

Present Moment Brocades, Version 12.9.1

Created and Copyrighted by Emanate Presence.

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. You may place either hand on the belly; and massage the belly; as you feel. The eyes may be open or closed. Relax now; and calm the mind.

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 everything that is, as it is.

The present moment is all embracing, and inclusive.

The present moment harmonizes, balances, and integrates.

The present moment is love; for love itself.

The present moment is the wholeness of the Void, the everything undifferentiated.

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

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

The spirit of nature seeks to re-unite with the human spirit.

These joyful surprise movements are designed as a way to increase your Chi energy flow, improve circulation in your body, and deepen your experiential connection with your divine nature. Hum to yourself; feeling the vibration of sound; and continue to massage your belly or your hands, as you feel.

Chi energy, known by other names in various cultures, is the life force which animates the body. It is associated with the breath, and can be considered bio-electricity, although it is much more. Your Chi may be moved by using your focused mind and breath. Regular practice deepens the experience. The Bubbling Wells are energy centers in the bottoms of the feet. Those; and other terms used here; can be understood by visiting the Whole Human web site. Personal coaching is also available.

Now, smile with appreciation as you adjust your body as needed for comfort; and move your mind to the Joyful Surprise Movements.

MOVEMENT ONE.

Stand in a comfortable position, with the back straight and the eyes open or closed. In all movements of the Present Moment Brocades, inhale and exhale whenever needed; and stay with the prompts to your level of comfort. This is a flowing movement, coordinated with

breathing and Chi energy. 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; move your body as needed for comfort; and smile with appreciation.

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; move your body as needed for comfort; and smile with appreciation.

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; move your body as needed for comfort; and smile with appreciation.

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 arms to the sides. Then, place both hands on the area of your heart; exhale and allow the air to escape while adjusting your body as needed for comfort; and smile with appreciation.

Breathe the unbounded being of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT TWO.

May your quiver be full; and your aim be true; send arrows of kindness; whatever you do.

Now open the eyes.

Move the legs apart into a horse stance.

Keep the back straight and the buttocks under.

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

Raise the hands to meet in front of the body as the left arm straightens to the left.

The right hand pulls hard on a bowstring, to near the right nipple.

The right elbow is horizontal to the shoulder.

Concentrate the mind, so it really feels that the bow you are bending is very strong.

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

Relax the hands to the sides, while raising and turning to face forward.

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

Raise the hands to meet in front of the body as the right arm straightens to the right and the left hand pulls hard on a bowstring.

Concentrate the mind, so it really feels that the bow you are bending is very strong.

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

Relax the hands to the sides, while raising and turning to face forward.

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

Raise the hands to meet in front of the body as the left arm straightens to the left and the right hand pulls hard on a bowstring.

Concentrate the mind, so it really feels that the bow you are bending is very strong.

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

Relax the hands to the sides, while raising and turning to face forward.

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

Raise the hands to meet in front of the body as the right arm straightens to the right and the left hand pulls hard on a bowstring.

Concentrate the mind, so it really feels that the bow you are bending is very strong.

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

Relax the hands to the sides, while raising and turning to face forward.

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

Raise the hands to meet in front of the body as the left arm straightens to the left and the right hand pulls hard on a bowstring.

Concentrate the mind, so it really feels that the bow you are bending is very strong.

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

Relax the hands to the sides, while raising and turning to face forward.

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

Raise the hands to meet in front of the body as the right arm straightens to the right and the left hand pulls hard on a bowstring.

Concentrate the mind, so it really feels that the bow you are bending is very strong.

Squat down and ride the horse as the bow hand points an arrow at the target.
Relax the hands to the sides, while raising and turning to face forward.

Move your body as needed for comfort; and smile with appreciation.

Breathe the pure potentiality of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT THREE.

Fill up your heart with kindness; and then wherever you go; give all your kindness out; good seed is yours to sow.

Stand in a comfortable position, with the hands relaxed at the sides, and the eyes open or closed. Your centerline is a vertical column of Chi energy between the perineum and the crown of the head. It runs through your energy sun, the sphere around your heart, and into the elixir field in the center of the brain, connecting them.

Now, place both hands on the area of the heart and inhale Chi deeply into your centerline, feeling it expand. Exhale slowly; sinking your Chi down your centerline; through your heart space; through your energy sun; down both legs; through the Bubbling Wells; into the center of the earth. Breathe regularly, as you expand your mind from the center of the earth to the wholeness of the Void, the everything undifferentiated.

Inhale deeply, pulling the presence of Void consciousness through your Present Moment Sphere and into your whole body; allowing it to expand in your centerline.

Exhale while facing forward; spreading both arms open wide, palms away; sending your Chi out to touch your Present Moment Sphere. Breathe regularly; through your palms, your Bubbling Wells, and with your whole body; inhaling Present Moment Light into your centerline; feeling it expand; and exhaling Chi energy back to your Present Moment Sphere. Know that you are the centerline; and the Sphere.

Inhale deeply, pulling the presence of the Void through your Present Moment Sphere and into your whole body; allowing it to expand in your centerline. Place both hands on the area of the heart.

Rotate to the left; exhale slowly as you spread your arms open wide, palms away; sending your Chi out to touch your Present Moment Sphere. Breathe regularly; through your palms, your Bubbling Wells, and with your whole body; inhaling Present Moment Light into your centerline; feeling it expand; and exhaling Chi energy back to your Present Moment Sphere. Know that you are the centerline; and the Sphere.

Inhale deeply; pulling the presence of the Void through your Present Moment Sphere and into your whole body; allowing it to expand in your centerline. Place both hands on the area of the heart; and turn to face forward.

Exhale slowly; spreading both arms open wide, palms away; sending your Chi out to touch your Present Moment Sphere. Breathe regularly; through your palms, your Bubbling Wells, and with your whole body; inhaling Present Moment Light into your centerline; feeling it expand; and

exhaling Chi energy back to your Present Moment Sphere. Know that you are the centerline; and the Sphere.

Inhale deeply, pulling the presence of the Void through your Present Moment Sphere and into your whole body; allowing it to expand in your centerline. Place both hands on the area of the heart.

Rotate to the right; exhale slowly as you spread your arms open wide, palms away; sending your Chi out to touch your Present Moment Sphere. Breathe regularly; through your palms, your Bubbling Wells, and with your whole body; inhaling Present Moment Light into your centerline; feeling it expand; and exhaling Chi energy back to your Present Moment Sphere. Know that you are the centerline; and the Sphere.

Inhale deeply; pulling the presence of the Void through your Present Moment Sphere and into your whole body; allowing it to expand in your centerline. Place both hands on the area of the heart; and turn to face forward.

Exhale while facing forward; spreading your arms open wide, palms away; sending your Chi out to touch your Present Moment Sphere. Breathe regularly; through your palms, your Bubbling Wells, and with your whole body; inhaling Present Moment Light into your centerline; feeling it expand; and exhaling Chi energy back to your Present Moment Sphere. Know that you are the centerline; and the Sphere.

Inhale deeply; pulling the presence of the Void through your Present Moment Sphere and into your whole body; allowing it to expand in your centerline. Close your arms to your centerline. Then, place both hands on the area of your heart; exhale and allow the air to escape while adjusting your body as needed for comfort; and smile with appreciation.

Breathe the supreme stability of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT FOUR.

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

Face forward with the eyes open or closed, and the back straight. When you exhale left or right, sinking your Chi to the wholeness of the Void; turn your upper body as though looking behind. When you inhale forward; straighten your legs and lift your body to a standing position. Place both hands on your kidney area, and inhale Chi into your lower belly, the energy sun in the center below the navel.

Now, exhale slowly to the left; while looking behind; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything.

Inhale slowly to the front; pulling Chi with your mind up through the Bubbling Wells; and up both legs; while breathing through your Present Moment Sphere the presence of the Void into your whole body; move Void consciousness and Chi into your centerline; allowing it to expand.

Exhale slowly to the right; while looking behind; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything.

Inhale slowly to the front; pulling Chi with your mind up through the Bubbling Wells; and up both legs; while breathing through your Present Moment Sphere the presence of the Void into your whole body; move Void consciousness and Chi into your centerline; allowing it to expand, and place both hands on the area of your heart;

Exhale slowly to the left; while looking behind; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything.

Inhale slowly to the front; pulling Chi with your mind up through the Bubbling Wells; and up both legs; while breathing through your Present Moment Sphere the presence of the Void into your whole body; move Void consciousness and Chi into your centerline; allowing it to expand.

Exhale slowly to the right; while looking behind; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything.

Inhale slowly to the front; pulling Chi with your mind up through the Bubbling Wells; and up both legs; while breathing through your Present Moment Sphere the presence of the Void into your whole body; move Void consciousness and Chi into your centerline; allowing it to expand, and place both hands on the area of your kidneys.

Exhale slowly to the left; while looking behind; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything.

Inhale slowly to the front; pulling Chi with your mind up through the Bubbling Wells; and up both legs; while breathing through your Present Moment Sphere the presence of the Void into your whole body; move Void consciousness and Chi into your centerline; allowing it to expand.

Exhale slowly to the right; while looking behind; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything.

Inhale slowly to the front; pulling Chi with your mind up through the Bubbling Wells; and up both legs; while breathing through your Present Moment Sphere the presence of the Void into your whole body; move Void consciousness and Chi into your centerline; allowing it to expand.

Then, place both hands on the area of your heart; exhale and allow the air to escape while adjusting your body as needed for comfort; and smile with appreciation.

Breathe the infinite creative intelligence of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT FIVE.

This movement starts with the back straight, the legs apart, and the hands on the area of the heart. 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. The eyes may be opened or closed.

Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly as you squat down; sinking your Chi down your centerline to the perineum; then down both legs, through the Bubbling Wells, into the center of the earth; and feel the stillness of the center.

Inhale deeply; still squatting, as you pull your Chi up through the Bubbling Wells; up both legs to the perineum; then into your energy sun.

Exhale slowly; as you shift your weight left, move your mind to the Bubbling Wells; turn your upper body slowly to the left and look behind.

Breathe regularly, as you align your head, spine, and right leg, and stay in this position, with your mind on the Bubbling Wells in the bottoms of the feet.

Inhale slowly, while turning the upper body to face forward, raising up as you pull your Chi from the Bubbling Wells, up both legs, through the energy sun and into the sphere around your heart; stand and place both hands on the area of the heart; exhale thoroughly; and allow the air to escape naturally.

Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly as you squat down; sinking your Chi down your centerline to the perineum; then down both legs, through the Bubbling Wells, into the center of the earth; and feel the stillness of the center.

Inhale deeply; still squatting, as you pull your Chi up through the Bubbling Wells; up both legs to the perineum; then into your energy sun.

Exhale slowly; as you shift your weight right, move your mind to the Bubbling Wells; turn your upper body slowly to the right and look behind.

Breathe regularly, as you align your head, spine, and left leg, and stay in this position, with your mind on the Bubbling Wells in the bottoms of the feet.

Inhale slowly, while turning the upper body to face forward, raising up as you pull your Chi from the Bubbling Wells, up both legs, through the energy sun and into the sphere around your heart; stand and place both hands on the area of the heart; exhale, allowing the air to escape naturally.

Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly as you squat down; sinking your Chi down your centerline to the perineum; then down both legs, through the Bubbling Wells, into the center of the earth; and feel the stillness of

the center.

Inhale deeply; still squatting, as you pull your Chi up through the Bubbling Wells; up both legs to the perineum; then into your energy sun.

Exhale slowly; as you shift your weight left, move your mind to the Bubbling Wells; turn your upper body slowly to the left and look behind.

Breathe regularly, as you align your head, spine, and right leg, and stay in this position, with your mind on the Bubbling Wells in the bottoms of the feet.

Inhale slowly, while turning the upper body to face forward, raising up as you pull your Chi from the Bubbling Wells, up both legs, through the energy sun and into the sphere around your heart; stand and place both hands on the area of the heart; exhale, allowing the air to escape naturally.

Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly as you squat down; sinking your Chi down your centerline to the perineum; then down both legs, through the Bubbling Wells, into the center of the earth; and feel the stillness of the center.

Inhale deeply; still squatting, as you pull your Chi up through the Bubbling Wells; up both legs to the perineum; then into your energy sun.

Exhale slowly; as you shift your weight right, move your mind to the Bubbling Wells; turn your upper body slowly to the right and look behind.

Breathe regularly, as you align your head, spine, and left leg, and stay in this position, with your mind on the Bubbling Wells in the bottoms of the feet.

Inhale slowly, while turning the upper body to face forward, raising up as you pull your Chi from the Bubbling Wells, up both legs, through the energy sun and into the sphere around your heart. Stand, place both hands on the area of your heart; exhale and allow the air to escape while adjusting your body as needed for comfort; and smile with appreciation.

Breathe the love for love itself of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT SIX.

Now open the eyes, and place your hands on the lower back, with your feet at shoulder width apart.

Feel the warmth of the energy in the kidney area. When you move your hands up, feel a column of Chi energy inside you, moving up with them. 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.

Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything. Feel the presence of Void consciousness.

Inhale deeply; breathing through your Present Moment Sphere the presence of the Void into your centerline; while pulling Chi up through the Bubbling Wells; up both legs to the perineum; then into your column of energy; allowing it to expand.

Exhale up slowly, to the elixir field in the brain, and condense your spirit around the pineal gland in the center, the thalamus, Third Eye, or Eye of Ra.

Inhale spiritual energy from the pineal gland, into your heart.

Allow the elixir to expand into the sphere around your heart.

Feel the energy of the elixir, while you exhale slowly; allowing air to escape naturally; 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; and feel your Chi circulating in the energy field of the kidney area; exhale as needed and inhale, then turn 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; and is most intimately who, and what you are. Stretch your mind and your Chi out to your hands and feet.

Exhale slowly, while bending the upper body with the arms extended; moving your Chi and your mind as you bend; down through your energy sun, 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 Chi up from the Bubbling Wells; up both legs; through your energy sun; and into the sphere around your heart, placing your hands on the area of the heart.

Exhale; allowing your air to escape naturally. Breathe smoothly and regularly.

Move your hands to the kidney area; adjust your body into a comfortable standing position; and smile with appreciation.

Now, exhale as needed; relax your hands to the sides; and press 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; and feel your Chi circulating in the energy field of the kidney area;

exhale as needed and inhale, then turn 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; and is most intimately who, and what you are. Stretch your mind and your Chi out to your hands and feet.

Exhale slowly, while bending the upper body with the arms extended; moving your Chi and your mind as you bend; down through your energy sun, 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 Chi up from the Bubbling Wells; up both legs to the perineum; then through your energy sun; and into the sphere around your heart, placing your hands on the area of the heart.

Exhale; allowing your air to escape naturally. Breathe smoothly and regularly.

Move your hands to the kidney area; adjust your body into a comfortable standing position; and smile with appreciation.

Now, exhale as needed; relax your hands to the sides; and press 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; and feel your Chi circulating in the energy field of the kidney area;

exhale as needed and inhale, then turn 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; and is most intimately who, and what you are. Stretch your mind and your Chi out to your hands and feet.

Exhale slowly, while bending the upper body with the arms extended; moving your Chi and your mind as you bend; down through your energy sun, 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 Chi up from the Bubbling Wells; up both legs to the perineum; then up through your energy sun; and into the sphere around your heart. Then, place both hands on the area of your heart; exhale and allow the air to escape while adjusting your body as needed for comfort; and smile with appreciation.

Breathe the all sufficiency, and self existence, of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT SEVEN.

Now, place both hands on your kidney area. Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything. Feel the presence of Void consciousness.

Inhale deeply; pulling Chi up through the Bubbling Wells; and up both legs to the perineum; while breathing the presence of the Void into your whole body; then move Void and Chi into

your centerline; feeling the column of energy expand.

Exhale up slowly, to the elixir field in the brain, and condense your spirit around the pineal gland in the center, the thalamus, Third Eye, or Eye of Ra.

Inhale spiritual energy from the pineal gland, into your heart.

Allow the elixir to expand into the sphere around your heart.

Now, turn your upper body left and right; as you breathe out to the barrier membrane, sending unconditional love. Breathe in Present Moment Light; and breathe out unconditional love.

Feel the membrane absorbing the light, softening, and becoming more permeable.

Inhale the Present Moment Sphere with your whole body. Remain open and receptive while feeling the Presence of the light.

Exhale, allowing air to escape naturally, as a cloud of Present Moment Light forms a cocoon around your body; and smile with appreciation.

Now, place both hands on the area of your heart. Inhale Chi deeply into your centerline, the energy column between your perineum and pineal gland.

Exhale slowly; sinking your Chi down the centerline to the perineum; then down both legs; through the Bubbling Wells; into the wholeness of the Void; the everything within everything. Feel the presence of Void consciousness.

Inhale deeply; pulling Chi up through the Bubbling Wells; and up both legs to the perineum; while breathing the presence of the Void into your whole body; then move Void and Chi into your centerline; feeling the column of energy expand.

Exhale up slowly, to the elixir field in the brain, and condense your spirit around the pineal gland in the center, the thalamus, Third Eye, or Eye of Ra.

Inhale spiritual energy from the pineal gland, into your heart.

Allow the elixir to expand into the sphere around your heart.

Now, turn your upper body left and right; as you breathe out to the barrier membrane, sending unconditional love. Breathe in Present Moment Light; and breathe out unconditional love.

Feel the membrane absorbing the light, softening, and becoming more permeable.

Inhale the Present Moment Sphere with your whole body. Remain open and receptive while feeling the Presence of the light.

Exhale, allowing air to escape naturally, as a cloud of Present Moment Light forms a cocoon around your body; and smile with appreciation.

Breathe the self-expressive artistry of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT EIGHT.

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.

Inhale 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; through the Bubbling Wells, up both legs, through your energy sun, 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; breathe smoothly and regularly; and smile with appreciation.

Inhale 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; through the Bubbling Wells, up both legs, through your energy sun, 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; breathe smoothly and regularly; and smile with appreciation.

Inhale 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; through the Bubbling Wells, up both legs, through your energy sun, 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. Place both hands on the area of the heart.

Inhale 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; through the Bubbling Wells, up both legs, through your energy sun, 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.

Now, stand comfortably; adjust your body as needed; breathe smoothly and regularly; and smile with appreciation.

Breathe the joy, and laughter, of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

MOVEMENT NINE.

You may hum to yourself; feeling the vibration of sound; and massage your belly or your hands, as you feel. The eyes may be open or closed. Relax now; and calm the mind.

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 everything that is, as it is.

The present moment is all embracing, and inclusive.

The present moment harmonizes, balances, and integrates.

The present moment is love; for love itself.

The present moment is the wholeness of the Void, the everything undifferentiated.

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

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

The spirit of nature seeks to re-unite with the human spirit.

Now, place both hands on the area of the heart and inhale Chi deeply into your centerline, feeling it expand. Exhale slowly; sinking your Chi down your centerline; through your heart space; through your energy sun; to the perineum; then down both legs; through the Bubbling Wells; into the center of the earth. Breathe regularly, as you allow your Chi and your mind to expand from there into the wholeness of the Void; the everything undifferentiated.

Inhale deeply, pulling Void consciousness up through the Bubbling Wells; up both legs to the perineum; and through your skin into the whole body; allowing it to expand in your centerline.

Move your mind to the sphere around your heart.

Exhale up slowly, to the elixir field in the brain, and condense your spirit around the pineal gland in the center, the thalamus, Third Eye, or Eye of Ra.

Inhale spiritual energy from the pineal gland, into your heart.

Allow the elixir to expand into the sphere around your heart.

Exhale, allowing air to escape naturally, as a cloud of Present Moment Light forms a cocoon around your body, and stay with that feeling.

Inhale Present Moment Light into your centerline, feeling the column of light expand.

Breathe within from your centerline, into every organ of your body. Send nourishment to your

whole body.

Inhale Present Moment Light into your centerline, feeling the column of light expand.

Breathe within from your centerline, into every organ of your body. Send nourishment to your whole body. Relax into a comfortable position; breathe in a smooth and regular way; and smile with appreciation.

Breathe the unwavering wholeness of the Void through your Present Moment Sphere into your centerline; feeling the column of energy expand. Breathe Chi energy back to your Present Moment Sphere.

Now, open your eyes, move your body, and shake out your limbs.

Visit the Whole Human site at EmanatePresence.com, to find tips for your Joyful Surprise Movements; share your experiences of Dancing with the Divine; and deepen your Present Moment Brocades practice. This audio file may be freely copied and shared. Credits and links are appreciated.