

One Light, Version 16.4.

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Please do only what feels well for your body;
the maker assumes no liability.

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.

MOVEMENT ONE.

Loosen and relax your body, then breathe smoothly and regularly, and place both hands on the area of your heart. Visualize, with feeling, the Present Moment sphere encompassing your body.

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 through your pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

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. 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.

Exhale up slowly, moving the One Light from your heart space, 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, your inner knowing and wisdom.

Exhale slowly, lower your head, radiate your light energies, and hold both hands, palms up, in front of your chest, to receive. Feel the guardian place into your hands, a cup filled with liquid, charged with the energies of your constrictions.

Drink down the liquid, then move the cup to the hands on the area of your heart, pull it out, move your cupped hands to your mouth, and breathe the One Light into your hands, knowing that your constrictions are seen by your Third Eye. Say and feel, 'I surrender all constrictions to the One Light.'

Inhale deeply, pulling 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, feel 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 Music of the Spheres; 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.

MOVEMENT TWO.

Stand in a comfortable position, with the back straight and the eyes open or closed. Relax your hands at the sides.

Now, inhale Chi 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 Chi down both legs while pushing down with your hands; bending your legs as you feel, while pushing your Chi through the Bubbling Wells; into the center of the earth; feeling the stillness of the center; then inhale stillness with your Chi 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 Chi up into the sphere around your heart; exhaling and inhaling deeply while lifting the heels, and stretching your arms high; feeling your Chi energy 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; and move your body as needed for comfort.

Inhale Chi 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 Chi down both legs while pushing down with your hands; bending your legs as you feel, while pushing your Chi through the Bubbling Wells; into the center of the earth; feeling the stillness of the center; then inhale stillness with your Chi 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 Chi up into the sphere around your heart; exhaling and inhaling deeply while lifting the heels, and stretching your arms high; feeling your Chi energy 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.

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 absolute abundance 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.

MOVEMENT THREE.

Stand in a comfortable position, with the eyes open or closed, and your hands relaxed at your sides. 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 its 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, breathe smoothly and regularly, face forward, and 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, rise and face forward, with your feet at shoulder width apart, and your back straight. Loosen your body, and 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. 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.

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

MOVEMENT FOUR.

With both hands on the area of your heart, visualize, with feeling, the Present Moment sphere encompassing your body.

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 through your pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

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; 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 up from your energy column, and into your pineal gland, radiating the light from the Eye of Ra, into the elixir field. 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.

Exhale up slowly, moving the One Light from your heart space, 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 space, 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, your inner knowing and wisdom.

Exhale slowly, lower your head, radiate your light energies, and hold both hands, palms up, in front of your chest, feeling the guardian place into your hands, a jewel charged with the energies of your desires.

Inhale the energies of your desires from the jewel, into your heart space, then move the jewel to the hands on the area of your heart, pull it out, move your cupped hands to your mouth, and breathe the One Light into your hands, knowing that your heart's desires are seen by your Third

Eye. Say and feel, 'I surrender all desires to the One Light.'

Inhale deeply, pulling 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, feel 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 supreme stability and constancy 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.

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

MOVEMENT FIVE.

Stand comfortably, with the back straight, the legs apart, and your hands relaxed at the sides. The eyes may be opened or closed.

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 both hands to 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, 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 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 your heart space, feeling the light energies mingle with your Present Moment Sphere. Move your legs to shoulder width apart, breathe smoothly and regularly; and smile with appreciation. Loosen and relax your body, stand with your back straight, and 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 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.

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

MOVEMENT SIX.

In this movement, when you are rocking your body, you can rock side to side, back and forth, or

in a circular motion. When you lift your hands above your head, palms skyward and fingers close or touching, it is as though you were lifting something. This movement begins from the Eye of Ra. Place both hands on the kidney area, and visualize, with feeling, the Present Moment sphere encompassing your body.

Inhale Present Moment Light deeply into the pineal gland in the center of the brain, feeling it activate the Eye of Ra. Exhale from the Eye of Ra, radiating light energies into your Present Moment Sphere, and feeling the energies mingle.

Inhale the One Light from your Present Moment Sphere, into the Eye of Ra, pulling it down your energy column, and into the sphere around your heart.

Exhale up slowly, moving the One Light from the sphere around your heart, back up to the Eye of Ra, radiating light into the elixir field. 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, feeling the energies mingling with 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 through the perineum; 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. Loosen and relax your body; breathe smoothly and regularly; stand with your back straight, place both hands on the area of your kidneys, and move your mind to your perineum.

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 Presence 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 into a comfortable position.

MOVEMENT SEVEN.

In this movement, while breathing out to the barrier membrane, feel the membrane absorbing the light, softening, and becoming more permeable. Place both hands on the area of your heart.

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

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 outward into the elixir field.

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 light, up your energy column, up through your throat, and through your pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

Inhale the One Light, from the elixir field, through the Eye of Ra, down your energy column, into the sphere around your heart. Feel the One Light filling that space. Exhale the One Light from your heart sphere, out to your body, radiating every cell with the Present Moment Light.

Inhale the One Light, from your body, into the sphere around your heart. Feel the One Light filling that space. Exhale the One Light from your heart sphere, out through your body, feeling it mingle with the energies of your Present Moment Sphere.

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, into the elixir field in the center of the brain. Radiate the Christos energies out, feeling the light penetrating the brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Turn your upper body left; as you breathe out unconditional love, from your heart space, to the

barrier membrane.

Feel the membrane softening, while looking behind.

Inhale unconditional love with your whole body, into the sphere around your heart, as you turn to face forward.

Turn your upper body right; as you breathe out unconditional love, from your heart space, to the barrier membrane.

Feel the membrane softening, while looking behind.

Inhale unconditional love with your whole body, into the sphere around your heart, as you turn to face forward.

Exhale slowly, emitting unconditional love from your heart space, and feeling the light energies mingle with your Present Moment Sphere. Loosen and relax your body, breathe smoothly and regularly; and smile with appreciation. Stand in a comfortable position, with your back straight, move your mind to your perineum, and 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 beauty and mystery 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.

MOVEMENT EIGHT.

Earth Meditation, Version 16.4.

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Please do only what feels well for your body.

Move into 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. The eyes may be opened or closed. Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness. Throughout this meditation, inhale and exhale whenever needed.

Know that you are encompassed by a sphere of light.

See it in your mind; and feel it in your heart.

The Sphere of Present Moment Light fills you; and encompasses you; and is most intimately who, and what you are.

Hold that feeling, and be present to the Presence.

The present moment is timeless, and universal.

The present moment is boundless, and unconditioned.

The present moment is the observer, and witness of all things.

The present moment is love; for love itself.

The present moment is the first born of the unmoved mover.

The present moment is the unified field, and the creative source.

The present moment is the spirit, and essence, and presence, of nature.

You may 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 the sphere around your heart.

Exhale light energies from your heart, down your energy column; down both legs, through the Bubbling Wells; into the center of the earth.

Inhale light energies from the center of the earth, up your energy column, and deeply into the sphere around your heart. Exhale light energies, down your energy column; through the center of the earth; then expanding outward through the whole earth, encompassing the planet with a cloud of light.

Breathe Present Moment Light from around the planet, back through the earth, through its center, up your energy column and deeply into the sphere around your heart.

Exhale light energies from your heart, up your energy column, up through your throat, and through your pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

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 up your energy column, moving Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos.

Inhale Christos energy from the Eye of Ra, down your energy column, and into the sphere around your heart. Feel the One Light filling your heart space.

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, your inner knowing and wisdom.

Exhale slowly, lower your head, radiate your light energies, and hold both hands, palms up, in front of you, feeling the guardian place into your hands, a key, charged with energies needed for this day.

Inhale the energies of the key into your heart space, then move the key to the hands on the area of your heart, pull it out, move your cupped hands to your mouth, and breathe the One

Light into your hands, knowing that the key is seen by your Third Eye. Say and feel, 'I surrender this key to the One Light.'

Inhale deeply, pulling the One Light back into the sphere around your heart. Then open your hands, palms up, and see the beauty of the butterfly. Breathe out gently, feel the butterfly, as it flies, and smile with appreciation. Loosen and relax your body; and breathe smoothly and regularly.

Breathe the energies of unconditional love, the Christos, deeply into the sphere around your heart, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe out unconditional love, from your heart space, to the whole earth, feeling the Christos energies penetrating, and encompassing the earth, with a cloud of light. Inhale from the sphere of light encompassing the earth, through the earth, and deeply into the sphere around your heart.

Exhale, allowing the air to escape naturally, feeling the light energies mingle with your Present Moment Sphere. Breathe smoothly and regularly, and move your body.

MOVEMENT NINE.

This movement begins from your energy sun, the the eyes open or closed. When you put your hands in front of the chest; the palms are up, and the fingertips close or touching.

Place your hands on the hips, and 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.

MOVEMENT TEN.

Stand comfortably, with the back straight, and breathe smoothly and regularly. The eyes may be opened or closed. 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 from your heart space, up your energy column, and through the pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field.

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 your energy column, and through the pineal gland, opening the Eye of Ra, and radiating light outward into the elixir field. 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.

Exhale up slowly, moving the One Light from your heart space, 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, your inner knowing and wisdom.

Exhale slowly, lower your head, radiate your light energies, and hold both hands, palms up, in front of your chest, feeling the guardian place into your hands, a scroll written with the questions of your heart.

Inhale the energies of your questions into your heart space, then move the scroll to the hands on the area of your heart, pull it out, move your cupped hands to your mouth, and breathe the One Light into your hands, knowing that the questions of your heart are seen by your Third Eye. Say and feel, 'I surrender all questions to the One Light.'

Inhale deeply, pulling 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, feel 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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