

Dance With the Divine, Version 11.3.
A portion from the Present Moment Brocades.
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Please do only what feels well for your body;
the maker assumes no liability.

Start by standing in a comfortable position; and breathe in a smooth and natural way. You may place either hand on the belly; and massage the belly; as you feel. The eyes may be open or closed. Relax now; and calm the mind.

Know that you are encompassed by a sphere of light.
See it in your mind, and feel it in your heart.
The light of the Present Moment surrounds you, and is part of you.
Hold that feeling, and be present to the Presence.

The present moment is timeless, and universal.
The present moment is boundless, and unconditioned.
The present moment is the observer, and witness of all things.
The present moment is everything that is, as it is.
The present moment is all embracing, and inclusive.
The present moment harmonizes, balances, and integrates.
The present moments is love; for love itself.
The present moment is universal Chi energy; the energy of space.
The present moment is the unified field, the unmoved mover, and the creative source.
The present moment is the spirit, and essence, and presence, of nature.
The spirit of nature seeks to re-unite with the human spirit.

These joyful surprise movements are designed as a way to increase your Chi energy flow, improve circulation in your body, and deepen your experiential connection with your divine nature. Continue to massage your belly or your hands, as you feel.

Chi energy, known by other names in various cultures, is the life force which animates the body. It is associated with the breath, and can be considered bio-electricity, although it is much more. Your Chi may be moved by using your focused mind and breath. Regular practice deepens the experience. The Bubbling Wells are energy centers in the bottoms of the feet. Those; and other terms used here; can be understood by visiting the Whole Human web site. Personal coaching is also available.

Now, smile and hum with appreciation as you adjust your body as needed for comfort, and move your mind to the Joyful Surprise Movements.

MOVEMENT FOUR.

In all movements of the Present Moment Brocades, inhale and exhale whenever needed; and stay with the prompts to your level of comfort. This is a flowing movement, coordinated with breathing and Chi energy.

Face forward with the eyes open or closed, and the back straight. When you exhale left or right,

sinking your Chi to the center, turn your upper body as though looking behind. The center is an inner still-point, as well as the center of the earth.

When you inhale forward; straighten your legs and lift your body to a standing position. When you put your hands in front of the chest; the palms are up, and the fingertips close or touching. Now, put your hands on your hips, and inhale Chi into your lower belly, the energy sun in the center below the navel.

Exhale slowly left; sinking your Chi down both legs; through the Bubbling Wells; into the stillness of the center. Feel the stillness of the center.

Inhale slowly front; pulling stillness with your Chi up through the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart. Smile with appreciation.

Exhale slowly right; sinking your Chi down both legs; through the Bubbling Wells; into the stillness of the center. Feel the stillness of the center.

Inhale slowly front; pulling stillness with your Chi up through the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart. Place your hands on the kidney area.

Exhale slowly left; sinking your Chi down both legs; through the Bubbling Wells; into the stillness of the center. Feel the stillness of the center.

Inhale slowly front; pulling stillness with your Chi up through the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart. Smile with appreciation.

Exhale slowly right; sinking your Chi down both legs; through the Bubbling Wells; into the stillness of the center. Feel the stillness of the center.

Inhale slowly front; pulling stillness with your Chi up through the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart. Move your hands to the front of the chest.

Exhale slowly left; sinking your Chi down both legs; through the Bubbling Wells; into the stillness of the center. Feel the stillness of the center.

Inhale slowly front; pulling stillness with your Chi up through the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart. Smile with appreciation.

Exhale slowly right; sinking your Chi down both legs; through the Bubbling Wells; into the stillness of the center. Feel the stillness of the center.

Inhale slowly front; pulling stillness with your Chi up through the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart. Place both hands on your heart area, exhale while letting your air escape naturally, adjust your body as needed for comfort, breathe smoothly and regularly, and smile with appreciation.

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MOVEMENT EIGHT.

Stand relaxed, with the back straight, place your hands on the hips, and open the eyes. When you put your hands in front of the chest; the palms are up, and the fingertips close or touching.

Inhale Chi deeply, into your energy sun.

Exhale slowly, and sink your Chi down both legs, through the Bubbling Wells, into the center of the earth.

Feel the stillness of the center.

Inhale the stillness with your Chi; through the Bubbling Wells, up both legs, through your energy sun, and into the sphere around your heart; raising up on your toes and staying as high as you can.

Feel the Present Moment Sphere encompassing you, and the light sphere around your heart.

Exhale, sinking your Chi to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally.

Move your hands to the kidney area; breathe smoothly and regularly; and smile with appreciation.

Inhale Chi deeply, into your energy sun.

Exhale slowly, and sink your Chi down both legs, through the Bubbling Wells, into the center of the earth.

Feel the stillness of the center.

Inhale the stillness with your Chi; through the Bubbling Wells, up both legs, through your energy sun, and into the sphere around your heart; raising up on your toes and staying as high as you can.

Feel the Present Moment Sphere encompassing you, and the light sphere around your heart.

Exhale, sinking your Chi to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally.

Move your hands to the front of the chest; breathe smoothly and regularly; and smile with appreciation.

Inhale Chi deeply, into your energy sun.

Exhale slowly, and sink your Chi down both legs, through the Bubbling Wells, into the center of the earth.

Feel the stillness of the center.

Inhale the stillness with your Chi; through the Bubbling Wells, up both legs, through your energy sun, and into the sphere around your heart; raising up on your toes and staying as high as you can.

Feel the Present Moment Sphere encompassing you, and the light sphere around your heart.

Exhale, sinking your Chi to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally.

Move your body as needed for comfort; breathe smoothly and regularly; and smile with appreciation.

MOVEMENT NINE.

You may place either hand on the belly; and massage the belly; as you feel. The eyes may be open or closed. Relax now; and calm the mind.

Know that you are encompassed by a sphere of light.

See it in your mind, and feel it in your heart.

The light of the Present Moment surrounds you, and is part of you.

Hold that feeling, and be present to the Presence.

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The present moment is universal Chi energy; the energy of space.
The present moment is the unified field, the unmoved mover, and the creative source.
The present moment is the spirit, and essence, and presence, of nature.
The spirit of nature seeks to re-unite with the human spirit.

Now, relax your hands, and move your body as needed for comfort.

Inhale Chi deeply into your energy sun.
Exhale slowly, and sink your Chi down both legs, through the Bubbling Wells, into the center of the earth.
Feel the stillness of the center.
Inhale stillness with your Chi; up through the Bubbling Wells, up both legs, through your energy sun, and into the sphere around your heart.
Feel the Present Moment Sphere encompassing your body, and the energy sphere around your heart.
Exhale up slowly, to the elixir field in the brain, and condense your spirit around the pineal gland in the center, the thalamus, Third Eye, or Eye of Ra.
Inhale spiritual energy from the pineal gland, into your heart.
Allow the elixir to expand into the sphere around your heart.

Purse your lips, and blow a stream of Chi energy from your heart, through the barrier membrane, to the Present Moment Sphere. Feel the connection made by your energy stream.
Inhale deeply from the Sphere back into your heart, pulling with your mind and breath.
Feel your heart emanating with the Present Moment Light.
Now, breathe out to the barrier membrane, sending your unconditional love.
Feel the membrane absorbing the light, softening, and becoming more permeable.
Inhale the Present Moment Sphere with your whole body. Remain open and receptive while feeling the Presence of the light.
Exhale, allowing air to escape naturally, as a cloud of Present Moment Light forms a cocoon around your body, and stay with that feeling. Relax into a comfortable position; breathe in a smooth and regular way; and smile with appreciation.

Now, open your eyes, move your body, and shake out your limbs.

Visit the Whole Human site at EmanatePresence.com, to find resources for your journey, share your experiences, and deepen your practice. This audio file may be freely copied and shared. Credits and links are appreciated.

This portion from the Present Moment Brocades is completed.