



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!

I always know a few days before it is time to write my article for the next publication. Why? - all of my issues related to the next protocol begin cropping up, so I have plenty of material to write from. This month's protocol is Creativity.

*Creativity - the Fire of Life within you
assists you in joyfully moving into the action of creating and fulfilling your dreams and visions.*

The energetics of Creativity support transformation, accomplishment, fulfillment, empowerment, rejuvenation and vitality.

Transform and harmonize the emotions of frustration, restriction, disappointment, remorse, guilt, lack of motivation and lack of self-worth.

Awaken your Creativity, inspiration, excitement, productivity, freedom, worthiness and acceptance into your life, to joyfully develop your creative ideas and find your fulfillment.

Reading the following attunement allows the frustration and suppression within to be transformed into Creativity, Action and Harmony, awakening the natural fire of life of the Divine Love within.

Ann Marie will be in Little Rock, AR the first part of this month then on to Minneapolis. If interested in her speaking schedule or want a private appointment call 1-800-243-6156.

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 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

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Creativity - joyfully move into action to create and fulfill your dreams and visions.

Attunement by Ann Marie Work (Proclamations from *Proclamations of the Soul* by Rich Work.

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 feel disappointed, a solution lies in the Rhythm of Harmony.

Harmony is the fulfillment of the activities of Divine Love.

- In Harmony I awaken my passion for life.
- In the full movement of Harmony I have no disappointment or lack of empowerment.
- In Harmony I have satisfaction, stamina and the empowerment to achieve the desires of my heart.
- My Rhythm of Harmony releases and transforms accumulated affects of powerlessness.
- Harmony is my Rhythm of empowered living, opening the doorways to manifest the life I desire.

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 restricted, a solution lies in the Rhythm of Action.

Action is my Rhythm of Movement to take responsibility for expressing the Divine Love within me.

- In Action I move into positive activities to accomplish my plans to support the fulfillment of my desires.
- In the full movement of Action I have no restriction, reckless behavior or reactions to self-judgment.
- In Action I have motivation, responsibility, self-discipline, determination, independence, accomplishment.
- My Rhythm of Action encourages me to look at life to determine how and where I will participate.
- In Action I willingly choose positive creative activities to move into actions fulfilling my dreams and desires.

Declaring My Intent

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

When I feel frustrated, a solution lies in the Rhythm of Creativity within me.

Creativity is the spark of Divine Love igniting life in all things, awakening my potential.

- In Creativity I am alive in the activity of the magnificence of the Divine Love within.
- In the full movement of Creativity I have no frustration, suppression or limitation.
- In Creativity I experience transformation, acceptance, inspiration, enthusiasm, excitement and vitality.
- My Rhythm of Creativity maintains the fire of life within me and everything in my life.
- Creativity emerges when I allow the source of Divine Love within me to become active and alive in every area of my life.

Self-Worth

From the Divine Love within my Being, I proclaim my value, my worth. I am worthy of being loved and honored. I love and honor all others. I am Creative Love of Creation Itself, expressed as (state your name). And so it is.

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

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