



In Harmony!



May 2016

There are twelve Divine Rhythms of light, love and empowerment naturally inherent in the body. The Divine Rhythms of Love are Creativity, Balance and Strength. They move with the vital life force within, and move through the body as the flickering of a flame. The orange flame of Creativity is the fire of life in your body and in every cell; the emerald flame of Balance aligns the cells, maintaining an equilibrium between all of the systems; and the violet flame of Strength maintains cellular integrity, the immune system, plus the overall security system of the body. This newsletter focuses on:

The Divine Rhythm of Balance by Ann Marie Work

The Divine Rhythm of Balance is the movement of the emerald flame of love which comes from the core of your being to enfold and nurture every aspect of your being. It is the life force of health, healing, love, trust and emotional stability. It is the soft, warm rhythm of the Breath itself. Even though it is one of the most subtle movements of life, when Balance is missing—it can be painful.

On the physical level, this Rhythm establishes the balance and equilibrium in every system and the interaction between systems. Associated with cellular integrity and longevity, it is considered the rhythm of health and healing. It opens the channels of communication, via the nervous system, between the glands and all other elements of the body. This intricate system maintains the stability of the mechanisms which keep the body functioning at its full potential. A balance of chemicals, pH and fluids is mandatory for a properly functioning body. There are thousands of chemical reactions taking place on a cellular level every second of every day. We often take this process for granted until there is a dysfunction and physical degeneration sets in. This Rhythm supports the vitality of all of your major organs, enhances the balance of electrical charges, the absorption of minerals and the removal of toxins, promoting youthfulness and slowing down the aging process.

This Rhythm is also essential for emotional stability and is associated with the emotion of trust—trusting self. It could be said that this is the movement of energy which is awakened when you trust and act upon the guidance from within. When you acknowledge the truth of your inner self, a sense of serenity and security moves through your being and enfolds you. Being cradled by this Rhythm from the inside out gives you strength and increasing assurance to follow your heart. It gives you the courage to be both gentle and bold, to stand in your

truth and proclaim your identity as a divine expression of Creative Love. As you embrace this magnificence, it opens your eyes to see the magnificence of others. It allows you to shed insecurity and doubt, and move into peaceful joy.

This Divine Rhythm of Love is associated with the heart and is what all of the love songs are written about. It emanates from the soul through the sternum in front of the heart and radiates through your being and out into the world. It is how you “feel” love. When you say you love someone, you are experiencing the emotion of this Rhythm. When you send love to someone, you are sending out the waveform of this Rhythm.

This is also the Divine Rhythm of Trust. When your trust is broken, you call it a broken heart, because you no longer feel the warm nurturing movement of this rhythm caressing your heart. You may even feel like a victim and blame someone or something outside of yourself for what you are experiencing. In truth, you are the only one who is responsible for your reactions and your emotions. The process is simple, when you perceive your trust has been broken, you hold your breath. When you hold your breath, you close your solar plexus and drop your shoulders. This compresses your sternum and shuts off the nurturing Rhythm of Balance and Trust from your heart. At this point, your body chemistry becomes imbalanced and your whole body is affected. You no longer feel radiant and happy. The peaceful joy is gone. The following statement, “Time heals all wounds” is one way to live. A more empowered way is to take charge of your life and your emotions; breathe, restore the Divine Rhythm of Balance and allow the peaceful joy to return to your being.

The Divine Rhythm of Balance is also the Divine Rhythm of Health, Healing, Trust and Emotional Stability. It is the Divine Rhythm of Peaceful Joy.

Moving into the Divine Rhythm of Balance - by Ann Marie Work

Turn on soft relaxing music.*

Sit upright on a firm chair, so your back is a few inches from the back of the chair,
and begin to gently rock back and forth.

Pay attention to your breathing.

You can feel your lungs expanding and contracting as you inhale and exhale.

Now imagine your whole body breathing with you,

and let yourself go into the waves of the Breath and into the Peace.

Let your shoulders and pelvic cradle rock back as you inhale, forward as you exhale,
rocking the sternum (breastbone) in front of your heart.

Focus on the word Trust and perceive the feeling in your heart.

(Search to find the warm comfortable feeling of peaceful joy which trusting someone or
something brings into your heart.)

Allow this nurturing warmth to fill your heart and move on the waves of the Breath:

Up through your chest and across your shoulders,

Down your arms, into your hands and fingers,

Up your neck and into the center of your head,

Across your face, in your eyes,

Through your mouth, jaw and neck,

Into your atlas at the top of the spine,

Cascading down your spine, through your back, sacrum and sacroiliac,

Into your tailbone, across your hips and pelvic cradle,

Moving down through your thighs and legs, and into your feet and toes,

Up into your abdomen, through your solar plexus,

And back to your heart.

Perceive the peaceful joy of trust continuing to move through your being on the waves of the Breath,
then focus on it moving to and nurturing the various parts of your body which are in distress.

Continue to relax in the waves of the Breath being nurtured from head to toe in this warm, comfortable
Rhythm as you allow the peaceful joy to fill your being.

Describe this feeling using harmonic words such as balance, safe, secure, loved, etc.

Finish with a proclamation, "I accept the magnificence of the Divine Rhythm of Trust and Balance within me".

**The music I use for all of my attunements is Desert Flower by JoAnna Burns-Miller. It can be purchased at
most book stores or through Harmonics International.*

Ann Marie

Inspire your *Divine Rhythm of Balance* with *Harmonic Liquid "Balance"*!
Now on Sale through May 2016 -- \$53.00 ea. 2 oz. (reg. \$70) - \$17.00 ea. 1/2 oz. (reg. \$22)
Receive 1/2 oz. *Harmonic Balance* FREE with your \$100.00+ order! (1 per customer)
To order call 800-243-6156 or 715-355-8515. Order online at www.harmonicsinternational.com

**Harmonic Attunements and Products do not treat or cure disease, they work with the energies of the body.
For diagnosis and treatment of medical conditions, contact a health care professional.**

The Emerald Isle from “God, this is a good book!” by Rich Work

“O gentle soul, why do you cry this day?”

“It is because I see my beautiful world so deep in trouble. It is because there is so much disease, so much pain, so much war, so much death. Everywhere I look I see arguments, disagreements, those who are bitter with their neighbors and families. I see no peace.”

“I came to Earth because I was told this was the Emerald Isle of the Universe. It was here that I would find joy and peace. It was here that I would manifest my heart’s desires. Tell me, O wise one, why have I failed to find that which I have come for?”

“O gentle soul, all you seek is here --- and more. Walk with me and together we will look for that which you desire.”

“In your despair you have walked with your shoulders bent and your eyes upon the ground. Look up. Have you seen the beauty of the clouds, so active and alive? They are here to serve you, to cocreate with you, to bring you beauty and the nourishing rain that will sustain your body, the grass and trees, the flowers and animals and all life upon this planet. And they do so in joy.”

“Look around you at the beautiful flowers of every variety. They have created a display of beauty and fragrance to enhance your life; they are here for you. Have you sat under a magnificent tree and felt its love for you as it provided shade to cool and protect you from the hot afternoon sun? Have you thanked the trees for providing the lumber that built the dwelling in which you live? Your science has long understood that all things in the universe have a consciousness. Become aware as you look around --- be aware that everything your eyes can see has a place in your world. Everything is here to serve and cocreate with you and yes, to provide your lessons.

“Those on your planet have offered some interesting and provocative thoughts:

- Do you see the water glass half empty, or half full?
- Do you see yourself as the victim or as the master?
- Do you view the world in a state of decay or in the process of rebuilding your planet into the Emerald Isle of the Universe?

“As you look around, how do you choose to see yourself and your world? Remember, your perception becomes your reality.”

I answered, “I truly choose to find peace and joy, but I am only one person. How can I make others change? How can I possibly change the world?”

“To make others change --- is impossible. To change the world --- you can. No one person can force change upon another, though many have tried. One can only change oneself, if and when one desires.”

“To change the world is to change yourself. Others are unable to give you the peace that you long for. It must come from within you. First you must find the love within you --- it is there. You might have to uncover it by removing the fears, doubts and guilt of old thought patterns to see the beauty that lies beyond. When you stand in the radiance of that love, with shoulders no longer bent, raise your head to see the beauty around you; see the divine creation in all that your eyes behold; the water glass half full and filling to overflowing in an abundance of love; see the master that you are. See the world in the process of change, with the opportunity to manifest your new world according to your heart’s desires. Avoid looking upon your world as divine love collapsing, but rather as divine love unfolding.

“You have viewed the world as you do because that is what you see within your world, your mind and your body. Look beyond and reclaim all that you are.

- Let go of your judgments • Let go of your fears • Reclaim your power • Acknowledge your divinity.

“As you do, the energies of love from within you will radiate outward and touch every part of the world you live in. In doing so, you become the example that others will want to emulate.

“If every person in the world were in peace and joy and in harmony with every other person, what kind of world would you have?”

“O wise one, what is your name?” I asked in awe.

“I am called the Elemental. I am the consciousness of all things upon your Emerald Isle and beyond. I have been waiting for you to come and cocreate with me, to share with me your dreams. Together we will manifest your desires into your reality. It is what you have come for. I have been waiting for you,. Shall we begin?”

**For more INSPIRING words, choose from a variety of wonderful books by Rich Work
at www.harmonicsinternational.com or call for more information at 800-243-6156 or 715-355-8515.**

The Magnesium Factor by Ann Marie Work

Nutritionists around the world consider magnesium deficiency one of the major health problems facing us today. Almost every person on our planet has some degree of magnesium deficiency, leading to a myriad of conditions including a weakened immune system, muscle spasms, pain, premature aging, the inability to release stress and overall degeneration.

Magnesium balances the body's electrical charges. An electrical charge is created at the cell wall when sodium and calcium move from outside to inside the cell and potassium and magnesium move from inside to outside the cell. This action continues back and forth releasing the exact amount of electrical energy needed for the metabolic activities of the cell, plus vital nerve and muscle function. This pumping action carries nutrients into the cell and metabolic waste materials out. When this electrical charge is diminished the body fails to function effectively decreasing a person's level of vitality and wellness.

In addition, magnesium inside the cell is responsible for the storage and release of the chemicals in ATP, known as the universal energy in all living things.

Due to soil depletion, the average person fails to receive sufficient magnesium from their foods. Due to external electro-magnetic disturbances from computers, microwaves and atmospheric radiation, reserves of magnesium in the cells are quickly depleted.

Once the reserve of magnesium in the cells is depleted, the body's ability to absorb magnesium through the intestinal track from food supplements is greatly compromised. At the cell level, there must be magnesium in the cell to absorb more magnesium into the cell. When magnesium is depleted the pumping action is diminished, when it is gone the pumping action quits. To restore this pump, some other substance, an absorbing factor, must be used to carry the magnesium across the cell wall. Without an absorbing factor the cell will degenerate and die.

With this in mind, I looked at various conditions and how they relate to a magnesium deficiency:

- *Fatigue:* Insufficient magnesium to store and release ATP (energy) at the cell level.
- *Degenerative conditions:* Insufficient magnesium for cell wall transfer to feed and cleanse the cells.
- *Weak immune system:* Insufficient magnesium for protein synthesis and release of ATP (energy)
- *Muscle spasms:* Insufficient magnesium for optimum electrical charges for muscle relaxation.
- *Nerve conditions:* Insufficient magnesium for optimum electrical charges for proper nerve transmission.
- *Mental confusion:* Insufficient magnesium for optimum electrical charges for proper neuro-transmission.
- *Weight gain:* Insufficient magnesium to release ATP (energy) at the cell level to burn excess fat.
- *Premature aging:* Insufficient magnesium to feed and cleanse the cells to optimum potential.
- *Dry and wrinkled skin:* Insufficient magnesium to feed and cleanse the cells to optimum potential.

Use Harmonic Liquid Balance as an absorbing factor to assist in carrying the magnesium across the cell wall:

- Add 10 drops in water along with the ingestion of Magnesium/Calcium supplements.
- Add 5 drops to beverages 3-4 times daily, preferably at meals.

Additional Suggested Uses:

To relax the digestive system and activate metabolism and balance fluids: *Take 5 drops of Balance 4 times a day in water before meals and at bedtime.*

To release stress from sore, stiff joints or muscles: *Put 5 drops in lotion and rub onto area.*

To harmonize stress and negative emotional patterns: *Take 2-10 drops in water, under tongue, topically, or on sternum.*

Harmonic Liquid Balance On Sale thru May 2016 - \$53. ea. 2 oz. - \$17. ea. 1/2 oz.

To Order call 800-243-6156 or 715-355-8515. Order online at www.harmonicsinternational.com

Harmonic Products do not treat or cure disease, they enhance the energies of the body. For diagnosis and treatment of medical conditions and disease, contact a health care professional!

Purify! Restore! Relax!

- ❖ Harmonize and purify disharmonic energies for life and rejuvenation.
- ❖ Create a foundation of life to assist in the restoration of the cellular structure.
- ❖ Empower a relaxed flow of Harmonic emotions.

Triad Attunement using Harmonic Ebony, Manna, Peace!

Put 7 drops each of *Harmonic Ebony, Manna, and Peace* in 1/2 glass of purified water. Hold the glass of water and “breathe” with it as you acknowledge the Divine Love within you.

Take a drink of this water and: Let go of blockages, clearing energetic interference.

Purify disharmonic and destructive energies within to restore life and rejuvenation.

Declare - “The magnificence of Divine Love exists, expresses and manifests in and through me. And so it is!”

Take another drink and: Focus on rebuilding the integrity of the cellular structure.

Breathe with your inner light and allow it to shine in all of the cells and systems of your body.

Declare - “The magnificence of Divine Love exists, expresses and manifests in and through me. And so it is!”

Finish drinking the water and: Awaken your body to remember its innate ability to heal itself, empowering a relaxed flow of Harmonic emotions.

Declare - “The magnificence of Divine Love exists, expresses and manifests in and through me. And so it is!”

**Accept and embrace the magnificence of the Divine Love within you.
It’s powerful - It’s amazing - It’s there for YOU!**

***Each Harmonic Formula enhances a specific expression of the Divine Love within you!
As you take them, read about them on each label and be inspired.***

Harmonic Liquids Ebony, Manna, Peace - May 2016 SPECIAL!

\$53.00 ea. 2 oz. (reg. \$70) -- \$17.00 ea. 1/2 oz. (reg. \$22)!

For more information on these and all other Harmonic Products and to order, call 800-243-6156 or 715-355-8515. Order online at www.harmonicsinternational.com

Restore Stability with the Emerald Vital Life Discs!

(1 1/2 inch round clear acrylic discs with an etched emerald green logo.)

Become Present and Grounded: *Have you ever had a great thought, then you walked into the next room and it disappeared? This may be caused by excess static in the body’s electrical system that creates a short-circuit in the neuro-transmission. In order to remain focused and grounded, a flow of energy between the body’s meridian system and the electro-magnetic grid system of the Earth must be maintained. The Emerald Vital Life Discs assist to clear the excess static, repair short-circuits and restore your connection to the Earth, allowing you to be more decisive, determined and directed toward your desires.*

Become Centered and Aligned: *Ever feel defeated when things aren’t going as planned? When static interrupts the flow of life-force energy, you may become out of alignment with the Divine Nature of your being. By releasing the static, you are able to alleviate guilt, frustration, self-judgment that comes from inability and failure, and once again become motivated to continue and be responsible for your goals.*

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Harmonic Products and Attunements do not treat or cure disease, they enhance the energies of the body. For diagnosis and treatment of medical conditions and disease, contact a health care professional!

Clear the disruptive energies that sabotage your willpower, motivation, inspiration, creative expression and energetic drive!

Restore Stability with the *Emerald Vital Life Discs*

(1 1/2 inch round clear acrylic discs with an etched emerald green logo.)

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Become Balanced and Harmonized: *All systems and cells are designed to be balanced and harmonized with one another. Just think of your body as a country with 70,000 to 100,000 citizens (cells) and all of the infrastructure to keep it functioning and vital. There is a gigantic metropolis of communication required for cell reproduction, transportation of nutrients, oxygen and waste products, metabolism, rejuvenation and rebuilding plus, libraries of knowledge and wisdom, etc. It is imperative to release static - repair circuits - re-establish balance and harmony within all communication and function.*

Suggested Use:

START SLOWLY! *Hold one in each hand or place one in each pocket or each side of bra for 30 - 60 minutes each day. Sit down, breathe gently and focus on something that brings you peace and joy. Let your body relax. After a few days or weeks, feel free to wear them for several hours.*

Once your body has begun to stabilize and restore its natural ability to automatically release excess static build-up, you can wear them all day long.

*Reconnect your “brain” with your “inner voice”!
Realign and enhance the precision of the electro-magnetic body!*

Use Harmonic Liquids Intuition and Organization!

Harmonic Intuition -

Inner Knowing and Mental Focus

Harmonizes:

- *Scattered, Doubtful, Brain fog, Indecision*
- *Hyperactive, Confused, Mental Addictions*

Energetically Assists:

- *Divine Wisdom*
- *Alertness, Memory*
- *Perception, Intellect*
- *Meditation, Clarity, Inner guidance*
- *Brainstem, Pineal, Right/Left Brain, ADD*

Suggested Use:

Take 2-10 drops in water, under tongue, or on sphenoid.

Harmonic Organization -

Divine Purpose and Wholeness

Harmonizes:

- *Fragmentation, Worry, Controlling Energies*
- *Debilitation, Defeat*
- *Inflammatory Response*

Energetically Assists:

- *Soul Connection*
- *Acceptance of Divine Love Within*
- *Anti-aging, Innate Healing*
- *Neuro-Muscular system*
- *Cranio-sacral system*

Suggested Use:

Take 2-10 drops in water, under tongue, or on voice box.

Emerald Vital Life Discs! (reg. \$125) ***Intuition - Organization!*** (reg. 2 oz. \$70 - 1/2 oz. \$22)

Now On Sale thru May 2016 - 30% OFF!

To order call 800-243-6156 or 715-355-8515. Order online at www.harmonicsinternational.com

**Harmonic Products do not treat or cure disease, they enhance the energies of the body.
For diagnosis and treatment of medical conditions and disease, contact a health care professional.**

Harmonic Vitalizer - Now On Sale thru May 2016 - Almost 30% OFF!!

(2 1/2"x 2 1/2"x 3/8" square colored engraved acrylic)

Harmonize the destructive negative energetics of cyber energy, digital technology, WIFI, cell and TV towers, GPS, ELF, HAARP and similar disharmonic energetic waveforms and patterns.

Plus - harmonize and assist to reverse the effects of chemtrails and Morgellons.

• *Awaken and revitalize the dynamics of your personal core power within as you continually remove and harmonize layers of interference that have created many forms of limitation and disconnection such as mental and physical fatigue, lethargy, creative stagnation, brain fog. Awaken your original blueprint of creativity, positive patterns of life, vitality and sense of self.*

The Vitalizers are designed to assist in clearing and transforming disharmonic, life-suppressing energetics from:

- *Your home: the people, pets, water, food, supplements, plants, crystals and all elements of life.*
- *Your computer, TV, video games, cell phone and all devices connected to incoming digital, WIFI, cyber energy or preprogrammed energy patterns.*
- *Your appliances that have become embedded with harmful energy patterns coming in through electrical connections.*

Recommended Uses:

1. Place Vitalizer on or under the modem/router coming into your home, or somewhere on your computer.

A Vitalizer can be placed on the TV box, or anywhere on your computer to transform the disharmonic energy patterns of the signals entering your device. If it is placed on the modem/router it transforms the energetics before reaching your devices. It may take up to 2-4 weeks to completely clear the layers of energetics embedded into your devices. Continued use will assist in keeping them clear. The cleared devices will continuously send clear harmonic energy into the space and objects around them, creating a harmonic revitalizing environment within your home and office space.

2. If you own a set of Environmental Harmonizers, place the Vitalizer under the four columns sitting together to make a square with the logos on the columns each facing outward in a different direction. *(Add a 1/2 oz. of Harmonic Liquid Peace laying on top of the Environmental Harmonizer set for a wonderful soothing harmonizing effect.)*

The Environmental Harmonizers create a vortex of harmonic energy that will cover your entire home and everything in it. By placing the Vitalizer under them, the energetics of the Vitalizer will be sent throughout your home, office, etc.

3. Additional Vitalizers may be placed in specific places to clear and harmonize embedded disharmonic cyber energies and restore a natural flow of harmonic, life supporting energy:

Start with (1) for the home – preferably under an Environmental Harmonizer, (1) for your office space – at home and/or at work – either under an Environmental Harmonizer or on the computer modem/router, (1) under the driver's or passenger's seat of each vehicle, (1) to carry in your purse or backpack or use for therapeutic healing sessions. After 2-4 weeks you can add (1) to move around to clear individual items, (start with the refrigerator) (1) on top of a whole house water purifier, (1) in or on the electrical circuit box, (1) on the floor next to furnace/ air exchanger.

Harmonic Vitalizer -- (reg. \$249.00) - Only \$175.00 thru May 2016!

Order at 800-243-6156 or 715-355-8515 or online at www.harmonicsinternational.com

Harmonic Products do not treat or cure disease. For treatment of medical conditions and disease, contact a health care professional.

♥ Experience the Universal Harmonic Protocol ♥

An amazingly powerful program that helps to:

- provide an energetic homeostasis of harmony and balance in the body!
- allow the individual cells to be gently cradled and lifted out of stagnation and limitation back to their individual natural state of being in their *Breath of Life!*

(A simple and easy application that takes only a few minute in the morning and evening.)

Instructions are on our website at www.harmonicsinternational.com or call # below.

Great Package Price for all the *Harmonic Liquids* used in this Program!!

2 oz. package \$275.00 ❖ 1/2 oz. package \$85.00!!

(Included in each package are -- Harmonic AWAKEN, Peace, Joy, Harmony, Manna)

Order at 800-243-6156 or 715-355-8515 or online at www.harmonicsinternational.com

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Inner Voice - Divine Purpose --Intuition and Organization

Harmonic Vitalizer - Harmonize technological disturbances

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*Inspire your Divine Rhythm of Balance
the “Emerald Flame of Love”!*