



Symmetry - Living an Empowered Life From the Inside Out

September 2005 Volume 2 Issue 9

Welcome to our Symmetry Newsletter!

It 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 calm, peaceful strength within you expressing itself to restore peace, joy and harmony in every area of your life.

The focus of this issue is the Rhythm of Intuition.

Symmetry empowers you to empower yourself!

In This Issue:

- What Brings You Joy?
- The Rhythm of Intuition
- Moving into Intuition
- Cranio-sacral System
- Testimonies
- Symmetry Courses
- “In Harmony”

From Ann Marie . . . Who are you?

You are a divine expression of Creative Love in physical form. Have you ever felt worthless and of no value? Often this judgment comes when you perceive that you have made a mistake and in that action you feel that you have hurt yourself or others. The truth is that you have never made a mistake. *You have only made choices which failed to bring you joy.* Often these choices were made in response to a fear, a judgment or a situation where you failed to love and honor yourself or another. Once you recognize these choices no longer bring you joy, you have the option to change them.

By listening to your intuition, following your heart and embracing your value, you can let go of judgment and move your life back into alignment with your Soul.

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

What Brings You Joy?

by Ann Marie Work

This month our focus is on the Rhythm of Intuition, and I think back to one of the first questions Rich asked me when I met him years ago. “Ann Marie, what brings you joy, and if what you are doing is not bringing you joy, what are you going to do about it”?

When first asked, I had no idea what brought me joy. It was a foreign concept to me. I had been raised to please others: my parents, my church, my teachers. Then as life progressed it was my husband, my children, my employers, my neighbors, my friends and everyone else who wanted me to do what they wanted me to do. I believed that I was just being a nice person. The common terminology for this today is “being a pleaser”.

It took me a long time to discover that there is nothing wrong with pleasing others as long as it brings you joy, and that the main criteria for choosing to do something or not to do something, is if it will bring you joy. This means learning to say “no” to others when they are asking you to do something, believe something, or take a particular action because they want you to, even when it goes against your feelings, beliefs or convictions.

To determine if something will bring you joy requires a definition of the word joy used in this manner. Joy is an expression of the Soul. It is an emotion of jubilation and celebration within your being when you are choosing activities which are in alignment with your Soul. It is listening to your intuition and following your heart.

What brings you joy is not short term gratification which can lead to long term distress. It is not listening to the dysfunctional patterns of your mind, body or personality. Such things as griping, moaning, anger, fussing, worrying, etc. are out of alignment with your Soul and do not bring you joy. They may appear to bring you satisfaction in the moment, due to the chemical reaction of adrenaline and endorphins in your system, but this is short term and is actually destructive in the long run.

It truly is for each person to determine what brings them joy. It is often different for different people. That is what makes life so interesting. What brings you joy may be different from what brings you happiness in the moment. Let me give you some examples.

- There are certain tasks I do not enjoy, but the final result brings me much joy. The task is a small price to pay for the joy it brings. Example: A clean floor brings me joy. I do not like scrubbing the floor, but the final results bring me joy.

- There are certain decisions I would like someone else to make for me. It is difficult not being able to please everyone. However, to stop procrastinating and make a decision toward a peaceful resolution brings me joy.

- Being responsible for the actions I have chosen may sometimes appear difficult and stressful. However, the long term joy this responsibility brings me is well worth it.

If things in your life are not bringing you joy, they are usually suppressing or depressing you. They are giving you stress which appears to have no end. I have discovered that often, rather than make a change in a situation or activity, a person may resort to thoughts and actions very much out of character with their personality.

An example, was a neighbor of mine who confided this story to me. Every night before her husband got home she would pray that he would get into an accident and die. After several weeks, she realized that she really did not want him dead, she just wanted him out of her life. The next day she filed for a divorce.

So, when do you decide it is time to make a change? Life is full of change. When something no longer brings you joy in the long term, it is time to take a good hard look at why this is still an activity in your life. Start a positive action, instead of just living in reaction to your life. There are always many options. One is to remain with the activity but change how you approach it or interact with it. Another is to remove yourself from the situation or activity while maintaining honor for all concerned. Whatever the choice, the sooner you take action, the sooner you move into joy. Listen to your intuition—follow your heart.

Use your *Intuition* to find your *Joy*.

The Rhythm of Intuition

by Ann Marie Work

*The Rhythm of Intuition is movement of the wisdom and guidance from your Soul.
Follow your Intuition and move into peace, joy and harmony in all areas of life.*

The Rhythm of Intuition serves as a guiding light within you. It activates your intellect, inner wisdom and knowing, to gather information from your senses and make sense of your world. This gives you the ability to analyze, compare, draw conclusions, rationalize and create appropriate expressions in your life. From this information you develop attitudes, characteristics and your personality.

The Rhythm of Intuition moves from the core of your being through the sphenoid in the center of your head, out into the nervous system and into the body. It connects the physical computer brain with the wisdom and information from the soul. This allows you to think, create and perceive far beyond the information being brought in through your five senses into the brain.

The Rhythm of Intuition balances the left and right hemispheres of your brain, allowing you to accept life and make the best of all situations as they are presented to you. It helps you to control your doubt and indecision, opening your ability to trust your self and trust the world around you to make the best decision for your journey in life. As you open your perception to see the bigger picture, you move into your strength to stand in your truth and choose appropriate actions in the moment. This builds your confidence to step forward to embrace life, putting aside your fears and judgments to break through the bonds that have held you in separation from your desires and move past the limitations which have only been an illusion.

Many people refer to their “intuition” as their “inner voice”. They perceive guidance or knowing coming from deep within their being. When you move into that place of peace, you move into the calming presence of the wisdom within and your

body gently begins to move into the Rhythm of Intuition. Your intuition is the “knowing” created when your conscious awareness unites with your inner wisdom. When you trust your intuition you are trusting the wisdom of the internal guidance coming from your soul, propelling you along your journey in life and into your destiny.

When you trust this inner guidance, it is called “listening to your heart” rather than your mind. It removes confusion and you feel uplifted and encouraged from the inside out.

The Rhythm of Intuition is perceived as indigo. It is a color similar to the night sky filled with stars. The stars represent the individual pieces of wisdom within, too numerous to count. The more you are connected to your intuition, the more others perceive you as having luck, the magic of miracles happening in your life and an enormous amount of common sense.

When this Rhythm is disrupted, it is often perceived as being fragmented, scattered, hyper, mentally or emotionally imbalanced. Often a hyperactive child (ADHD, ADD) has enormous connection to the Rhythm of Intuition, but is unable to sustain a balance with it within their reality. This may be due to toxins formed from immunizations, chemicals such as additives, preservatives or pesticides or imbalances in their blood sugar. To correct these situations requires a rebalancing of the cranio-sacral rhythms to assist in aligning the hemispheres of the brain and reestablishing the Rhythm of Intuition by restoring the Breath of Life within the sphenoid in the center of the head. Harmonics International offers several products to assist in this process. Two of the most important are the *Full-Body Activators* and the liquid formula *Intuition*. (See Sept. - In Harmony newsletter.)

Moving into the Rhythm of Intuition

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.

Pay attention to your breathing.

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

Begin to gently rock back and forth in rhythm with the waves of the Breath.

Focus on the air entering the nose and moving into the lungs,

Then leaving the lungs and out through the mouth.

Open your solar plexus gently as you inhale, relaxing as you exhale,

Letting your whole body breathe with you, into the waves of the Breath and into the Peace.

Focus on the word Intuition allowing the calm, peaceful strength to fill your being

And move on the waves of the Breath

Into the Heart,

Then up through your chest, and across your shoulders,

Down your arms, into your hands and fingers,

Up your neck,

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,

Cascading down and through your spine,

Through your back, sacrum, sacroiliac and hips,

Into your tailbone and pelvic cradle,

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

Up through your abdomen,

Across your solar plexus, back into your heart,

Then back to your spine and cranium, breathing together as one.

Perceive the movement of this gentle rhythm embrace your whole being.

Lift your arms and let your body begin to describe this feeling in movements,

Describing what intuition feels like with your body, without words.

Then begin to define in your mind what you are feeling using harmonic adjectives such as clarity, support, etc.

Then return to your heart center and sit quietly, embraced in the Waves of the Breath,

Your solar plexus gently opening as you inhale, relaxing as you exhale,

Letting yourself be filled with the pure essence of wisdom from deep within,

As you contemplate on what listening to your inner wisdom and intuition means to you.

Finish with a proclamation, *“I embrace the magnificence of my Soul. And so it is.*

* *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

Cranio-Sacral System

by Ann Marie Work

There has been a lot of study involving the cranio-sacral system over the last 20 years and much has been discovered. This amazing system controls and acts as a check and balance system for most of the physical functions of the body. All other pulses and rhythms are determined by the health of the cranio-sacral system. This includes the heart and respiratory resting pulse as well as the little known and understood pulses of all major organs and systems. As cranio-sacral therapy is becoming more popular, facilitators as well as clients are perceiving the connection of this system to every area of a person's existence, including emotional stability and mental clarity.

The cranio-sacral system includes the cranium and spinal column plus all of the fluids and mechanisms within the system. It is an enclosed system. When the fluids are pulled down due to gravity, a pumping action takes place in the brain stem to transport fluid back up to the brain. This is what creates the cranio-sacral pulse. Any place within the system in which the fluid is unable to move freely, moves into a place of distress and can lead to corresponding degeneration within the body. Whatever a person can do to maintain the health of their cranio-sacral system enhances their overall level of wellness and vitality.

The cranio-sacral system has been a major focus for me for several years. Many of the exercises, attunements and products I have created strengthen and enhance the health and function of the cranio-sacral system.

- The *Breath of Life* exercise was specifically designed to open up the rib cage and enhance the flow of the fluids within the cranio-sacral system to restore the *Breath of Life* throughout the body.
- The *Harmonic Synchronistic Attunement CD* is actually a self-guided cranio-sacral session restoring the *Breath of Life* throughout the body.
- The *Breath of Life CD* takes it to the next level.
- The *Full-Body Activators* were specifically designed to assist me in restoring balance and alignment within my cranio-sacral system. That is their main purpose, it is what they were designed for. (They do not work sitting in the box. A 20 minute attunement a day may change your life).

Several of the liquid *Harmonic Formulas* enhance the cranio-sacral system:

- *Intuition*. For a *mini cranio-sacral adjustment*: Take 5 drops under the tongue. Place 1 drop on palm of each hand, place one hand on your forehead and other on the back of the head. Hold gently and Breathe for a few minutes.
- *Intuition*. Place 5 drops under the tongue to quiet the brain and enhance mental focus.
- *Peace*. Place 4 drops in a gallon of water and drink throughout the day.
- *Joy*. Use as directed in our booklet to enhance your life-force energy throughout your body.
- *Intuition, Creativity, Strength* is a triad I use when I "feel hyper or anxious".
- *Intuition, Ebony, Opal* is a triad I use when I "feel sluggish".
- Call for a *FREE Harmonic Product Booklet* for more information: 1-800-243-6156

Integrating All Aspects of Being

From Proclamations of the Soul by Rich Work

Many today recognize the term “the child within.” I often refer to it as fragments of our being. We are a complex being in mind, body and spirit. Remember that the physical body is only a reflection of what is going on in the energy (etheric) body.

Imagine that when you were a child someone had said to you, “You know something? You are never going to grow up to amount to anything!” Your reaction would have been, “Ouch, that hurts!” A fragment of your emotional body would have been wounded and would have withdrawn, surrounding itself in a cocoon of protective energy where it could feel safe and secure.

Later another playmate might have teased you by saying, “Not only that, your clothes are ugly, too!” That hurt, too. And another fragment of your emotional body would have pulled back and surrounded itself in a cocoon of safety.

When we take into consideration the totality of all that we are on all levels of our being and

on all levels of consciousness, we have, not a few fragments of our being, but thousands of them that have retreated to safety.

The reason many fail to receive the healing they desire is that not all of them are fully present for it. As the person leaves to go for his healing, the fragments say, “You go and have a good time. We’ll be here when you get home.” Later, some of the fragments will say, “Gee, I think I’ll try that, too,” and several more will participate. This process could go on indefinitely.

We thank those who have brought to our consciousness the concept of the child within. Before any healing can truly have a long-term effect, we must first integrate the totality of our being in order to experience the totality of the healing.

The following proclamation lovingly invites those fragments to join together and participate as one to receive the healing.

The Child Within

*From the Divine Love that flows within my Being,
I call forth all aspects of my Being that are tethered to the Earth
to stand before me as I stand before you, in Love.*

I ask you now to integrate with me in Unconditional Love.

I call forth all aspects of my Being to stand before all other aspects of my Being.

*I ask you to forgive all aspects and to accept forgiveness
and embrace all bonds between you in Unconditional Love.*

*I call forth the fragments of my Being, joyfully united,
to move through all time in Peace and Harmony.*

And so it is.



You are not the drummer—you are the orchestra.

You are not one cell—you are a universe having an experience, embodied in human form.

You are not a body—you are the integration of mind, body and soul.

You are not separate from anything—you are connected to all that is.

*You are not a life experience—you are the sum total of everything
your soul has experienced since the beginning of Creation.*

Testimonies

- My grandson, Eli, was diagnosed early in life as ADHD ODD. He was very bright, very oppositional and violently temperamental. At age two, in preschool he would throw tables and chairs across the room. My daughter, at wits end, with a doctor's advice put him on Ritalin. On Ritalin, he suffered with side effects: Slow physical growth, mood swings, and depression. I am an Energy Healer and could see that the Ritalin was burning up his brain. I had just taken Symmetry and had started using the *Harmonic Products*. My daughter and I took Eli off Ritalin in September of 2003. We got him *Liberators*, his magic bars, and *Pocket Activators*, his worry stones. We put him on the ADHD triad (*Intuition, Creativity, Strength*). Occasionally we used the triad for Anxiety (*Peace, Ebony, Opal*) or the triad for Depression (*Joy, Intuition, Confidence*). Eli just moved to a new state. When his records as an ADHD child followed him we were called in for counseling. Eli's teacher and counselor saw NO SIGNS of an ADHD child. They saw a happy well adjusted boy who was doing very well in school. Eli is now in the program for gifted children and doing SUPER. Harmonic Essences and Acrylics have CHANGED HIS LIFE!!!!!! Thank you Ann Marie. (Jeanne Ryan)

- In first grade, my son was uncontrollable. The day he chewed through the computer cable was the day I was informed that he could not return to school unless he was taking Ritalin. It was near the end of the school year. On the drug he became listless and very sad. During the summer I took him off of the Ritalin and went to see Ann Marie. She taught my son how to Breathe his head. Imagine teaching a child how to recognize the difference between a "tight" and "loose" head. Then to recognize when his head was tight and Breathe it loose. What is even more amazing—it works.

My son will ask me for his drops. (He puts a few drops of *Intuition* in his mouth). Then asks me to sit with him while he Breathes his head free. When he notices that I am frustrated, he simply says, "Mom take a few drops then sit and Breathe with me". It always works.

His second grade teacher was unaware of his behavior the year before. At conference time, I asked how he was doing. When she said that he was an ideal student, I told her about his problems last year. The next week she gave him a Most Improved Student Award. He is so proud of it and often speaks of the special lady who gave him magic drops and helped him to "get his head on straight". Thank you. (A.H.)

- I have been told that I have adult ADD. I have a difficult time focusing and paying attention to anything for any length of time. I was attending a workshop, when I was introduced to *Harmonic Intuition*. I put 5 drops under my tongue, then placed a drop on each hand and held the front and back of my head. Within moments I could feel the shift inside of me. I became centered and balanced. I was able to maintain focus the rest of the afternoon. Since that day, I can not imagine life without *Intuition*. (Kristen Harris)

Rich Work taught me one single immutable truth, and that truth is the only truth that I will ever need to know. "There is only one sickness in the world and one cure. The sickness is fear, and the cure is love. Absolutely everything else is an illusion. All things will pass away, but love will not!" Rich Work was a spiritual teacher to me as he was to so many others. Reflecting back, I now realize that true spiritual masters do not always look, talk or even act like those who on the surface appear to be spiritual, but who are not. Sadly I did not completely recognize Rich for who he was; but having parted the veil, humbly I say, what an honor and a privilege it was to have walked on terra firma with a Master. Rich was a soul to whom I will be grateful always for casting the clearest, purest, and brightest light on my path. (Beverly Lloyd)

Symmetry Courses 2005

Courses by Ann Marie Work

October 8 - 11 Symmetry III

For information and registration, call 888-479-6638.

Announcing

A special Working Retreat for all Symmetry II and III students starting October 1st.
Come for a day or a week - call for details 1-888-479-6638

Symmetry Instructors' Course Schedule

Jason Yoon – Cupertino, CA

Tel. 408-777-0450

Call to set up a course – teaching upon request

Tina Aderholt & Sandy Kamiak – Saratoga, CA

Tel. 408-741-5189

Symmetry Sundays 1st of each month
(Call for information and to RSVP)

Karen Wagoner – Stelle, IL (Chicago area)

Tel. 815-256-2260

September 24 Symmetry I
October 22 Intro to Symmetry
November 5 Symmetry I

Sally Milewski – Granger, IN

Tel. 574-679-9759

Call to set up a course – teaching upon request

Lydia Lyn Lang – South Bend, IN

Tel. 574-289-1003

Call to set up a course – teaching upon request

Jeanne Ryan – Camdenton, MO

Tel. 573-346-1021

Call to set up a course - teaching upon request.

Judith Moyer – Tel. 859-396-8157

Call to set up a course - teaching upon request.

Jane Kramer – Reading, PA

Tel. 610-678-3636

Call to set up a course – teaching upon request

Patty Martin – Milwaukee and Waukesha, WI

Tel. 262-542-2991

September 2 Intro to Symmetry
September 3 Symmetry I
November 5 Symmetry I

Mary Jo Sabata - Topeka, KS

Tel. 785-286-2979 or 785-230-2977

September 5 Symmetry I

For Symmetry Courses in your area

or if you would like to sponsor a course in your area, see list of instructors and their current schedules at www.symmetry.nu, or call Dianne at 888-4Symmetry (479-6638)

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”.

It is dedicated to all who seek to move beyond limitation and distress.

Their teachings guide you in moving your life from one of fear, judgment, stress and limitation,

to one where the divine expression of Creative Love flourishes. They encourage you to define your truth, live your truth and bring forth your gifts to create a positive change in your world.



Ann Marie and Rich Work