

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

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

Your eyes may be open or closed. With the eyes open, you may physically stare at your target. With the eyes closed, visualize your target, and stare from your pineal gland, the Eye of Ra. When you ride the horse, see it's color and mane in your mind's eye.

Move your legs apart into a horse stance, with your hands on the area of your heart, your back straight and buttocks under.

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

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

The eyes stare to the left, focused on a distant target.

Straighten your left arm to the left, with a bow in your hand, as the right hand pulls hard on the bowstring, to near the right nipple. Exhale slowly, and breathe smoothly and regularly.

The right elbow is horizontal to the shoulder.

Squat down and ride the horse as the bow hand points an arrow at the target.

Visualize with feeling, so it really feels that the bow you are bending is very strong. Rock slightly, feeling the horse as you ride, with bow and arrow at the ready.

Surrender to the Present Moment, soften your boundaries, and feel the One Light moving you. You are one with the horse, the bow and arrow, and the Light. Now, rise, loosen your body, and face forward.

Move your hands to the area of your heart.

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

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

The eyes stare to the right, focused on a distant target.

Straighten your right arm to the right, with a bow in your hand, as the left hand pulls hard on the bowstring. Exhale slowly, and breathe smoothly and regularly.

Squat down and ride the horse as the bow hand points an arrow at the target.

Visualize with feeling, so it really feels that the bow you are bending is very strong. Rock slightly, feeling the horse as you ride, with bow and arrow at the ready.

Surrender to the Present Moment, soften your boundaries, and feel the One Light moving you. You are one with the horse, the bow and arrow, and the Light. Now, move your hands to the

area of your heart, as you rise, loosen your body, and face forward, with your feet at shoulder width apart, and your back straight. 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, 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 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 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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