



# Symmetry

## Living an Empowered Life From the Inside Out

August 2008 Volume 5 Issue 8

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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*

#### In This Issue:

- Your Divine Nature of Being
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- “In Harmony”

**Is there a Garden of Eden here on Earth?**

**Does it lie within each one of us?**

**What do the Rhythms of Divine Love - the Rainbow of Life have to do with it?**

**Can we truly return to and live our Divine Nature of Being?**

The Rhythms of Life are the tangible elements of your actions and interactions with everything in your life. The foundational harmonic or disharmonic movement of each Rhythm creates a blueprint for your emotional patterns and reactions, your core issues and struggles in life, your physical strengths and challenges, and even your desires and drive to accomplish various tasks. How each single rhythm is expressed in and through you is how the rest of the world sees you, how you feel about yourself and from what perspective you come from in making all of your decisions, thoughts and actions in life.

*Connecting with the Harmonic Rhythms of the Rainbow of Life within you  
transforms the disharmonic rhythms and patterns within you  
to bring forth the qualities of peace, joy and fulfillment you desire  
in your health and wellness, finances, job, creative projects and relationships.*

**This is the simplicity of healing you have been seeking.**

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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 seminars** 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)**

**Please feel free to print or copy this publication and forward to a friend!**

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# Your Divine Nature of Being

by Ann Marie Work

*The more you connect with the Harmonic Rhythms of the Rainbow of Life within you, the more you:*

- ♥ Awaken the potential of your Divine Nature of Being.
- ♥ Transform your body, mind and emotions as you eliminate the accumulated effects of stress.
- ♥ Enrich your daily life and the lives of those around you.
- ♥ Enhance your health and wellness, finances, job, creative projects and relationships.

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

The Harmonic and disharmonic patterns of the Rhythms of the Rainbow of Life live side by side within us. The Harmonic patterns of our Divine Nature have a stronger frequency than their disharmonic counterpart. As you connect with and embrace the Harmonic Rhythm, the disharmonic rhythm is neutralized and transformed back into its Harmonic state. Rather than get rid of or remove disharmonic energies, transform them back into positive, powerful, life giving and enhancing energies which serve you.

- ♥ **Harmonic rhythms and patterns enrich our lives.**
- ♥ **Disharmonic rhythms and patterns create challenges and struggles.**

If you are experiencing physical challenges, mental distress or personal challenges, the root cause lies within your connection or disconnection with the Divine Love within. Divine Love and individual expressions of Divine Love which move in and through you are the well stream of health, happiness and well being in all areas of life. The continual repetition and expression of disharmonic rhythms create patterns of dysfunction in the body, mind and personality. For a list of these dysfunctional patterns see last month's publication at [www.symmetry.nu](http://www.symmetry.nu).

## **Disharmonic Rhythmic Pattern**

- ◆ *Self judgment, doubt, incrimination*
- ◆ *Anxious, uptight, worried, lonely*
- ◆ *Claustrophobic, hyperventilation*

## **Disharmonic Rhythmic Pattern**

- ◆ *In fear, sad, depressed*
- ◆ *Depressed, downcast, lifeless*
- ◆ *Aged, degeneration, sluggish*

## **Disharmonic Rhythmic Pattern**

- ◆ *Powerless, dissatisfied, disappointed*
- ◆ *Uncertain, hesitant, dull*
- ◆ *Lost, aimless, empty*

## **Disharmonic Rhythmic Pattern**

- ◆ *Worthless, shame, guilt, suppressed*
- ◆ *Frustrated, rejected, lack of boundaries*
- ◆ *Stuck, unproductive, fatigued*

## **Harmonized with your Rhythm of Peace**

- to → Acknowledgment, awareness, understanding♥
- to → Relaxed, content, care free, connected♥
- to → Comfortable, easy breathing patterns♥

## **Harmonized with your Rhythm of Joy**

- to → Feeling free, happy and excited about life♥
- to → Uplifted, encouraged, enthusiastic♥
- to → Rejuvenation, regeneration, bouyant♥

## **Harmonized with your Rhythm of Harmony**

- to → Empowered, satisfied, allowing♥
- to → Determined, exuberant, passionate♥
- to → Connected, directed, fulfilled♥

## **Harmonized with your Rhythm of Creativity**

- to → Worthy, uninhibited, free, inspired♥
- to → Unlimited, accepted, secure in self♥
- to → Motivated, productive, vitalized♥

### **Disharmonic Rhythmic Pattern**

- ◆ *Distrusting, bitter, disgusted*
- ◆ *Failure, degraded, hurt, suppressed*
- ◆ *Rigid, stagnant, unstable, dysfunctional*

### **Disharmonic Rhythmic Pattern**

- ◆ *Distressed, oppressed, devastated*
- ◆ *Weak, feeble, controlled*
- ◆ *Arrogant, boisterous, bully*

### **Disharmonic Rhythmic Pattern**

- ◆ *Frustrated, agitated, driven, reckless*
- ◆ *Restricted, controlled, dysfunctional*
- ◆ *Unlucky, blocked, unsuccessful*

### **Disharmonic Rhythmic Pattern**

- ◆ *Unforgiving, withholding, ingratiating*
- ◆ *Intimidated, shy, mediocre*
- ◆ *Poverty, lack, lonely, afraid of love*

### **Disharmonic Rhythmic Pattern**

- ◆ *Downtrodden, victim, violated, insecure*
- ◆ *Pride, pompous, self-centered*
- ◆ *Capsized, discouraged, sick and tired*

### **Disharmonic Rhythmic Pattern**

- ◆ *Despair, diminished, overlooked*
- ◆ *Doubt, self-condemnation*
- ◆ *Domineering, misunderstood, limited*

### **Disharmonic Rhythmic Pattern**

- ◆ *Indecisive, unsure, unknowing*
- ◆ *Confused, disconnected, forgetful*
- ◆ *Hyper, imbalanced, scattered*

### **Disharmonic Rhythmic Pattern**

- ◆ *Anger, rage, worry, unsettled*
- ◆ *Disorganized, incomplete, fragmented*
- ◆ *Downtrodden, dejected, unworthy*

### **Harmonized with your Rhythm of Balance**

- to → Trusting, in peaceful joy, contented♥
- to → Successful, respected, nurtured, supported♥
- to → Flexible, fluid, stable, healthy♥

### **Harmonized with your Rhythm of Strength**

- to → Fortified, honored, uplifted♥
- to → Strong, vigorous, independent♥
- to → Humble, quiet, integrity♥

### **Harmonized with your Rhythm of Action**

- to → Renewed, encouraged, steady, determined♥
- to → Motivated, independent, functional♥
- to → Destined, upheld, accomplished♥

### **Harmonized with your Rhythm of Confidence**

- to → Forgiving, giving, full of gratitude, sincere♥
- to → Self-confident, outgoing, unique♥
- to → Accepting, open to receive, trusting♥

### **Harmonize with your Rhythm of Security**

- to → Serene, in control, supported, secure♥
- to → Proud, gentle, gracious, sincere♥
- to → Feel safe, resilient, vital, refreshed♥

### **Harmonize with your Rhythm of Discernment**

- to → Enhanced, expanded, recognized♥
- to → Seeking truth, free of judgment♥
- to → Innocent, understood, aware♥

### **Harmonize with your Rhythm of Intuition**

- to → Decisive, sure, wise♥
- to → Clear, intuitive, alert♥
- to → Calm, centered, comprehensive♥

### **Harmonize with your Rhythm of Organization**

- to → Trusting Divine Order, calm, structured♥
- to → Organized, whole, aligned♥
- to → Accepting magnificence of Divine Love within♥

## **This is The Simplicity of Healing you have been seeking.**

Restoring and amplifying the original Rhythms of the Rainbow of Life within you supports the body, mind and emotions in restoring balance and enhancing your level of well being in all areas of your life.

# *Symmetry Seminars*

by Ann Marie Work

## *A Transformational Experience of Rejuvenation and Renewal*

*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.*

### *Waukesha, WI (near Milwaukee) September 19 - 23*

**Friday, Sept. 19th - *Introduction to the Simplicity of Symmetry* 7:00 to 9:00PM**

**Experience an easy revitalization technique that you can use any time, anywhere.  
One hour will make a difference in your life.**

**Saturday, Sept. 20th - *The Simplicity of Symmetry* 9:30AM to 5:00PM**

**Explore and experience the amazing healing principles of Peace, Joy and Harmony.  
Change your Rhythmic patterns - change your life.**

**Sunday, Sept. 21st - *An In-Depth Exploration of the Simplicity of Symmetry* 9:30AM to 5:00PM**

**Embrace the kaleidoscope of magnificence in the Divine Love and Peace within you.  
Simple Self-help techniques to release trauma and the accumulated effects of stress.**

**Monday and Tuesday Sept. 22nd - 23rd - *Integrated Symmetry* 9:30AM to 5:00PM**

**Release the accumulated effects of stress from your physical body, mind and emotions.  
A bodywork training session for professionals and students of bodywork.**

**Attend for the number of days of your choice:**

**1 day (Sat.), 2 days (Sat. & Sun.) or 4 days (Sat., Sun., Mon., & Tues.)**

**Call Ann Marie for further information - 888-479-6638**

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### **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**