



Symmetry

Living an Empowered Life From the Inside Out

November 2009 Volume 6 Issue 11

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

The core of your being is the pure harmonic expression of Divine Love.

Do you sometimes feel like your life is different than you expect it to be?
Are you challenged with tiredness, brain fog, depression or emotions out of control?
Is there a sense of being “beside yourself” rather than full of your true Divine self?
Does it seem too easy to move into doubt, indecision, anxiety, frustration and disappointment?

WELCOME TO LIFE ON EARTH.

The chances are that everyone you meet is also experiencing many of these same things.
They, just like you, are reacting and responding from these emotions -
rather than from the core of Divine Love within.

LIFE HAPPENS.

Once you realize,
it is “how” you respond to life that matters, rather than the circumstances happening,
you can redirect your perception, your attitude and your actions
to align with the Divine Love within.

Start by making this your mission for one week and see how your life changes.

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

Choose Divine Life - Choose Love – Choose the expression of the magnificence within.

Harmonize the emotions of doubt, indecision, anxiety, frustration and disappointment,
into loving, nurturing, supportive, positive emotions that lie within yourself
- and become part of the consciousness creating positive change within humanity and the Earth.

*Reading the following attunement allows the doubt, indecision, anxiety, frustration and disappointment
to shift into positive supportive emotions, awakening a renewed awareness of the Divine Love within.*

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

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!

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Awaken to the Divine Love Within

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.

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.

Turn on soft relaxing music. Sit upright so your back is a few inches from the back of the chair.

Become aware of your Breath moving in and out of your body.

Let yourself relax into the wave of the Breath and into the Peace.

Focus on your Heart and "Feel" the Love within your Heart Breathing with you.

Then just let yourself go into the Wave of the Breath and into the Peace for a few moments.

The Divine Love within your Heart comes from your connection to the Heart and Mind of God. It allows you to know and understand what Love is. Like a spark of life within you, if allowed to expand through your being, it can fill every cell in your body. It is the fire that inspires your thoughts and ideas and forms the foundation of your personality. It encourages you to shift your judgments into peace, understanding and discernment; your fears into joy, compassion and a celebration of life; your feelings of frustration into empowerment, fulfillment and passion for life; your feelings of disappointment into recognizing the worth and value of the magnificence of life in yourself and others. This Love allows you to honor the Love inside yourself and others; and recognize that you and they have a choice to express it or not, each moment of each day.

Embrace the Love in your Heart, and let your whole body move into the wave of the Breath from head to toe.

Be aware of the radiance of Divine Love moving through your chest,

The ribs gently moving in the wave of the Breath of Life like a metronome of life.

This wave of Love moves through your shoulders and collarbones,

Then flows down into the arms, elbows, forearms, wrists, hands and fingers,

Then up through your neck and into your head.

Your cranium gently opens as you inhale, relaxes as you exhale, allowing your brain to relax,

Be aware of your spine Breathing allowing this gentle flow of Love to move from brain stem to tailbone.

Let your pelvic cradle gently rock and your hips to open as the wave moves into your legs, feet and toes.

Be aware of your abdomen Breathing as your internal organs are filled with Love.

Focus on the Love within your Heart, flowing through your body from head to toe and out to the Earth.

Wrapped in this Love - open your awareness to embrace the "magnificence" of the Divine Love within

As you focus on Divine Love filling your being, finish the following statements:

I perceive the Divine Love within me as - full, radiant, supportive, embracing, beautiful . . .

continue with at least 5 of your own words.

The Love flowing within me feels - warm, delightful, buoyant, uplifting, strong . . .

continue with at least 5 of your own words.

I describe the magnificence of Divine Love as - rich, illuminating, powerful, omni-present . . .

continue with at least 5 of your own words.

Focus on the way the Rhythm of Divine Love continues to move through and fill your being as you proclaim:

***The Presence of Peace, the Expression of Joy, the Fulfillment of Harmony,
the Magnificence of Divine Love exists, expresses and manifests in and through me. And so it is***

For more info on the essence of Divine Love see

November 2009 "In Harmony" at www.harmonicsinternational.com

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