intelligence of the body to begin to restore itself to its natural healthy state of being.

The body has a wonderful way of alerting us to distortions within its Rainbow of Life. Similar to an automobile - when there is a problem the check engine light comes on. The body has many signal lights. A mild headache may indicate that the lymph is not moving sufficiently to clear out the accumulated metabolic toxins. This signals us that more fluids and movement are necessary to assist the body in moving out the toxins.

The following is a very generalized list of the Rhythms of Life with the Rainbow of Life, and how they can relate to the vitality or dysfunction within the body, mind and emotions. If some of these descriptions describe disharmonies within your being, you may wish to review past Symmetry Publications within which specific Rhythms are described and various attunements are suggested.

**Transformation is not a miracle it is our natural state of being.**

# The Rainbow of Life relates to the Body, Mind and Emotions.

by Ann Marie Work

**Peace** - is associated with a calm state of being, deep conscious awareness and restoring the Breath of Life.

Body - In a state of high level wellness, free from stress and rigidity.

Mind - Clear thinking with the ability to focus and concentrate.

Emotions - Present and relaxed, free of judgement and disillusionment, free from anxiety and inner panic.

**Joy** - is associated with a buoyant and effervescent state of being.

Body - In a state of vibrant health, free from lethargy, stagnation, toxic build-up, limitation and degeneration.

Mind - Open to new ideas and experiences.

Emotions - Happy, refreshed and rejuvenated, free of fear, distressful thoughts and suppressing emotions.

**Harmony** - is associated with fulfilment and satisfaction in all areas of life.

Body - In a state of alignment, restoration and stamina.

Mind - Perceptive and alert; flexible and inventive in overcoming challenges in life.

Emotions - Filled with power of purpose and passion for life, free of uncertainty, disappointment and anger.

**Creativity** - is associated with the fire or spark of Life in all things.

Body - In a state of vibrant energy, healthy reproductive organs.

Mind - Inspired and creative, productive and unlimited.

Emotions - Self-love and worthiness, free of frustration, remorse, limitation, grief, guilt and suppression.

**Balance** - is associated with trust in self and others.

Body - In a state of balanced function and fortitude; mineral balance; free from swollen joints and stiffness.

Mind - Open to new ideas and flexible thoughts.

Emotions - Feel supported and content with life, free of rigidity, instability and bitterness.

**Strength** - is associated with inner strength, honor and integrity.

Body - In a state of strength and resiliency - strong constitution, strong immune system.

Mind - Embraces the spiritual nature of your being, seeks guidance and accepts the Divine Love within.

Emotions - Feel connected to a Greater Power, compassionate and humble, free of arrogance and weakness.

**Action** - is associated with purposeful living; taking responsibility for self.

Body - In a state of harmonic function, all things working together for the whole.

Mind - Self-disciplined, determined and unrestricted to be responsible to the expression of Divine Love.

Emotions - Motivated, sensitive and empowered; free of agitation, recklessness, insensitivity.

**Confidence** - is associated with transformation and success.

Body - In a state of fine tuned movement and function, free of toxic metals and residues.

Mind - Open and consistent to pursue the unique expression of self.

Emotions - Forgiveness, gratitude, wonder and awe, free of mediocrity, greed and lack.

**Security** - is associated with serenity and trusting yourself to express the Divine Love within.

Body - In a state of resiliency, free of restriction in the lymph, respiratory and intestinal systems.

Mind - Uplifted to pursue a state of peaceful joy.

Emotions - Safe, secure and serene, free from insecurity, injustice, victim and poor me attitudes.

**Discernment** - is associated with knowing and living in your Truth.

Body - In a state of fluidity, with a strong defense system against parasitic invasion.

Mind - Inspired to seek Truth, to be understanding and free of erroneous, limiting belief systems.

Emotions - A strong sense of survival, protective and aligned with the Divine Love within.

**Intuition** - is associated with the inner guidance of the Divine Love within.

Body - In a state of awareness, the 5 senses interacting; the right and left hemispheres of the brain in balance.

Mind - Clarity, wisdom and intellect aligned with inner knowing, free of hyperactive thoughts and actions.

Emotions - Loving, stable and decisive; free of doubt and confusion.

**Organization** - is associated with Divine Order in all things.

Body - In a state of electro-magnetic precision, with a strong resilient neuro-muscular system.

Mind - Broad perspective on life, open minded.

Emotions - Acceptance of self and others, free of self-condemnation, worry, hate and rage.

# *The Simplicity of Life*

by Ann Marie Work

The *Rainbow of Life* has intrigued me since I was a child. I have always been able to “see” the colors of the energy fields around a person’s body. When I was young I had no idea what this meant, however, I did know that seeing all of the colors of the rainbow was a good thing.

When people were ill, frustrated or under stress their colors would change. The “rainbow” would appear fragmented, diminished or disappear. When my cats became ill, I took them into a rainbow and they would get well. Many years later, this is the way I healed myself of MS – by discovering the Breath of Life and developing breathing techniques to restore the rainbow colors to my energy field. As long as I maintained my rainbow, my body began healing itself and then sustained a high level of vitality and wellness.

I have come to the conclusion that if all of my cells were in the Breath of Life and the Rainbow of Life, each cell would be vital and healthy, functioning at its optimum potential. They would be working together as a team to create a balanced homeostasis in the body, creating a foundation for peace, joy and harmony in my life. This would lead to emotional stability, mental clarity and overall contentment and satisfaction.

I have always professed *the simplicity of healing*; however, the world we live in does not always support a harmonic environment to help make this possible. As human beings, we sometimes lose the power of positive thinking that encourages the harmonic flow of energy. Our negative emotions begin to diminish our “Rainbow of Life” and the simplicity of healing has become not so simple.

As the Rainbow of Life diminished, it is easier to move into judgment, fear, powerlessness and lack of self worth. We look outside of ourselves, beginning to blame others and the circumstances of our life for negative events and perceived failures. As the Rainbow continues to diminish the stress is taking its toll and physical symptoms begin to appear as we head into low level wellness in certain areas of our life.

You are not alone. This actually happens to all human beings in one way or another. It just seems personal when it happens to you. You begin to reach out for help. Any positive move at this point makes a difference. Whether it be exercise, supplements or a change in lifestyle. People find their miracles. Once you are on your way to reclaiming your Rainbow of Life, the more positive things that you do for your self, the faster you will get there.

*This is the Simplicity of Healing, and maintaining your Rainbow is the Simplicity of Life.*



## **The Rainbow in your Aura - A session with Ann Marie**

This winter a very interesting thing happened to me. Through a series of events, I became aware of new attributes involving my “sight”. I discovered that the colors in someone’s field were often very different from the ones coming out of their mouth as they spoke. These were also usually different than the colors around their heart, which I have perceived to be the colors in their blood.

Comparing the colors in the aura with the colors in the voice shows us what colors are actually integrated on a cellular level. With the understanding of what each color means, it is very easy to tell a person what has been happening in their life and where they are right now.

The colors in the blood are particularly important, because these are the frequencies that bathe every cell. This is an excellent barometer of the present level of stress on all levels, especially on the emotional level.

People are very surprised that I can tell them exactly what their life and emotional challenges have been and where they currently are in regards to this. It is always in general terms, because each color has a meaning but does not show specific events.

**This is a very uplifting and enlightening experience.**

**If you are interested in a session with Ann Marie call 888-479-6638**