



Symmetry - Living an Empowered Life From the Inside Out

September 2008 Volume 5 Issue 9

**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:**
- Happy Little Cell Story
 - The Rhythm of Security
 - Symmetry Seminar
 - “In Harmony”

*Would you like 100 trillion happy little cells
all working together in harmony to create a healthy, vital body?*

“I am excited to share with you an amazing discovery I have found that assists in detoxifying, oxygenating, alkalizing, hydrating and rejuvenating the body.”

For more information visit www.harmonicwater.net
or call Joanie at 800-243-6156 or 715-355-8515

*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.

Join us in a Transformational Experience of Rejuvenation and Renewal!

Waukesha, WI (near Milwaukee) September 19 - 23

(See Page 4)

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

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

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

Copyright 2008 - All Rights Reserved

Happy Little Cell Story

by Ann Marie Work

***Would you like 100 trillion happy little cells,
all working together in harmony to create a healthy, vital body?
I have made an amazing discover that I would like to share with you.***

***Check out this website: www.harmonicwater.net - then call me at 888-479-6638.
I would love to talk to you about what this has done for me in my life - Ann Marie***

You have approximately one hundred trillion cells in your body. Today, we are going to visit one of those cells. It is a happy little cell. It is busy doing exactly what it was born to do. It has a wonderful life. It has purpose, reason for being and it is happy.

With every breath that you take, the lymph moves through your body. It gently caresses the cell, bringing it oxygen and nutrients. It bathes the cell and carries away the toxins produced by the cell.

Then one day, you experience a physical, mental or emotional stress in your life. And you hold your breath in response to this stress. You begin to breathe in shallow breaths, which no longer pump the lymph through your body. Our happy little cell no longer gets its full body massage with each breath that you take. The amount of oxygen and nutrients reaching the cell is decreased. The cell begins to struggle for survival.

The toxins begin to build up around the cell. The fluid around the cell becomes stagnant and acidic. Parasites begin to move in. Parasites serve the purpose of cleaning up decayed matter. However, they also enjoy eating the nutrients which were meant to go to the cell. Plus the stagnant fluid soon becomes filled with debris and toxins being given off by the parasites. It has become a perfect hiding place for more parasites to move into. More cells are suffocated and starved, setting up an acidic arena for inflammation, infection and chronic degenerative conditions.

There is no longer a life-sustaining environment for our little cell. No longer happy, the cell begins to degenerate. It can no longer carry out its purpose and soon it dies.

One cell out of a hundred trillion has little meaning, but when the numbers begin to multiply symptoms of degeneration begin to appear. You may feel more tired than usual. Headaches, constipation, indigestion, lethargy and mood swings are all symptoms of a body in decline. Some call it aging, others call it stress, in reality - it is a body without the Breath.

The good news is that these symptoms often serve as a catalyst to warn you something is going wrong. You have the choice to do something positive to make a difference or take a pill to decrease the discomfort and let the condition accelerate. There are many things that you can do to begin to make a difference. The first step to restoration is doing something to restore the flow and amplitude of the Breath of Life throughout your body.

As you begin to Breathe, the lymph begins to move. It washes through the area where the happy cell used to live. It cleanses the toxins and debris. Now, it is no longer a positive environment for the parasites and they leave, or are exposed and are destroyed by your immune system. The area soon becomes flooded with oxygen and nutrients. Within our body is the perfect blueprint for the rebirth of a cell. A new cell is created. It is a happy little cell. It has purpose and a reason for being. As the lymph moves with each Breath that you take, the cell receives a full body massage. The lymph gently caresses the cell, bringing it oxygen and nutrients. It bathes the cell and carries away the toxins produced by the cell. The cell is a happy little cell.

It is never too late to detoxify, oxygenate, alkalize, hydrate and rejuvenate your body!

The Rhythm of Security

by Ann Marie Work

The Rhythm of Security is formed when the Yellow Rhythm of Joy unites with the green Rhythm of Balance to merge into a stream of abundant life. This Rhythm emanates through the trachea and lungs into your body with each Breath you take when the Rhythms of Joy and Balance are present. It is an expression of Trust in the Divine support of your being - knowing you are safe at all times cradled in the Heart and Mind of God.

This feeling of safety opens up the consciousness within you to perceive the possibilities and options available to you in all aspects of life. It encourages positive thought and action rather than a negative focus. It uplifts your emotions assisting in the movement out of despair and loss, while opening your awareness to perceive your reason for living.

This Rhythm of joyful balance gives you peace of mind with yourself, your actions and your life. This gentle sweet Rhythm moves you into the in-breath and out-breath of receiving and giving encouragement and acknowledgement—creating a flow of energy to open new paths of discovery and accomplishment while turning your natural talents into useful skills.

It is the same frequency as the element of sulfur, which influences the longevity of the physical body. Remember the story of Ponce de Leon? His famed fountain of youth was a natural artesian well of sulfur water. Sulfur, a basic organic element in every cell, is necessary for proper cellular function. The Rhythm of Security assists you in balancing the activity of sulfur in your body. When this Rhythm is suppressed, the activity of sulfur in the body is diminished.

It is the emotions of insecurity, injustice and “poor me” which interfere with your natural Rhythm of Security. When these emotions are prevalent, the stress creates a chemical imbalance within the body, weakening the immune system and creating distress within the respiratory, lymph and intestinal systems. Common reactions and physical conditions related to this stress are craving sugar, indigestion, intestinal conditions, decreased metabolism, weight gain, water retention, distress in the lungs, bronchi, trachea and sinuses, allergies, sluggish lymph flow, bladder infections and a slowing down of the cleansing of toxins within the body. These combined reactions often lead to excessive fungus growth, Candida and parasitic invasion on a cell level, which in turn decreases the presence of joyful balance in the body, mind and personality, creating a vicious cycle and downward spiral into physical, mental, and emotional despair and limitation.

There is no other rhythm which will move you out of the sense of being a victim faster than the Rhythm of Security. It allows you to see the beauty in yourself and others, and the journey they have chosen. It is soft and gentle, yet one of the most powerful rhythms of all.

What may appear to be a magical moment or even a miracle is often the Breath and movement of Security throughout the body, mind and personality. Opening avenues of change in your life, it moves you into the Universal flow of life. It can lift you out of rigidity into resiliency helping you to let go of those things which no longer serve you. It is within this Rhythm that you feel safe to let go of negative, outdated beliefs and irrelevant perceptions based on erroneous reference points.

As you trust and experience the integrity of Divine Love, you begin to feel safe.
Cradled in the arms of Creation, insecurity gives way to security and serenity fills your being.

The Rhythm of Security cradles you in the serenity of life.

As you move in your Rhythm of Security you:

- Harmonize imbalanced energies that support harmful parasites and fungus.
- Enhance the energetics of longevity.
- Energetically harmonize and release the emotions of injustice and being a victim.
- Create a positive energy flow that assists the trachea, bronchi, lungs, sinuses and lymph.
- Restore health and serenity in the cells and systems of the body.

Symmetry Seminar

by Ann Marie Work

A Transformational Experience of Rejuvenation and Renewal Experience Symmetry in a Whole New Way!

*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.

- Understand the simplicity of healing.
- Experience simple ways to easily change your reactions to the challenges in your life.
- Let's Keep It Simple Sweetie!

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

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

- There is NO POWER GREATER THAN THE DIVINE LOVE WITHIN.
- You have known this - now let's make it a reality!

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.

- Awesome techniques to experience and share.
- Give yourself the gift of an Integrated SPA Experience for 2 days.
- Immerse yourself in total relaxation.
- Let the stress, stiffness and stagnation unwind from your body, mind and emotions.

Attend for the number of days of your choice:

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

For more information, call Ann Marie at 888-479-6638 or Patty Martin at 262-542-2991.

**Private Sessions with Ann Marie will be available in Waukesha, WI
September 18th, 24th, 25th. Call Patty Martin for appointment.**