



Symmetry - Living

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**THERE IS NO GREATER POWER THAN THE DIVINE LOVE WHICH LIES WITHIN.
UNLEASH THIS POWER - TO TRANSFORM YOUR LIFE AND YOUR WORLD.**

Symmetry is ... a pathway of self-healing and transformation, tapping into the power within to manifest your desire to be whole, well and perfect of mind, body and spirit in peace, joy and harmony in all areas of your life.

The presence of your “Rainbow of Life” is equal to your physical, mental, emotional resiliency.

Do you take the quiet time to awaken and reinforce the presence of your internal Rainbow within you each day? The build up of stress throughout your day can continually diminish the strength of your Rainbow. Taking a few moments every day this month to focus on Peace, Joy and Harmony - the foundation of your Rainbow - will prove to you the difference it will make in your body, mind and emotions. Join our group attunement on Sunday. Let me know about the differences in your life after one month. I know you will have them!

Symmetry Attunement and Focus This Month – For You, Humanity and the Earth

Rainbow Attunement

Breathe - into the wave of the Breath and into the Peace.

Open your solar plexus.

Feel your Heart breathing with you.

Feel the Love within your Heart breathing with you.

Then let yourself go into the wave of the Breath and into the Peace.

Be aware of the Rhythm of Peace

And let your mind define its presence in your body.

Feel the Rhythm of Joy begin to flow through your being,

Like a gentle smile of sunshine.

Perceive the Rhythm of Harmony filling your being,

Like the warm rosy glow of fulfillment.

Embrace the radiance of the Divine Love within

As it emanates through your being and declare:

*“The Presence of Peace, the Expression of Joy, the Fulfillment of Harmony
and the Magnificence of Divine Love exist, express and manifest in and through me. And so it is”.*

The Month’s Declaration: I accept, embrace and fill myself with the natural Rainbow of Life emanating from the core of my being. Each day, I allow my mind to perceive the presence of Peace, Joy, Harmony and Divine Love within me. I allow my emotions to be renewed and uplifted as I become aware of new insights, inspirations and manifestations. I encourage and allow my body to continue to “Breathe” in Peace, Joy and Harmony throughout the day. I acknowledge and look for the Rainbow of Life within the consciousness of the Earth to create new perspectives, awareness and positive shift within humanity.

THANK YOU FOR YOUR PARTICIPATION IN THIS ATTUNEMENT FOR YOURSELF, HUMANITY AND THE EARTH
Read more about Peace, Joy and Harmony in June’s “In Harmony” at www.harmonicsinternational.com

To receive a Free Symmetry Sunday Inspirational e-mail, contact joanie@harmonicsinternational.com

Journey into the kaleidoscope of the magnificence of Divine Love within you.

Supportive books and products are available through Harmonics International - call 715-355-8515.

Our FREE monthly publication is available at: www.symmetry.nu and www.harmonicsinternational.com
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