

One Light, Movement Eight, Version 15.8.7.
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Please do only what feels well for your body;
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Start by standing in a comfortable position; and breathe in a smooth and natural way. The eyes may be opened or closed.

You may place either hand on the belly; massage the belly; and hum to yourself, feeling the vibration of sound.

In any of the movements, at any time, you may choose rather than to move energies, to be moved by them. For example, you may say and feel, 'I am moved by the One Light.' And then, relax, allow yourself to go beyond the prompts, and be moved by the One Light.

In all of the movements, inhale and exhale whenever needed; and stay with the prompts to your level of comfort.

This movement begins from your energy sun. 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.

Gather Chi deeply, into the energy sun in the center of your lower belly.
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; 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 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; and breathe smoothly and regularly.

Gather 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; 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 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; and breathe smoothly and regularly.

Gather 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; 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 Chi to the Bubbling Wells as you lower your heels to the ground, allowing the air to escape naturally. Move your hands to the area of your heart; and breathe smoothly and regularly.

Gather 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; 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 Chi 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, feeling the light energies mingle with 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 light energy out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are.

Open your eyes, breathe smoothly and regularly, and move your body. Loosen the area of your neck and shoulders; and shake out your arms, hands, legs, and feet. Please remember to pause in your day, and return to the feeling of the guardian of your heart, your Present Moment Sphere, and the One Light.

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