



Symmetry - Living an Empowered Life From the Inside Out

January 2005 Volume 2 Issue 1

Welcome to our Symmetry Newsletter!

April 2nd, 2005 – A Tribute to Rich Work – See Schedule (page 8).

This newsletter is available on the 1st of each month at:

www.harmonicsinternational.com and www.symmetry.nu

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

Symmetry is ...

the connection of the mind, body and soul becoming a physical reality in all areas of life. It is an expression of life, love and empowerment which comes from the deepest of your being, to be embraced and shared with the world.

The focus of this issue is the Rhythm of Strength.

Symmetry empowers you to empower yourself!

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Symmetry was founded by Ann Marie and Rich Work.

Champions of the full expression of life, their work exemplifies their role as “Guardians of Personal Mastery” and is dedicated to all who seek to move beyond limitation and distress, to claim mastery, define their truth and live their truth as they bring forth their gifts to create a positive change, moving their life and their world from one of fear, judgment and limitation, to one where only the divine expression of Creative Love flourishes.



Ann Marie and Rich Work

***There is no greater power than that which lies within.
Unleash this power - to transform your life and your world.***

From Ann Marie

As we begin our new year, it is time to reflect on the past and set our goals for the future. At Symmetry Center we all took time to gather our thoughts and Vision:

- 1. What would we like the world to look like 20 years from now?*
- 2. What major areas of consciousness would have to shift to accomplish this vision?*
- 3. If I were in charge of the world:
What would I do if I had all of the money and resources to accomplish this task?*
- 4. If I could only be in charge of one area, what would I choose to work on?*
- 5. With the time, money and resources I now have, what project could I become involved in that would begin to make a difference?*
- 6. What will I commit to doing in the next 30 days?*

You do make a difference. Meditating assists in shifting consciousness, however, you live in a physical world. The way to assist your meditation into becoming a physical reality is to accomplish a physical task. You must take some sort of action. You can meditate on washing the dishes, but to actually get them washed you must either:

- go to the sink and commit to doing the task or
- support someone else in doing the task for you.

Do you desire personal and world peace, joy and harmony?

What physical activities have you done or are you doing to assist in accomplishing this?

You are part of the world you are praying for.

Where do you spend or give your money?

Every time you “spend” money, you are financially supporting something.

You are actually tithing to a particular industry or organization.

You may think - its only a few dollars, but every few dollars count.

Where and how do you spend your time?

Every minute you spend focusing on drama and trauma, whether it be your thoughts, conversation, or activities (watching TV or movies) increases that consciousness globally.

Every minute you spend focusing on peace, joy and harmony, increases that consciousness globally.

Every minute you share a moment of peace, joy and harmony with another, quantifies these vibrations of love around the world.

Every time you reach out to care for someone, you provide a foundation for them to shift.

Every time you believe in someone, you open doorways of possibilities.

Every time you support another to express their soul, you assist in changing the world.

We are all connected.

Our goal at Symmetry International is to provide you an opportunity to shift your consciousness, assisting us in shifting the consciousness of the world. Together we can change the world.

The Rhythm of Strength

by Ann Marie Work

There are three rhythms of love naturally inherent in the body. These are the rhythms of creativity, balance and strength. They are movement of the vital life force within. They move through the body as the flickering of a flame. The orange flame of creativity is the fire of life in your body and in every cell. The emerald flame of balance aligns the cells, maintaining an equilibrium between all of the systems. The violet flame of strength maintains cellular integrity, the immune system plus the overall security system of the body. This newsletter is focused on the Rhythm of Strength.

The Rhythm of Strength originates from the core of your being and pulses through your spinal fluid, embracing the spinal cord, discs and vertebrae, providing a sense of peaceful harmony as it moves out to the rest of the body. From the atlas to the tailbone this Rhythm dances through the cranio-sacral system enhancing the order and organization within all systems as it continually opens and expands the body's natural intelligence to establish and maintain a state of vital health on a cell level.

Its gentle movement pulses through your being strengthening every part of your body and the body's ability to stand strong against all of the pressures from the outside world and let go of the effects of stress that get trapped in your being.

The Rhythm of Strength is the rhythm of integrity, recognition and connection. It opens up your connection to truth - the truth within your being as well as Universal Truth within Creation. It enhances your body, mind and soul connection allowing you the opportunity to discover, know and live in your Truth. When you walk in integrity with yourself and others, you are moving in the Rhythm of Strength.

This is the Rhythm of tenacity and perseverance. Like an inner driving force, it continually nudges you to seek truth in all areas of life, to stay connected and live from your soul and walk free of fear and judgement. It nudges you to seek wellness for the physical body, knowledge for the mind and sacred expression for your soul.

It lifts the veils of oppression, allowing you to see your value and your worth, guiding you to

trust and believe in yourself. It encourages your personality to align with your soul, and break free of the tyranny of belief systems which have held you in separation and limitation.

Like the flickering of a vibrant violet flame, this Rhythm ignites the fire of life in the nucleus of every cell.

- Restoring the Breath of Life from the inside out.
- Emanating the magnificent radiance of your Soul through your being.
- Reinforcing your body, mind and soul connection.
- Strengthening you to know and walk your Truth.
- Inspiring you to embrace your value and worth.
- Encouraging you to honor your self and all others.

It appears to be directly related to the strength of the immune system. When the Rhythm of Strength is distorted or suppressed, the immune system becomes dysfunctional and weak. Conversely, anything which distorts or suppresses the immune system does the same for the Rhythm of Strength. Whether it be environmental toxins, radiation, virus, immunizations or stress, what affects one—affects the other.

It also appears to have a great influence on the connective tissue, cartilage and collagen in the body. As the body ages, these tissues lose their elasticity becoming rigid and calcified. This Rhythm encourages flexibility in both the body and the mind. Reversing rigidity and calcification requires movement plus the inner strength to walk free of fear and judgment. The younger you are—the freer you are. Age is not determined by the length of time you have been on the Earth.

Moving into the Rhythm of Strength

by Ann Marie Work

Turn on soft relaxing music*.

Sit upright on a firm chair, so your back is a few inches from the back of the chair.

And begin to gently rock back and forth.

Pay attention to your breathing.

You can feel your lungs expanding and contracting as you inhale and exhale.

Now imagine your whole body breathing with you,

And let yourself go into the waves of the Breath and into the Peace.

Let your shoulders and pelvic cradle rock back as you inhale, forward as you exhale,

Aware of your spine rocking and flexing with each breath.

Focus on the word integrity and perceive the pulse of strength forming in your spine,

Like a violet flame gently beginning to move on the waves of the Breath:

Through your back, sacrum and sacroiliac,

Into your tailbone,

Across your hips and pelvic cradle,

Moving down through your thighs and legs, and into your feet and toes.

Up through your abdomen,

Across your solar plexus, and into your heart,

Through your chest, and across your shoulders,

Down your arms, into your hands and fingers,

Up your neck and into the center of your head,

Across your face, in your eyes,

Through your mouth, jaw and neck,

Into your atlas at the top of the spine then

Cascading down and through your spine.

Embrace the movement of this flame in your spine from tailbone to atlas.

Like a slow gentle pulse, it moves out through your being to embrace every cell,

Cradling you from inside out.

It moves around, about you, cradling your whole being

As you relax into waves, like being rocked like a baby.

Define this Rhythm using harmonic words such as gentle, strength, connection, integrity, etc.

Then sit quietly, embraced in this Rhythm as your spine gently rocks you.

Contemplate on your inner strength and your connection to Creation and all that is.

Finish with a proclamation, "I accept the magnificence of the Rhythm of Strength within me".

** The music I use for all of my attunements is "Desert Flower" by JoAnna Burns-Miller. It can be purchased at most book stores or through Harmonics International.*

Ann Marie

The Essence of Strength

by Tina Aderholt and Sandy Kamiak – Symmetry Instructors



This wonderful essence* was formerly called “*Connection*.” With this in mind, I visualize it as a beautiful violet stream of energy connecting the soul with the nervous system, through the brain and spinal column, all the way down to

Mother Earth and her core. It carries a link “from above” to “below.” *Strength* is an arm of the Feminine Divine triangle of Creativity-Balance-*Strength*. It opens and brings a delicate vibration of communication between the systems of the body, as it balances the electrical system. *Strength* assists the flow of energy in the nervous system and the immune system as well. It radiates a shield of security and safety. The nervous system is like a very sophisticated relay network reaching into each cell. The immune system protects us from intruders and offers a line of defense against agents like viruses, bacteria, and harmful thoughts. Both systems influence and work together as the violet flame ignites the life in each cell.

The word and the essence “*Strength*” has a grounding and calming influence on me. I feel more in my body—relaxed and present. I have used it while driving on certain freeways or energetically disturbing areas of roads or bridges. Using a few drops, I feel more alert, grounded to the Earth, and connected with the vehicle that I am driving. This essence stimulates and balances the cranial-sacral flow of energy down the spine. With this pathway aligned and functioning, I am more in touch with my soul’s intuition, protection and guidance, as it flows into my three-fold personality (body-emotions-mind.)

Strength is needed and generated, when we strive to creatively overcome or transmute obstacles in our path. Security and a flowing persistence can be felt. This prism must be fully activated and

functioning to assist with the changing energy fields in our evolving environment as well.

I am ebullient about all of the essences, but *Strength* is one of the core essences in my life. Each essence brings forth to me its special quality.

As I absorb that quality, I then experience and express it more fully in my life as well. *Strength* is a beautiful violet flow. It is part of the effervescent Feminine Divine. This essence is one of the foundational rhythms that I feel with every breath I take. As I do the daily Symmetry work, I am guided to profound feelings of love and understanding, beyond my previous life experiences. The essences are qualities of life that I am building my world upon. The essence *Strength* assists me in understanding situations that unfold in and around my life. I feel solid and secure when I call forth *Strength* and allow it to hold and fill my cells from head to toe.

Love is freedom. My experience is that freedom and love create *Strength*. I know that I cannot give what I do not have. When I call forth *Strength* it gives me an endless well of love, kindness, freedom, compassion, and honor for others. When I consciously hold and breathe in these principles with my Living Om, I demonstrate the highest degree of integrity in my life. When I do not have love flowing within me, I cannot show love in words or actions to others. As I breathe in *Strength*, I see ribbons of violet energy flowing and dancing throughout my lungs, and then swirling into each cell in a dance of illumination. Endless amounts of courage and stamina are then available, to assist in creating the pathway for love and true freedom.

Symmetry has been an exciting journey for me. I have found it to be a magical, delightful journey of love and passion, both for myself and for others, who choose to explore their dreams.



*The “*Essence*” refers to the Liquid Harmonic Formula offered by Harmonics International.

The Essence of Strength, cont.

The essence of *Strength* follows the first five prisms or essences. These beautiful vibrations or essences were created at this time to assist in healing and balancing each and every cell in our bodies. Each essence unfolds into the next one, following a purposeful sequence where they each support and build upon the previous ones. This is like a treasure hunt to find and embrace our most beautiful Selves. The essences have colors, sounds and movements, like a dancing masterpiece.

I am in constant awe of the magnificent path

unfolding before us, as we choose to live in *Strength*, with responsibility for our individual thoughts, intentions and actions, in harmony with others on this planet. Experiencing and working with the essences is a gift that Ann Marie and Rich have offered to us, if we dare to accept this spiritually and humanly powerful offering. The journey leads to treasures of love, compassion and honor. The energy of the universe is an awesome experience. Love and wisdom pours forth. Symmetry is *Strength*. I invite you to share my experience of Symmetry.

Aligning My Highest Consciousness

From Proclamations of the Soul by Rich Work

*All truth is truth,
but not all truth is your truth.*

A major lesson is unfolding before us. That lesson is known as discernment. This lesson will confront you again and again until you master the lesson of discernment. We are moving out of a world of codependency into a world of cocreation. In a codependent world we were taught to listen with our head. In a cocreative world we must learn to listen with our heart. There are many who would like to tell you what your truth is and have you embody their thought forms, become part of their drama and conform to their truth. The Earth will no longer support those who choose to live in codependency. Theirs will become a world of struggle—until they move forward in harmony with the evolving consciousness of humanity.

*The eyes want to believe what they see.
The ears want to believe what they hear.
The heart can neither see nor hear.*

It knows.

Listen with your heart.

***All proclamations that I think or say this day and each day,
I will accept only those that are in alignment with my Highest Consciousness.
And so it is.***

It is a universal truth that thought is the most powerful energy in Creation. Thought is energy put into motion. Our world, our universe and our reality have been created by thought forms. Too often words are said carelessly, and thought forms that may not be in alignment with an individual's highest consciousness become embodied. As you become the master of your universe, you will no longer be governed by such limitations.

Just as a computer will reject software it was never programmed to receive, we can program our computer to reject those thought forms that are out of alignment with our highest consciousness. It is with this intent that the following proclamation was created.

The human mind can be programmed and controlled. We recognize that we have the ability to reprogram our thoughts to remove limitations by ensuring that only those words that are in alignment with our highest consciousness are accepted. Every thought you think and word you utter is a proclamation that you declare as your own.

Connection

by Judith Moyer – Symmetry Instructor

Well it happened again! Just when I thought I knew something about the breath and somehow had mapped out the course, it once again took me into uncharted territory inside myself. This time it reconnected me to the core of that which I was born inside, creation herself. How interesting to be inside the vast unlimited space and discover my original self. How profound an experience of Self within the depths of me. I struggled to make sense of connection in this life and all of the many textures in relationship, caring, loving, giving, and service. In an instant there seemed to be a quantum moment in my breathing where I was expanded into CONNECTION with every one and everything. It was then I knew that I had met and am connected to everyone's essence on the Earth, every expression of the creation of life. I met the "whole" of me. The whole essence entered this life as me.

I knew that although my mother and father had perceived that their intimate moment conceived me, I did, in fact, ready myself from the substance of the Living Om, to make my grand entrance at the precise moment. The living breath through that intimate sacred act of my parents, had created the exact environment for me to evolve from creation into form. I had been transformed into sacred physical personhood. I was the breath herself, rising up and calling myself forward into Being.

On this journey, there have been many times of "beginnings," while honoring my life experiences of completion. Once again, as magnificent creation is inspiring me with the fresh breath of courage, I walk the path of envisioned heartfelt dreams. My dreams are no longer just dreams. Daily they are being manifested into magnificent realities.

Daily the Breath calls to me to go forth. I move into new, glorious adventures and expressions of connections with each person I meet. The Breath invites me to make the time required to spark the light of our essences together. This is the greatest opportunity I have ever given my Self. I am risking my Significance, the Beingness my Soul came to be. We are moving from the time of our gestation into the expressions of joy, peace, and magnificent creativity. Risking our "Significance" roots in us, the light of our strength. Along with enormous actions of creativity and wisdom, we create Holy experiences anew.

The strength of celebration is growing in us and moving us out into being strong breath-filled, powerful, compassionate and soul-full people, as we are allowing our amazing aliveness for life. So I invite you today to risk "Your Significance" in this world of creative life-giving possibilities. You will light up your heart and sing your soul. I will know you and you will know me in this connection of strength.

Blessings, Judith Moyer

Contrary to what we men have been led to believe, strength has very little to do with our muscle tone. True strength is from your core, a combination of body, soul, and intuition. Intuition is something we guys have to work on. It is there but has been suppressed for eons. Just believe it is so and act on that belief and "Be Man Enough" to accept responsibility for your actions. Stand in Your Truth and Be Strong. If the decision is not 100% true, admit it and improve it. This will take some practice. But the results will change your life.

Verland Lundy

Symmetry Courses

Saturday, April 2nd, 2005 1 - 3 PM

A Tribute to Rich Work

(A Memorial Service 1 year after Crossing Over)

To be held at the Woodford Hills Country Club,
Versailles, Kentucky.

April 3rd

Reunion for Symmetry III graduates

at the Woodford Hills Country Club

Sunday 9 AM to 4 PM

If you have not yet registered,
please call 888-479-6638 immediately for details
and information on lodging.

For Symmetry Courses in your area
or if you desire to sponsor a course in your area
see list of instructors and schedules
at www.symmetry.nu
or call Dianne at 1-888-4Symmetry (888-479-6638)

Breathing the conscious Breath of Symmetry, I move along the corridors of my own Soul with ease. I listen, I choose, I invoke, I declare, I commune, and all my sense are filled with the awareness that I am part of Creation's song. When I am centered in This Breath, breathing with the Pulse of Life, Creation surges. Allowing my voice to speak or sing on This Breath...I can offer transformation or transmutation to the world around me in profound peace. In these sacred moments my body vibrates with immense joy, my intent is made manifest and I make a difference.

Renée Morgan Brooks

– Coordinator, Ministerial and Instructional Support

Harmonics International distributes products created by Ann Marie Work. These products align with the principles of Symmetry and assist in enhancing the natural Rhythms and Breath of Life. Every month *Harmonics International* has a Special!



Harmonics International – January Special

January 1st thru January 31st, 2005

Strength

Strengthen your body, mind and soul connection.



Every time the body is under stress, you hold your breath. Eventually this disrupts the energetics of the body's nervous system. Static electricity builds up, creating further disruption and communication breaks down in the systems of the body. *Strength* is designed to stimulate the movement of energy to:

- Restore the Breath of Life within the cells of the body.
- Reconnect the communication systems in the body.
- Reduce stress, restore peace and promote a strong immune system.
- Reestablish balance in the nervous system, reducing the static of excess electricity.

Testimonies

- It was as though every part of my being reconnected. Taking *Strength*, I completely relaxed. I rediscovered peace, strength, serenity . . . me. (C.R.)
- I take *Strength* whenever I feel anxiety. I go into a state of peace and clarity. I feel refreshed and ready to go again. (B.B.)

Suggested Uses

To energetically support those challenged with low self-esteem, AIDS, Hepatitis C, immune deficiency, virus, cranio-sacral dysfunctions, spinal weakness, addictions and to reduce excess electrical build-up and reoxygenate the body:

- Take 5-10 drops in water 4 times a day.

To relax, get focused and reconnect your creative energies:

- Place 5 drops under tongue. Take a few moments to relax, close your eyes, and drift into the peace.
√ At bedtime to relax into peaceful sleep.

**Purchase a 2 oz *Strength*
Receive a *FREE* 1/2 oz *Strength***