



Symmetry

Living an Empowered Life From the Inside Out

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

**COGNITION - the act of knowing; and knowing how and when to act -
ONE OF THE GREATEST GIFTS OF THE WISDOM OF THE DIVINE LOVE WITHIN.**

In the PAST or PRESENT, have you ever felt:

**• resentment • envy • guilt • jealousy • failure • unforgiving • disappointment • indecision,
sabotaging your desire to remain balanced, confident and in harmony with your life?**

**Do you recognize a lot of your old beliefs do not resonate with you anymore -
they feel out of alignment with the Divine Love within you?**

**Is it truly difficult for you to acknowledge how wonderful you are -
and that you are valuable and worthy of anything that brings you happiness and joy?**

**Transform and let go of the thoughts, beliefs and energies you have created in the past,
sabotaging your connection to the wisdom of your sacred self, and the peaceful joy that you deserve.**

***Reading the following attunement allows the stagnation and limitation caused by old belief systems to be
transformed into Balance, Confidence and Harmony, reawakening your natural ability to
trust in the Wisdom of the Divine Love within.***

**You may desire to do this attunement daily until the transformation to peaceful joy, vitality and fulfillment
have a continual uplifting and energizing effect within you.**

CHANGE YOUR WATER, CHANGE YOUR BODY, CHANGE YOUR LIFE!

**Discover Living Kangen Water full of the Breath and Rainbow of Life.
Detoxify, hydrate, oxygenate, alkalize and strengthen the cells and systems of your body,
to assist you in rejuvenating, supporting and transforming your body, mind and emotions.**

**E-mail me at annmarie@symmetry.nu to ask me why I am so excited about this,
I found an answer to what I had been looking for. See it on www.harmonicwater.net**

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 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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Cognition - your natural ability to trust and act on the Wisdom of Divine Love.

Attunement by Ann Marie Work (Proclamations from *Proclamations of the Soul* 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 believe I have failed, a solution lies in the Rhythm of Balance within me.

Balance is a state of peaceful joy, embracing the Divine Love within all things.

- In Balance, I trust the Divine Love within.
- In the full movement of Balance I have no envy, jealousy, bitterness, hurt, rigidity or emotional pain.
- In Balance I have support, flexibility, wellness and contentment with the blessings in life.
- My Rhythm of Balance maintains stability and wellbeing in my body, mind and emotions.
- Balance emerges when I allow the source of Divine Love within me to enfold and nurture every aspect of my being. It is my life force of health, healing, love, trust and emotional stability.

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 express or experience unforgiveness, a solution lies in the Rhythm of Confidence.

Confidence is my Rhythm of Divine Transformation.

- In Confidence I forgive all actions done by myself or others in response to fear, judgment or low self-esteem. I create victory over challenges as I rise above adversity to live an amazing journey in wonder and awe.
- In the full movement of Confidence I have no unforgiveness, lack, poverty or mediocrity.
- In Confidence I have forgiveness, gratitude, prosperity, divine relationship and unconditional love.
- My Rhythm of Confidence comes from the core of my being to assist me in finding, embracing and living my true identity - the divine nature of my being.
- In Confidence I willingly move forward to share my gifts of love with the world.

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.

When I express or experience disappointment, a solution lies in the Rhythm of Harmony.

Harmony is the fulfillment of Divine Love in action.

- In Harmony I live in and fulfill the magnificence of the Divine Love within me.
- In Harmony I have no disappointment or lack of power.
- In Harmony I have satisfaction, stamina and the empowerment to achieve the desires of my heart.
- The rhythmic pattern of Harmony releases and transforms accumulated affects of powerlessness allowing my cardio-vascular, endocrine and skeletal systems to align, balance and revitalize.
- Harmony is my Rhythm of empowered living, opening the doorways to manifest the life I desire.

Aligning My Energies

*From the Divine Love that flows within my Being,
I command all my energies be aligned in Divine Perfection. And so it is.*

“The magnificence of Balance, Confidence, Harmony and Divine Love exists, expresses and manifests in and through me. And so it is”

For more information on these 3 Rhythms, see June 2009 “In Harmony” at harmonicsinternational.com