



*Symmetry*

**Living an Empowered Life  
From the Inside Out**

October 2009    Volume 6 Issue 10

---

**THERE IS NO POWER GREATER  
THAN THE DIVINE LOVE WHICH LIES WITHIN YOU!**

---

*Do you feel Safe and Secure at all times with a deep sense of Peaceful Joy?*

Do you sometimes feel a sense of uneasiness, insecurity, anxiety or fear?

Do you find excitement in “new” ideas, plans or projects, but soon the motivation declines?  
How soon into a project do you set it aside before you become infatuated with the next new thing?

Do you accuse yourself of procrastination and/or failure?

Is it possible that SELF-JUDGMENT, INSECURITY AND FEAR  
becomes awakened with each new project you begin?

The feeling that comes with these emotions soon becomes associated with the project,  
so you set that project aside to start a new one only to have the cycle start all over again.

This pattern of SELF-JUDGMENT, INSECURITY AND FEAR exists in everyone to some degree,  
and has been reinforced from generation to generation throughout humanity  
until it has become an energetic part of the consciousness upon the Earth.

*Symmetry Focus This Month – For you, Humanity and the Earth.*

Harmonize the emotions of SELF-JUDGMENT, INSECURITY AND FEAR into Peace, Security and Joy  
within yourself - and assist in shifting the consciousness within humanity and the Earth.

*Reading the following attunement allows the judgment, anxiety, insecurity, restriction,  
fear and lifelessness within to be transformed into Peace, Security and Joy,  
awakening awareness, serenity and a renewed zest for life.*

*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 consultations** are 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 e-mail, 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!

Copyright 2009 - All Rights Reserved

# Safe and Secure - with a deep sense of Peaceful Joy

Attunement by Ann Marie Work (Proclamations by Rich Work)

## ***Declaring My Intent***

*It is my intent to be well, whole and perfect in mind, body and soul. And so it is.*

***When I am in judgment, anxiety, doubt or indecision, a solution lies in the Rhythm of Peace within me.***

**Peace** is the conscious awareness of Divine Love in yourself and in all things.

- In Peace I acknowledge, discover and embrace the magnificence of Divine Love within me.
- In Peace I have awareness, understanding and compassion.
- In the fullness of Peace there is no criticism, worry, anxiety, doubt, indecision, self-condemnation or loneliness.
- My Rhythm of Peace releases and transforms the accumulated physical, mental, emotional stress of judgment.
- In Peace my energy body and cranio-sacral system align and expand their resonance and function.
- Peace emerges when I acknowledge the Spirit of Life breathing within me.

## ***Establishing Intent to Move Forward***

*Whatever is interfering with my Free-Will Choice and my ability to move forward in my life according to my Heart's Desires, I choose to embrace into Unconditional Love. And so it is.*

***When I feel a sense of injustice, resistance or control, a solution lies in the Rhythm of Security within me.***

**Security** is my Rhythm of Serenity, knowing I am safe and supported by the Divine Love within me.

- In Security I perceive the possibilities and options open to me and I am encouraged with positive thought.
- In the fullness of Security I have no sense of restlessness, being the victim, or feeling downtrodden.
- In Security I have serenity, resiliency, safety, gentleness and beauty in all things.
- My Rhythm of Security brings peaceful joy to open my awareness of my gifts in life. I feel encouragement and acknowledgement—creating a flow of energy to open new paths of discovery and accomplishment.
- I find Security when I quiet my mind to focus on the Breath moving in and out of my body in a gentle flow.

## ***I Acknowledge My Being***

*From the Divine Love within my Being, I call forth the totality of my Being, in Love.*

*I ask that you forgive and honor me as I forgive and honor you. I thank you for the lessons we have shared.*

*I now embrace all bonds between us in Unconditional Love and transmute all interfering energies into the divine expression of Creative Love, and embrace you into my Oneness. And so it is.*

***When I feel fear, hesitation, procrastination, lifeless or depressed, a solution lies in my Rhythm of Joy.***

**Joy** is the creative movement of Divine Love in and with all things.

- In Joy I continually express the magnificence of the Divine Love within.
- In the full movement of Joy I have no fear, suppression, sadness, depression or sluggishness.
- In Joy I experience the fullness of life, happiness, regeneration, enthusiasm and inspiration.
- My Rhythm of Joy releases and transforms the accumulated affects of the stress from fear and suppression.
- In Joy, my cells and systems increase their life force and their ability to revitalize and rejuvenate.
- I find Joy when I focus on the smile of Love and contentment in my heart.

## ***Establishing New Patterns***

*I reaffirm all those proclamations supporting my intention to be well, whole and perfect in mind, body and soul.*

*I am prepared and accept my abundance in all things that bring me joy. And so it is.*

***“The magnificent of Peace, Security, Joy and Divine Love exists, expresses and manifests in and through me. And so it is”***

**For more info on these Rhythms, see October 2009 “In Harmony” at [www.harmonicsinternational.com](http://www.harmonicsinternational.com)**