

MOVEMENT ONE.

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.

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, visualizing the fluid spinning around your pineal gland, then exhale, from the Eye of Ra, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

MOVEMENT TWO.

Stand comfortably, with the back straight, and the legs apart, 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; 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, and into the sphere around your 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; 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, and into the sphere around your heart; breathe out from the heart, radiating the light energies out to your Present Moment Sphere.

Move your legs to shoulder width apart, breathe smoothly and regularly; and smile with appreciation.

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, visualizing the fluid spinning around your pineal gland, then exhale, from the Eye of Ra, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

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

MOVEMENT THREE.

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 throughout the brain, 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 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.

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, visualizing the fluid spinning around your pineal gland, then exhale, from the Eye of Ra, as you loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart.

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

MOVEMENT FOUR.

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, 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, 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, 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, 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 your kidney area, and your mind to the perineum.

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, visualizing the fluid spinning around your pineal gland, then exhale, from the Eye of Ra, as you loosen and relax your body, then breathe smoothly and regularly, relax your hands, and smile with appreciation.

May your days be blessed.