

One Light, Movement Five, 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, with the eyes 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.

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 your legs apart, and place both hands on 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 Chi, 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 Chi 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 Chi, up from the center of the earth; up both legs and into your energy sun, then breathe regularly, still squatting, moving Chi down through your Bubbling Wells into the center of the earth; and moving your Chi 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 Chi 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, feeling the light energies mingle with 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 Chi, 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 Chi 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 Chi, up from the center of the earth; up both legs and into your energy sun, then breathe regularly, still squatting, moving Chi down through your Bubbling Wells into the center of the earth; and moving your Chi 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 Chi 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, feeling the light energies mingle with your Present Moment Sphere. Loosen and relax your body, breathe smoothly and regularly; and smile with appreciation. Move your mind to your perineum, 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, 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 all sufficiency, and self existence, 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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