

One Light, Movement Nine, 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.

Relax into any comfortable position, where you can breathe deeply.

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

Place both hands on the area of your heart, and breathe Present Moment Light deeply into the sphere around your heart. Exhale light energies from your heart, up your energy column, up through your throat, and into your pineal gland, the Eye of Ra, feeling it expand into the elixir field in the center of your 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 light energies from your heart, down your energy column through the perineum; down both legs, through the Bubbling Wells; into the center of the earth, expanding into the wholeness of the Void, then breathe the presence of the Void deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Exhale energies up from your centerline, to the Eye of Ra, feeling it expand into the elixir field in the center of your 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, feeling the energy connection between your pineal gland and your heart space.

Exhale up slowly, moving the One Light from your heart, back up to the Eye of Ra, feeling it expand into the elixir field. Inhale the One Light, from the elixir field, through the Eye of Ra, into the sphere around your heart. Feel the One Light filling that sphere. Exhale the One Light from your heart sphere, out to your body, radiating every cell with the Present Moment Light. Inhale the Chi of your body with the One Light, back into the sphere around your heart. Enter that space, and see a figure standing, the guardian of your heart space, your inner knowing and wisdom.

Exhale slowly, lower your head, and radiate your light energies, while asking any question you may have. Hold both hands, palms up, in front of your chest, to receive the response.

Inhale, as you receive the scroll that is given, and move it to the hands on the area of your heart. Then pull it out, move your cupped hands to your mouth, and breathe the One Light into your hands, as you visualize with feeling, that your question is acknowledged, and the answer is understood, by the Eye of Ra. You may say and feel, 'I surrender my question, and the answer, to the One Light.'

Inhale slowly, and visualize with feeling that the scroll transforms, as you deeply pull the One Light back into the sphere around your heart. Then open your hands, palms up, at the level of the heart, and see the beauty of the butterfly. Breathe out gently, noticing the colors and shape of the butterfly as it flies, and smile with appreciation. Loosen and relax your body; and breathe smoothly and regularly.

Stand in a comfortable position, with both hands on your kidney area, and 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 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 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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