

Moving Meditation, Version 21.8.
Created by Emanate Presence.
Please do only what feels well for your body.
The maker assumes no liability.

MOVEMENT ONE.

When you are ready, move into a comfortable standing position; and breathe in a smooth and natural way. Your eyes may be opened or closed. Inhale and exhale whenever needed; and stay with the prompts to your level of comfort. You may also go beyond the prompts, and follow the energies as you feel. You may place either hand on the belly; massage the belly; and hum to yourself, feeling the vibration of sound.

Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Know that you are encompassed by a sphere of light.

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

The Sphere of Present Moment Light fills you; and encompasses you; and is most intimately who, and what you are.

Hold that feeling, and be present to the Presence.

Relax your hands to your sides, or place them on the area of your heart. Visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into your energy sun in the center below the navel.

Interlock your fingers with your hands palms down in front of the navel, and exhale slowly; leading your light energies down both legs while pushing down with your hands; bending your legs as you feel, while pushing your light through the Bubbling Wells; into the center of the earth; feeling the stillness of the center; then inhale stillness with your light up to your energy sun while straightening your legs; exhale as you extend your arms with palms facing away; stretching the arms away; inhaling while raising your arms overhead with the palms turning skyward; pulling your light up into the sphere around your heart; exhaling and inhaling deeply while lifting the heels, and stretching your arms high; feeling your energies expanding into the light sphere around your heart.

Keep the fingers interlocked as you drop the heels while exhaling; and tilt the upper body far left; leaning into the stretch.

Inhale deeply, as you straighten the upper body, and stretch your arms up high.

Exhale thoroughly, as you tilt the upper body far right, leaning into the stretch; and gently squeeze the air out of your lungs and belly.

Inhale deeply, as you stand straight again, and stretch your arms up high.

Loosen your fingers and exhale, as you relax your hands to the sides, and allow the air to escape naturally. Breathe smoothly and regularly; and move your body as needed for comfort.

Visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into your energy sun in the center below the navel.

Interlock your fingers with your hands palms down in front of the navel, and exhale slowly; leading your light energies down both legs while pushing down with your hands; bending your legs as you feel, while pushing your light through the Bubbling Wells; into the center of the earth; feeling the stillness of the center; then inhale stillness with your light up to your energy sun while straightening your legs; exhale as you extend your arms with palms facing away; stretching the arms away; inhaling while raising your arms overhead with the palms turning skyward; pulling your light up into the sphere around your heart; exhaling and inhaling deeply while lifting the heels, and stretching your arms high; feeling your energies expanding into the light sphere around your heart.

Keep the fingers interlocked as you drop the heels while exhaling; and tilt the upper body far left; leaning into the stretch.

Inhale deeply, as you straighten the upper body, and stretch your arms up high.

Exhale thoroughly, as you tilt the upper body far right, leaning into the stretch; and gently squeeze the air out of your lungs and belly.

Inhale deeply, as you stand straight again, and stretch your arms up high.

Loosen your fingers and exhale, as you relax your hands to the sides, and allow the air to escape naturally.

Adjust and relax your body; and breathe smoothly and regularly.

While standing with your back straight, and both hands on your kidney area, inhale slowly as you gently flex your perineum, then activate your core muscles, then flex your upper abdominals, still in-breathing, as you lift the cerebrospinal fluid, feeling it travel up through your heart, through your throat, and into your pineal gland.

Visualize the fluid spinning around your pineal gland, and focus on the movement of energy around that centre. Exhale from the Eye of Ra, radiating the light energies into your Present Moment Sphere, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

Breathe the infinite creative intelligence of the Void, deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the infinite creative intelligence of the Void, out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are..

MOVEMENT TWO.

Stand comfortably, with the back straight, the legs apart, and your hands relaxed at the sides. The eyes may be opened or closed.

In this movement, when you squat down in a horse stance, place your hands near the knees; with the thumbs on the outside of the thighs. When you shift your weight to a leg, press down heavily on that leg with your hand. Move both hands to the area of your heart. Visualize, with

feeling, the Present Moment sphere encompassing your body.

Inhale deeply, pulling Present Moment Light into the sphere around your heart. Squat slowly, as you exhale energies from your heart sphere, down your centerline; through your energy sun, down both legs, through the Bubbling Wells, and into the center of the earth, adjusting your body into a squatting position, with both hands on the thighs, then inhale deeply, still squatting, as you pull stillness with your light, up from the center of the earth, up both legs; and into your energy sun; then exhale slowly; as you shift your weight left, move your light through the Bubbling Wells into the center of the earth; while turning your upper body slowly to the left and looking behind.

Inhale stillness with your light, up from the center of the earth; up both legs and into your energy sun, then breathe regularly, still squatting, moving light down through your Bubbling Wells into the center of the earth; and moving your light up both legs and into your energy sun; as you align your head, spine, and right leg, and stay in this position.

Then, inhale slowly, while turning the upper body to face forward, raising up as you pull light up both legs, up your energy column, and into the sphere around your heart; stand and place both hands on the area of the heart; breathe out from the heart, radiating the light energies out to your Present Moment Sphere.

Inhale deeply, pulling Present Moment Light into the sphere around your heart. Squat slowly, as you exhale energies from your heart sphere, down your centerline; through your energy sun, down both legs, through the Bubbling Wells, and into the center of the earth, adjusting your body into a squatting position, with both hands on the thighs, then inhale deeply, still squatting, as you pull stillness with your light, up from the center of the earth, up both legs; and into your energy sun; then exhale slowly, as you shift your weight right, move your light through the Bubbling Wells to the center of the earth; while turning your upper body slowly to the right and looking behind.

Inhale stillness with your light, up from the center of the earth; up both legs and into your energy sun, then breathe regularly, still squatting, moving light down through your Bubbling Wells into the center of the earth; and moving your light up both legs and into your energy sun; as you align your head, spine, and left leg, and stay in this position.

Then, inhale slowly, while turning the upper body to face forward, raising up as you pull light up both legs, up your energy column, and into the sphere around your heart; stand and place both hands on the area of the heart. Breathe out from your heart space, radiating your light energies into your Present Moment Sphere. Move your legs to shoulder width apart, breathe smoothly and regularly; and smile with appreciation. Loosen and relax your body, stand with your back straight, and place both hands on your kidney area.

Inhale slowly as you gently flex your perineum, then activate your core muscles, then flex your upper abdominals, still in-breathing, as you lift the cerebrospinal fluid, feeling it travel up through your heart, through your throat, and into your pineal gland.

Visualize the fluid spinning around your pineal gland, and focus on the movement of energy

around that centre. Exhale from the Eye of Ra, radiating the light energies into your Present Moment Sphere, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

Breathe the joy and laughter, of the Void; deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the joy and laughter, of the Void; out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are.

Relax into a comfortable position, and breathe in a smooth and natural way.

MOVEMENT THREE.

In this movement, when you are rocking your body, you can rock side to side, back and forth, or in a circular motion. When you lift your hands above your head, palms skyward and fingers close or touching, it is as though you were lifting something. This begins from the heart sphere.

Now, Visualize, with feeling, the Present Moment sphere encompassing your body.

Breathe Present Moment Light deeply into the sphere around your heart. Exhale light from your heart space, up your energy column, and through the pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

Inhale the One Light from the elixir field, through the Eye of Ra, down your energy column, and into the sphere around your heart.

Exhale light energies from your heart, down your energy column; down both legs, through the Bubbling Wells; into the center of the earth, expanding into the wholeness of the Void, then breathe the wholeness of the Void deeply into the sphere around your heart.

Exhale from your heart space, out through your body, radiating the energies into your Present Moment Sphere; and relax your hands to the sides, while pressing both palms down, towards the ground.

Inhale slowly, turning your palms facing together as you move your hands up, turning their backs together at the front of the chest and turning the palms skyward with the fingers pointed in, exhaling as needed; then inhaling more deeply as you stretch your arms high.

Move your mind to the lower back; feeling your light energy in the kidney area; exhale, and inhale, turning your palms forward, with the fingers pointing up; stretching your arms high, and feel the Sphere of Present Moment Light that fills you; and encompasses you; while stretching your mind and your light out to your hands and feet, then exhale slowly down; moving your light from the Eye of Ra; as you bend the upper body with the arms extended; down your energy column; down both legs to the Bubbling Wells; reaching your hands towards your feet; then move your mind to the Bubbling Wells as you hold your feet and breathe regularly while pulling your hands up slightly so that you put a gentle stress on your whole body.

Feel the Present Moment Sphere encompassing your body and extending below your feet; as you rock your body gently, while pulling up on your feet, with your mind on the Bubbling Wells.

Inhale slowly, rolling your body up and lifting your hands, while pulling your light up from the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart, place both hands over the heart, and exhale, allowing the air to escape naturally. Loosen and relax your body; breathe smoothly and regularly; stand with your back straight, place both hands on the area of your kidneys, and move your mind to your perineum.

Inhale slowly as you gently flex your perineum, then activate your core muscles, then flex your upper abdominals, still in-breathing, as you lift the cerebrospinal fluid, feeling it travel up through your heart, through your throat, and into your pineal gland.

Visualize the fluid spinning around your pineal gland, and focus on the movement of energy around that centre. Exhale from the Eye of Ra, radiating the light energies into your Present Moment Sphere, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

Breathe the beauty and mystery of the Void; deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the beauty and mystery of the Void; out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are.

Move your body into a comfortable position, and breathe smoothly and regularly.

MOVEMENT FOUR.

This movement begins from your energy sun, with the eyes open or closed. When you put your hands in front of the chest; the palms are up, and the fingertips close or touching.

Place your hands on the hips, and visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into your energy sun in the center below the navel. Exhale slowly, and sink your light down both legs, through the Bubbling Wells, into the center of the earth. Feel the stillness of the center.

Inhale the stillness with your light; up through the Bubbling Wells, up both legs, up your energy column 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 light to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally, and breathe smoothly and regularly.

Place your hands on the kidney area; and visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into your energy sun in the center below the navel. Exhale slowly, and sink your light down both legs, through the Bubbling Wells, into the center of the earth. Feel the stillness of the center.

Inhale the stillness with your light; up through the Bubbling Wells, up both legs, up your energy column 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 light to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally, and breathe smoothly and regularly.

Move your hands to the front of the chest, and visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into your energy sun in the center below the navel. Exhale slowly, and sink your light down both legs, through the Bubbling Wells, into the center of the earth. Feel the stillness of the center.

Inhale the stillness with your light; up through the Bubbling Wells, up both legs, up your energy column 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 light to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally, and breathe smoothly and regularly.

Move your hands to the area of your heart; and visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into your energy sun in the center below the navel. Exhale slowly, and sink your light down both legs, through the Bubbling Wells, into the center of the earth. Feel the stillness of the center.

Inhale the stillness with your light; up through the Bubbling Wells, up both legs, up your energy column 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 light to the Bubbling Wells as you lower your heels to the ground; loosen and relax your body; and breathe smoothly and regularly. Move your hands to your kidney area, and your mind to the perineum.

While standing with your back straight, inhale slowly as you gently flex your perineum, then activate your core muscles, then flex your upper abdominals, still in-breathing, as you lift the cerebrospinal fluid, feeling it travel up through your heart, through your throat, and into your pineal gland.

Visualize the fluid spinning around your pineal gland, and focus on the movement of energy around that centre. Exhale from the Eye of Ra, radiating the light energies into your Present Moment Sphere, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

Breathe the pure potentiality of the Void; deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the pure potentiality of the Void; out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are.

MOVEMENT FIVE.

When you are ready, move into a comfortable position, with your eyes open or closed.

Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Visualize, with feeling, the Present Moment Sphere encompassing your body.

Breathe Present Moment Light deeply into the sphere around your heart.

Exhale light energies, down your body, through the Bubbling Wells, through the center of the earth; then outward, encompassing the planet with a cloud of light.

Breathe Present Moment Light, back through the earth, then up both legs, and deeply into the sphere around your heart.

Exhale the Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, radiating the Christos energies out, feeling the light penetrating the brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Enter that space, and bow within as you exhale. Breathe smoothly, and regularly.

Feel deeply these words, and speak them, if you choose.

O, deep of consciousness.

I am, that I am.

It is, what it is.

Let my mind, remain still.

Let my heart, remain open.

Let my spirit, remain free!

Free to express, the source of all love.

Free to express, the source of all life.

With all my being, so let it be.

Place both hands on the area of your heart; and breathe the music of the spheres, deeply into the inner sphere, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the music of the spheres out slowly to your Present Moment Sphere.

You may breathe smoothly and regularly, relax your hands, and smile with appreciation. Continue to breathe light energies between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

If this meditation feels helpful, please copy and share it with others. May your days be blessed.