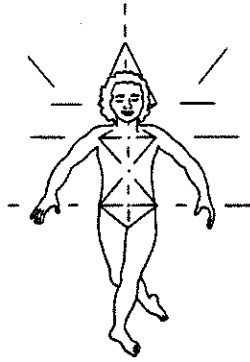


Unity In Motion



“The Delicate Heart”

*Summary of Third Week Seminar
August, 2000
Santa Barbara, California*



*The material in this
summary of the third week seminar
is presented by*

Michael Cristiam Nebadon
Nancy McGowan
Carol Sipper

*With a special acknowledgment to
Ellen Rennell
for her contributions to this presentation*

Unity In Motion
10 West Micheltorena Street
Santa Barbara, California 93101
805-682-3886
email – cristiam1@aol.com
September, 2000

Unity In Motion

Third Week Seminar

August, 2000

“The Delicate Heart”

Each of us has come with our own individual sense of balance. It is a whole system of movement that is completely consistent within its own logic and is familiar to us because it is who we sense ourselves to be. As we practice the Movements of Unity In Motion we begin to recognize and release patterns in which we were holding our bodies, minds and emotions in ways that were not beneficial to us. The more we practice the Movements the more we release old patterns, and the closer we come to match the perfect geometry that effortlessly suspends the body in motion. In this way, matching universal balance is not an achievement but the result of releasing all the interpretations of movement that have gotten in the way of experiencing our natural communion with life.

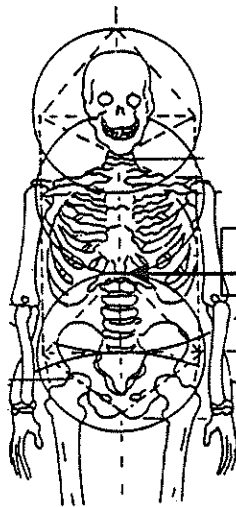
Uncovering specific areas of the body in which we grab, or use force in order to move, often comes as a surprise because the way we move is so much a part of how we sense ourselves that we have not been able to perceive our movement as separate from ourselves. As we begin to uncover places where we perceive that we are using force to move, it is important to remember that using force in one movement or in one isolated area of the body is faithfully reflected within the whole system of movement.

Your body is always one whole pattern of movement. This pattern reflects the mental, emotional and physical senses within yourself. As the embodiment of unity existing within this pattern one sense is completely interdependent with another.

Sometimes it is helpful to isolate temporarily and release one area of the body – always keeping in mind that in doing so we making changes in the whole. And so, in our week together we talked a lot about one specific point of passing through – “The Delicate Heart”

This was a way of expressing our intention to release all force from our movement. But it is also a specific place within the structure of the body. The Delicate Heart can be said to be located in the upper part of the Solar Plexus – at the very base of the breastbone, and at the level of the tenth thoracic vertebra of the spinal column. We discovered that it is the place where, as we raise the energy through the Centers from the Pelvic Floor to the Crown, it is easy for the movement to get trapped because of the tendency to push back with the shoulders and chest instead of allowing the energy to continue to go vertical (this pushing may be just the tiniest of reflexes)

Because the use of counterbalance a specific reflex is not isolated to one part of the body. This upward and backward movement of the chest is counterbalanced by a reflex to thrust the pelvic girdle forward and down. This thrusting with the chest accompanied with a forward thrust of the pelvic girdle is the basic reflex of structural balance in which we have balanced one segment of the body in opposition to another in order to “achieve” balance.



It makes perfect sense that the “Delicate Heart” is located at the base of the breast bone because the base of the breast bone is also the central base of the whole structure as it relates to the shoulders and rib cage. It is at this central point in the spine that the force created from pushing back with the chest and shoulders and the forward thrusting of the pelvic gets directed.

We begin to realize that this place of the Delicate Heart has a mirror reflection in our brain and when this place is not expansionally, clearly directed, it reflects a bio-mechanical holding which is a form of using within our own natural train of thought. Our thought pattern is a reflection of our whole pattern of movement since thought is also movement. Through the practice of unifying the Delicate Heart through the Movements of Unity In Motion, this reflex to use force through pressure gets smaller and smaller until it is finally completely dissolved and erased from our consciousness

During the week, our final realization was that the Delicate Heart does not, then, exist in only two places but is present in every frame of movement of Unity In Motion. We discovered this by clarifying the structural form of the Movements as they relate to the ever-flowing Path of Balance. We discovered that the Connections of Unity In Motion can now become just one frame - the correspondent frame of the Path. In other words, because the Connections are now fully familiar to us, we are now erasing the momentary stopping of the mind in its making sure of the perfection of this structural placement. This erasing of the momentary stopping of the frame to sense the frame allows us more clearly to perceive the natural ripple of the spine moving constantly from the Pelvic Floor to the Crown and Crown to Pelvic Floor through the three changing arcs.

This subtle unification between the mental, the energetic and the bio-mechanical allows us also to enter a new form of perception - that of the bio-rhythm of the metronome. During the week we discovered that each of us has a personal interpretation of the movements and the rhythm of these interpretations is relative to the way in which we move. In refining the whole flowing movement through the counts of the metronome, we discover that every frame of the movement is a matching of natural extension and that as we begin to connect with the form of the geometry, which is the outer form of the movement expressing the design of Unity In Motion, we can now experience a greater and greater sense of joy, freedom and natural perfection within our daily practice. We discover that natural perfection is not an attainment but a merging with the perfect action that is the embracing movement of the geometry of balance.

THE FLOOR SUSPENSIONS

We practiced the floor suspensions during the week and discovered that both the floor and the chair suspensions help us to erase any sense of tension, distraction or subconscious distance from our true sensation. They prepare us to become focused within the mind, energy and structural formation of our bodies so that when we begin to practice we can experience greater levels of refinement. Sometimes in our daily practice most of the time is spent in recuperating our sense of O Point which is a form of sensing one's self as "all together now". This is good and pleasurable but sometimes we don't get to refine our merging with universal balance. Our refinement of merging with Universal Balance is very important because it reflects our refinement of our sense of self that brings about the revelatory perception or realization that unveils the wonderful experience of unity existing within our lives.

The suspensions, then, are important because they allow us to sense our selves as present and begin the practice with the full intention of refinement.

The following Suspensions are informal and need not be done exactly as presented. We have tried to narrate a flowing movement that will assist the student to transition easily from one movement to the next.

Self Massage: The most important principle of self massage is that as we touch ourselves to release muscles and energy flowing through our bodies we keep the Seven Centers open. In this way the form of the outer touch naturally emanates from the central core of our beings providing a natural energy that quickens the release. In this form of balanced massage, the act of massaging is equal in importance to the area being released by the massage – it is a form of a circle of energy within ourselves in which the internal and external are mirrored by the sense that provides the release.

Leg Release: Lower yourself gently to the floor and sit with one leg in an open Criss Cross and the other leg - the leg to be massaged - in a comfortable, open Natural Bent Knees placement. This placement allows you to extend and release through the pelvis and the lower back so you can keep all Centers open.

Initiating the massage you first release the psoas muscle. This is the large muscle of located on the outer side of the thigh. This muscle coils through the hip and the pelvic girdle connecting to the pelvic floor and to the spinal column. This muscle is very important because along with the muscles of the arms, situated on the side of the lower arm, represents the first reflex of contraction that separates us from the natural flow of energy of balance. These four muscles and the legs and arms correspond, as an immediate reflex, to the solar plexus. In whatever form we come into contact with stress, those four different points within the body are our most immediate separation from balance.

Proceed to massage the knees, lower legs and calves, ankles and feet. Change placement and massage the other leg.

Diamond Releases: Gently come into a seated placement with legs extended in front of you on the floor in an open diamond, heels touching each other. Then:

(Floor Suspensions, Continued)

1. Forward Suspensional Release of Inner Arc. Bring your arms to Foundation and then reach gently forward through the inner form by raising the abdominal area and lower back arriving with your hands touching your feet and ankles. Spend a few moments in an open Inner Arc so that the release of the spine (the Seven Centers) is also the release of the legs and pelvis.
2. Return through inner form to Suspended Spirals: Bring the energy through the inner form from Foundation to Moon. Next, rock back on the seated bones of your pelvis and at the same time bring your arms through an expanded Inflowing Wave arriving to the Diamond version of Connection of Suspended Spirals (arms touching the floor slightly in back of you, spine describing the Inner Arc).
3. Return through outer form once again touching ankles: From here bring the energy through the outer form to Expansion and from there gently reaching forward through the Moon, raising the abdominal area and lower back once again, through this outer form, touch your feet and ankles. From here return to the Moon, and Around The Crown, returning to Foundation.

From here release the Open Diamond of the legs, bringing them into the Seated Criss Cross, ready for the

Criss Cross Releases: (Sit on a pillow if it is difficult to sit in this placement)

1. Hand Release. Begin by massaging both hands. Again from the release of the Seven Centers. Shake both arms to the side of the body, releasing any tension existing within the arms and torso.
2. Arm Release. Slightly change the direction to begin to massage the right arm and especially the large muscle at the outside of the lower section of the arm that corresponds to the psoas muscle within the leg and the Solar Plexus. Gently shake the arm, releasing the energy. Repeat the movement with the other arm.
3. Back Release. Place hands informally in Central Heart and release the arms through an outer circle around to the back, massaging the lower back, lower lumbar area and its connection to the pelvis.
4. Side Release. Inner Form . Bring the arms around to informal Foundation. Simultaneously moving both arms, bring the left arm around, placing the hand on the side of the waist while the right arm extends slightly forward with the elbow resting on the thigh. This suspension is completed with the spine arriving to an open Inner Arc, the whole torso describing a side plane. After a few seconds of releasing all

(Floor Suspensions, Continued)

Centers in their three-dimensional opening, return to the center of symmetry at the level of Mid Horizon from where the motion reverses to the other side.

5. Side Release. Outer Form. The arms return to Foundation and open to Expansion where the outer form of the movement takes us to the side plane. In this movement the right arm comes into Heaven as the left arm touches the floor. This Placement is just like the Connection of Three Dimensional Side in the Side Release Movement of Section 5, except that as one arm is describing the Connection of Heaven, the other arm, instead of describing Earth, reaches down and sideways, the hand touching the floor. To repeat, bring the arms to Expansion and open the side plane to the other side. Once both movements are completed, come to Expansion once again and into Inflowing Wave coming into Foundation for the...
6. For ward Suspensional Release of Inner Arc. Raise gently forward through the inner form by lifting the abdominal area and lower back arriving with your hands touching the floor in front of you, expressing the full forward release of the Inner Arc. After a few seconds of opening all Centers, return through the inner form (coming through all the Centers beginning with the Pelvic Floor) by entering Foundation and unfolding through Gradational Unfolding to Moon. From Moon follow an expanded Inflowing Wave arriving with hands to the side and slightly in back of you to the Connection of Suspended Spirals in order to ..
7. Release legs so the opposite leg is on top of seated Criss Cross.
8. Returning to 0 Point, we massage and define the natural length of the neck, release the energy of both arms, massage and find directions of release within the face, the skull and hair. Shaking the energy from the arms
9. Repeat number's 4, 5 and 6 of Criss Cross (The Side Releases and the Forward Suspensional Release) to have the experience of balancing with opposite leg on top completing in the Connection of Suspended Balance, continue to role back
10. Vertebra by Vertebra:...elbows, lower arm and hand arriving to the floor as you continue descending towards to O Point Elongation, Neutral.
11. Moon, True Side – release of the heart
12. Natural Bent Knees – Moon, Sun – balance cross of space
13. Criss Cross, Moon, High Infinity – balance all transversals
14. Criss Cross, Moon, Lower Diagonal – balance all transversals
15. Change legs – to equalize directions
16. Criss Cross, Crown Heart – opens all Centers.
17. Side rolling ready to stand and begin practice.

DISCOVERIES, NOTES, HIGHLIGHTS OF THE MOVEMENTS IN SEQUENTIAL ORDER

MOVING HEART -Beginning the Movement we start from 0 Point and gather the energy with the right and left arm taking 8 counts coming into Moving Heart, where the fountain opens and touches Mid-Horizon (Center of Solar Plexus) at count four.

Remember Mid Horizon has no projection. It is the center of no resistance as it represents the center of the Delicate Heart in its balance of giving and receiving in relation to the six directions of space. (a good bio-mechanical symbol to begin to sense Mid Horizon is to feel as though you are holding a tray in the most natural way. Your elbows would not be projected out to do this).

The movement continues with the path of Giving and Receiving through the outer form. The elbows are a hinge.

UNITY IN MOTION. This Movements starts in 0 Point and becomes the Path of Gathering All Centers coming into Foundation.

Outflowing Wave starts in the pelvic floor. The traveling of energy through the segments of the arms reflects the wave-like ascending of energy through the Centers of the spine arriving **exactly** to the Connection of Crown within the spine as you arrive to the Connection of Crown within the arms.

In practicing the Outflowing Wave be aware, as the energy moves up from the Pelvic Floor, Pelvis and begins to come into the Solar Plexus that it now continues the upward ripple at the place of the Delicate Heart – which means no lifting of the shoulder girdle or pushing forward with the rib cage.

Since the chest area is where we often want to use force. it is helpful when going up through the Centers to say to yourself “yield” at the Center of the Chest. Passing through the Center of the Chest is never a force but always a yielding.

In practicing the Unity In Motion movement we practiced connecting the movement of the spine and arms with our range of vision. We did this by placing shoes on the floor and on up onto the stage to represent where our gaze should be while ascending and descending through the 7 centers: One shoe for each Center: Pelvic Floor, Pelvis, Solar Plexus, Chest, Throat, Head, Crown. Doing this assisted us to visually connect with physical points in front of us that correspond to the place our gaze would naturally extend as we travel with our spine and arms up and down through the Seven Centers.

Another aid in training the eyes to be one with the movement is to extend one arm in front of you and follow with your eyes the movement of the tips of your fingers as you move your torso, neck and head along with your extended arm, through the outer, vertical and inner arcs of the spine.

Important discoveries about the range of vision: Within the Path of Outflowing Wave the range of vision corresponds to the Connection of Foundation and raises vertically to match the corresponding Connection of Crown.

However in the Path of Sphere of Earth/Inflowing Wave the gaze does not descend straight down from Crown to Foundation. In the Connection of Crown the gaze

is slightly above the horizontal plane acknowledging the Connection of Crown through the Vertical Extension of the spine.

At Count one, when passing through the "Sphere of Earth" (which corresponds to the Center of the Head), the gaze descends and comes up again while passing through the Center of the Throat, and from there descends through the Centers to Foundation. Incorporating your range of vision into this ripple initiated by the Sphere of Earth insures that you are moving your head along with all the vertebrae. In this way you will not get caught in the Center of the Throat.

Important: In the linear learning of the form, the range of vision has always been a present component. First we learned the surface (structural) design of the form, and then we connected through the Seven Centers as the inner design of the form. And now, we are once again coming to the surface of the form, this time with increased refinement, connecting frame by frame the inner and the outer form through our range of vision. Incorporating the range of vision fully within our practice means that we are connecting our mind fully with the movement.

The Center of the Head is one of the three structural centers of the body (along with the Pelvic Girdle and Shoulder Girdle). As we incorporate our range of vision into our Movements we release The Center of the Head to a greater degree, facilitating the whole movement of the spinal column.

As the Center of the Head is released as an independent, suspended motion, we get clearer and clearer glimpses of the workings of our mind. We have all had certain fixed ideas which reflect the way we balance our lives. These ideas come as inherited tendencies that reflect accepted thoughts about the specific reality which we have formed through our life's encounters.

We can only see the world according to our perception of it. In this sense the world is like our own pattern of movement. As a matter of fact, our perception of the world is reflective of our own pattern of movement. Just as, in the past, we thought ourselves to be a certain way, we also thought that the world existed in that same certain way. Now, as we become more and more balanced we recognize that the world is not a static reality any more than we are a static pattern of movement. Our world is constantly changing according to the way we see it. As our perception clears up, our world becomes transformed and any ideas that have been held in our minds as a static reality will become released giving way to the true creativity of life.

SUSPENDED DIAMOND - When you Ascend Through Centers as you go through the Path of Balance to the Suspended Diamond remember the Delicate Heart. Please do not lift in the Centers. Take the reflex of pushing or lifting out of your mind. The Centers are naturally opening as the spinal column moves three-dimensionally like a wave through the geometry of the arms touching the corresponding planes of space.

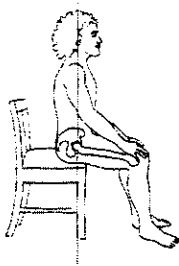
The Suspended Diamond ascends and descends through the constant ray of passing through.

In the ascending and descending open through the right and the left of the elbows. The Suspended Diamond is centralized at the center of the throat and reflects the natural extension of the neck.

REMEMBER WE ARE CONTINUOUSLY CENTRALIZING OUR STRUCTURAL, ENERGETIC AND SPATIAL RELATIONSHIP IN SPACE . The structural is the actual bio-mechanical relationship of centering of the whole skeleton. The energetic is the balance of energy that reflects the structural as the physical sensation of ourselves. And, the spatial is the balance between the energy and the structure expressing the natural formation of our minds making moment to moment sense of our daily experience of life. These are the three senses within ourselves that reunite us as one with the unity in motion of life.

THE THREE RELEASES – To give greater awareness to our movement we practiced the Releases sitting in a chair, isolating the movement of the spine

Sensing the hip joints: First, by placing our hands on our thighs we used our

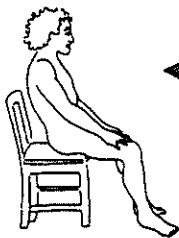


arms, opening the elbows through the right and left, to gently raise and lower the spine in a mechanical way. By allowing the spine to remain in its vertical extension throughout the movement we were able to sense the hip joints and sense that the movement of the spine was



originating in the Pelvic Floor – our most immediate awareness of

this being the opening at the hip joint. With our arms to aid us in the movement, we were able to sense that it is not necessary to pull from the shoulders or to push forward from the pelvis. The movement comes very cleanly and simply from the hip joints. (If you sense your legs opening automatically when you release forward, it means that you are thrusting down and forward with your pelvis as you move). By practicing this structural movement, we were able to sense if we were pushing forward with the pelvis as we moved forward or grabbing in the hip joints when coming up to vertical.



We also practiced this movement by rocking back a little past center. This enabled us to understand more clearly where center is – and to come to center more clearly, without grabbing.

Adding the arcs of the spine: We then practiced the Expansional Release with the spine and head movement only, once again keeping the hands on the thighs, opening right and left with the

elbows, to facilitate the movement.

The Expansional Release begins in the Vertical Extension of the spine (the Connection of Expansion.) We released the torso forward (taking care not to thrust forward with the Pelvis) coming up through the Centers in six counts from Pelvic Floor the energy passing through Crown as we arrive to Suspended Balance at count 2 (aided by our hands on our thighs). By the time we arrive to Suspended Balance the spine is still mostly in its Vertical Extension but has moved into a very slight Inner Arc in the three higher Centers (Throat, Head and Crown).

Returning through the Ribbon in counts 3 and 4 the spine comes into a full Inner Arc (the range of vision is now on the floor between the feet) as the energy passes through six Centers (Crown, Head, Throat, Chest, Solar Plexus, Pelvis) in two counts.

At this crucial, point when beginning at count 1 with Entering Foundation, we bring our awareness firmly into the Pelvic Floor and unfold vertebra by vertebra up through the Seven Centers of the spine arriving to the Vertical Extension at count 4.

Again – this is nothing new – it is exactly the movement of the spine in your regular practice of the Expansional Release. We just momentarily took away the arms from the movement in order to understand more clearly the movement of the spine . The experience of arriving to the vertical in this way is a powerful sensation.

We then practiced the Expansional Release with the arms movement. Now instead of using the arms as a mechanical lifting aid we used the movement through the planes of space and the geometry to assist the spine in its unfolding.

We also discovered an important clue. While practicing the releases in the chair if the legs want to open automatically as we are coming forward into Suspended Balance it means that we are not coming up through the Centers, but thrusting forward with the pelvic girdle as we move forward. Erasing the thrusting erases the reflex of the legs to open automatically and the whole is connected more clearly through the ground.

FOUNDATION RELEASE - The Encircling Spirals go around you. They don't come from above – they don't come from below. The spirals allows you to return from your center as you go away from your center. Throughout the movement, you never loose contact with your elbows, therefore they are not collapsing. Keep constantly encircling the spiral around the elbows.

The beginning of The Ribbon is a result of the wave-like, natural release of the spine in the Connection of Suspended Balance.

Keep the ribbon simple, no extra movements with your wrists and hands. The Ribbon is not an outer wave, it is an inner gathering that allows you to return to Entering Foundation.

Move through The Ribbon to create a ripple all the way up the spine without lifting or creating resistance. Once you touch Entering Foundation, continue through the Delicate Heart. You never want to push with the arms and shoulders to lift the spine, but instead find the vertebrae connections as they three-dimensionally become released through the planes of space touched through the Path of Balance.

EARTH. We have discovered that there are two definitions of the Connection of Earth. The Earth of the Unfolding Mandala Path is more forward than the Earth encountered in the Path of Sphere of Earth/Inflowing Wave.

The forward Earth is the spherical definition that corresponds to front and back/right and left directions of space expressing the centering of the Head and Crown in relation to the Pelvic Girdle and Pelvic Floor.

The side Earth is the spherical definition that corresponds to right and left/front and back. It expresses the centralization of the Pelvic Floor and Pelvic Girdle as it corresponds to Crown and Head

INTERCHANGING BALANCE - The first two counts within the Path of the arm initiating the movement toward the Side Plane is a figure S and returns as the radius of the circle to Asymmetrical Foundation.

MOON AND AROUND THE CROWN. Refine the Gradational Unfolding going to Moon by opening and facilitating the Delicate Heart. When coming up through the Centers from the Pelvic Floor it is helpful to acknowledge the Center of the Chest twice – the first Chest is the vertical passing through of the unfolding spine at the Delicate Heart, the second is the horizontal that avoids any backward pressure as the arms unfold horizontally toward Moon.

Remember the angle of the arm in the Around The Crown Path. The palm of the hands are facing toward the floor until they begin to form the Connection of Earth.

From Moon it is the Center of Crown that initiates the gravitational change that allows you to, frame by frame, come into the Inner Arc Connection of Earth. That is the reason that this Movement is called Around The Crown.

Through this gravitational change you are always descending/ascending.

LATERAL RELEASE WITH DESCENDING SPRINGS: - ATTENTION THIS IS A CHANGE IN THE COUNTS. PLEASE MAKE THE CHANGE IN YOUR BOOK: The Path of Lateral Release leading to the Moving Connection of Suspended Heart now takes 6 continually even counts to arrive to the Connection of Suspended Heart instead of 4 counts. The Path of Merging Waves is now 2 counts.

This is change has been made because before, when there were 4 counts to Suspended Balance and 4 Counts to Inner Outer Balance, we arrived to Suspended Balance in 4 counts and then somehow waited there before going on to the Merging Waves Path, thereby breaking the suspended nature of the continual flow. By giving the Lateral Release Path more counts it makes the Path fuller. It gives more lateral movement to the release and facilitates more circular movement into Suspended Balance. Two counts is plenty to complete the Merging Waves Path to Inner Outer Balance.

We refined the Path of Synchronized Geometry that brings the awareness to the Pelvic Floor as the beginning of Merging Heaven Path. At the moment these Paths merge, the moving center of gravity is in the Pelvic Floor. From here, the Path of Merging Heaven comes into being through the center of the ground through the Ascending Spring as the spine unfolds through the Seven Centers to Crown. There is no pushing or pulling with the shoulders. Remember the Delicate Heart. Remember that the Ascending Spring is perfectly synchronized with your arrival to Heaven.

DESCENDING HARMONY; In this class we devised a new Path for Descending Harmony that everyone, including beginning students, will be able to do - Easy and beautiful, same 16 counts.

SECOND SECTION

MOON – NATURAL ELONGATION – Moon is centralized through the center ray of the chest. It is the balance of front and back in relation to right and left. Moon is the center of you – boundless feeling - that unites these four directions with above and below.

We continued the never-ending refinement of the Gradational Infolding returning from Moon to Neutral. We discovered that the Gradational Infolding is similar to the Fourth Section, Seated Criss Cross, Around the Crown, Inflowing Wave Path.

The elbow becomes the center suspension from which the outer shape of the form connects to the inner Center of Chest, centralizing the passing through nature of the arms.

THIRD SECTION

MOON DIAMOND: Continue refining the cantilever nature of the legs centralized through the knees. The knees, the same as with the center of the elbow, becomes the center suspension from which the outer shape of the form connects to the inner Center of the Pelvic Girdle centralizing the passing through nature of the legs. Refine the constant movement with the metronome.

Discovery: The Diamond of the Legs has the same relationship of centering as do the legs in 0 Point Seated in a chair- except that in the Diamond the heels are touching.

The relationship of the upper portion of the leg to the hip joint and torso – (a right angle) is the same in both Connections.

It is very helpful to know this because when you see that in the Diamond of the Legs the upper portion of the legs are horizontal in relation to the floor and torso, you can begin to see when you or a student's legs are pushed too far back into the hip joint or extended too far out. Sometimes it is uncomfortable for a student to come into this Connection fully in the beginning, but it is helpful to see what the goal is.

(We made some discoveries regarding the movement of the legs which we will present with accompanying drawings in the near future.)

BRIDGE AND CRISS CROSS: Refine the continual motion with the metronome. Be clear in the asymmetrical coordination of the arms and legs moving through the 8 counts to form the Bridge.

In these Movements, especially, there is a tendency to hold the spine while moving the arms and legs. Be aware of this and keep opening through the Centers. This tendency to hold the spine will also be manifested in a holding of your breath. Remember your breath is part of your whole pattern of movement. By releasing the holding pattern in your breathing you are assisting your whole body to release (and visa versa)

EMBRACING HEART: Touch point of symmetry within Moon Diamond as you return from the Connection of Embracing Heart before beginning the.....

SIDE ROLLINGS. Refine the spiral of the arm that brings you in four counts to the first Side Rolling.

Discovery: The relationship of centering between torso and upper portion of legs via the hip joint is the same as in the Diamond of the Legs and O Point Seated in a chair. In this rolling spiral the lower portion of the legs and feet open at the knee while the upper portion of the leg remains in the same right angled relationship to the torso throughout.

ASYMMETRICAL COORDINATION; Practice the movement of the arms and legs separately. Remember that the Sphere of Heaven, balancing the Sphere of Earth is much higher than what you think it is.

This is another Movement in which there is a tendency to hold the spine. Practice keeping the Centers Open while you move and keep releasing the breath.

Through continual interchange within the arms, the hands touch symmetry for one frame at the Center of the Chest.

Practice the transition that takes you to from this Movement to Seated O Point to begin the Fourth Section. This transition begins in the Connection of Three-Dimensional Balance in which all the Centers are open and remain open throughout the Path of Left Side Rolling.

Important Discovery: The accuracy of the rhythm itself is the support of the geometry of the movement. We recognize that each of us has our own rhythm which is the same as our pattern of movement. Therefore, we each have our own interpretation of the rhythm of the metronome. We discovered that the metronome is an exact measurement that merges the individual frame with the continual infinite motion of the geometry of balance and that as such it is a perfect clock that, as we come into correspondence with it, it supports us in our movement.

Acknowledge, and fill the Movements with the space between the counts.

Practice saying the counts in a circular nature rather than "march time". Each frame of movement becomes the explosion that reunites the linear and the circular as the frame and movement of life.

The metronome synchronizes your mind with the movements. You are not listening to the metronome - you are the metronome. Let it become the natural rhythm within your mind, within your breath within yourself.

FOURTH SECTION

INTERCHANGING WAVE: The beginning of this Movement reflects a continual unfolding spiral raising from the Pelvic Floor to the Crown. Keep your sense of self traveling in the spirals expanding through all the Centers. Do not sink into the Centers.

We clarified that the spiral nature of the movement of the spine, beginning in the Pelvic Floor transforms the form of the movement of the left arm into an open Foundation (study drawing on page 74 of your workbook) as the right arm unfolds to Crown. These are three simultaneous events becoming one.

When returning from Crown remember also to come back through the Centers: Crown, Head, Throat, Chest, Solar Plexus, Pelvis, Pelvic Floor.

Refine the Range of Vision for this Movement.

Remember that the movement of the spine is not a side plane motion but a simple three-dimensional, spiral rotation of the spine.

Throughout the whole Movement, keep the elbows suspended, finding the height of the elbow that is the Connection of Crown, as it corresponds to the Connection of Open Foundation with the other arm.

Remember both arms are moving asymmetrically expressing two interchanging waves reflecting the three-dimensional whole change of the spinal column. Both Waves are simultaneous ripples that give and receive the spiral within the spine.

SUSPENDED SPIRALS: We arrive to Suspended Diamond at count 3, where the spiral begins sideways.

When beginning the movement from Foundation, count 1 is brushing as the Path of Ascending Through Centers releases the Inner Arc, transforming it into its pure Vertical Extension at count 3. From this frame of Vertical purity the Path immediately begins to transform, frame by frame around the back diagonal into the Inner Arc of the Suspended Spirals Connection.

Remember that in this part of the Movement, The Suspended Diamond is closer to you than it is in the First Section Suspended Diamond.

As you return through the Path of Asymmetrical Spiral from the Suspended Spiral Connection, there is a momentary transversal connection between the arm that is leading the way through the Side Plane and the arm that is following to the Connection of Moon, where both arms meet in symmetry. It is essential to acknowledge this transversal interchange between the two arms, and to keep the chest and shoulder girdle open throughout the movement.

Throughout the whole spirals, consciously keep all Centers open - acknowledge their explosion.

When coming into Moon Equilibrium it is important to pass through the Center Top of Head, Crown, so that we can return Around the Crown expressing the natural expansion existing within the Inner Arc.

Important Awareness: As we move from symmetry to asymmetry we need to acknowledge when we are in one and when in the other. This is the way our mind begins to make sense of the moving segments of the skeleton, facilitating as whole connection the whole mental design that is the passing through release of three-dimensions

ROLLING SPIRALS: As you roll vertebra by vertebra let the spine extend through you. As a natural reflection of this extension, keep the knees open giving you the equal polarized balance of the Movement. Stay in the Inner Arc as you roll.

Refine the Path of Balance within the arms expressing the three-dimensional Outer Mandala synchronizing through the planes of space, the natural three-dimensional release of each vertebrae as they roll through the floor.

When you return through the Rolling Spiral Path, refine the placement of the arm that is touching the floor in a natural angle, facilitating the unresisted momentum of the spiraling whole torso moving into the placement of 0 Point seated.

ROLLING MANDALAS. As you roll back from Three Horizons (or Moon), let the immediate formation of the diamond of the legs be the interchanging balance that equalizes the energy between the upper torso and arms expressing the Outer Mandala as each vertebra of the spine rolls through the floor. Keep expanding equally out.

Completing the Path of Infolding/Unfolding Diamond, be sure to open the arms through Rays of the Heart. This opening allows the lower back to release through the return rolling. Let Infinity be the last point of expanded, suspended polarity before releasing the momentum. As you release the momentum touch Sun, as you move through the Outer Mandala completing in Heaven.

Upon completion of the Full Rolling Mandala, remember not to thrust the pelvis forward as a reflex to stop when arriving to the Outer Arc of Heaven. Arriving to Heaven without forward thrust of the pelvis will allow you to continue without any resistance the gravitational change that brings you from Heaven to Foundation in the Outer Mandala.

ZEN. Be Gentle with Knees

FULL BODY ROLLING. Remember you have plenty of time to acknowledge symmetry in the Connection of Entering Earth before you begin the rolling.

Use the rolling to keep expanding. Practice finding the shoulders in the rollings so that there is a smooth, expanded release of the entire chest. Don't let your chest scrunch up as you roll – keep your chest and shoulders open and expanded. *This is a great place to realize that in no Movement of Unity In Motion is there ever a time when your chest is not naturally and fully open.*

In the completion of the rolling as you come into the Connection of Extensional Giving, let the Natural Bent leg be the foundation from which the other leg and arms complete their three-dimensional expansion.

As you become more and more connected within the united rolling you will be able to put your head at the center of the movement using the spiral of the arms and the legs to match the moving frame.

FIFTH SECTION:

Important Discoveries:

Within all of the Movements of the Fifth Section you never stop the Ascending and Descending Springs within the legs. There are times when the motion of the Springs becomes very subtle (as in the Swinging Spirals Path of the Forward Release) but the movement never comes to a stop.

Within all of the standing Movements of the Form (First and Fifth Sections) you are always balanced equally over your arches. There is never a time in any of the Movements (one exception *) when you are balanced on your heels or the balls of your feet. In the Movements where there is a transfer of weight from one foot to another, the balance is still centered over the arches – never to the front or back. (*The exception is the Full Forward Release where you come to the balls of your feet in the Path of Falling Into Balance and the Connection of Jumping Frog)

FORWARD RELEASE: Keep the Seven Centers open through every frame of movement, as the center of gravity is constantly changing through the arcs of the spine.

In Ascending Spring let the Seven Centers assist you in your three dimensional suspension. Avoid pushing the ground with your knees and hips.

Refine the timing of the Releases with the metronome with the constant, gradual change between Descending and Ascending Springs.

THE SCROLL Once again - never stop the Descending /Ascending Springs.

Travelling the Path of Unfolded Self with Ascending Spring (from Ram to All Directions) there are four specific angles of continuous connected rotation within the hands. The movement starts by gradually rotating the palms toward ceiling and continuing the rotation arriving with palms facing down in the Connection of All Directions (see page 100 of your workbook). Throughout this two count Path there is a slight Ascending Spring movement.

Continuing this Movement, the Path of Folding Mandala with Descending Spring starts in the Center of the Pelvic Floor and ends in Crown arriving to the Connection of Folded Self. This is the fullest expression of the Inner Arc.

FULL FORWARD RELEASE: In the Path of Falling Into Balance, the knees go out and heels go up.

Practice the smooth transition that brings you up from Inner/Outer Balance into Falling Into Balance and then the Path of Expanding Centers leading to the Connection of Jumping Frog followed by the Paths of Reuniting Centers and Balanced Spring. These transitions are important because they bring all the nuances existing within the full Ascending and Descending Springs within the legs.

Remember that when you are refining the Descending/Ascending Springs you are refining the natural release movement of all of the vertebrae of the spine.

The four portions of the Movements that make up the Full Forward Release (1. The first portion of the Movement that takes you to Inner/Outer Balance, 2. The second portion of the Movement that takes you to Jumping Frog, 3. The third portion of the Movement that takes you to Balanced Spring and 4. The completion of the Movement that takes you to Moon Equilibrium (or to Heaven if you repeat the Movement).

These four portions are individually supple and perfectly united, transforming the forward falling of the first portion into the full opening of the knees and the lifting of the heels of the second portion.

From here the torso and arms return to Gathering all Centers by acknowledging the vertical release of all centers, from which the torso returns forward balancing the weight of the body so that the knees are free from pressure as the heels arrive to the floor, completing the third portion of the Movement. This is a moment of pure balanced Descending Spring from which the outer form of the movement (the completion of the Movement) begins the swinging that brings the whole body to the connection of Moon.

BOW AND ARROW In coming into the Connection of the Bow and Arrow from Foundation open the side plane of each of the Centers from the Pelvic floor to Crown.

When you return through the Path of Exchange Geometry with Descending Spring you descend from Crown to Foundation.

It is this perfect circle between ascending/descending energy within the spine that creates the perfect suppleness within the ascending/descending spring within the legs.

And by travelling with your centered awareness from the Pelvic Floor up through Crown and back again to the Pelvic Floor as you come in and out of the Side Plane Connection of the Bow and Arrow, you will release the mystery of how to move your head because you are following the ripple of the spine which brings your head into its natural side plane extension.

SIDE RELEASE. From the Connection of Three-Dimensional Side refine the release of the side plane by finding the full spiral that releases all vertebrae as they come into the Connection of Inner Outer Balance.

Coordinate the Side Release Spiral with the Descending Spring so that the synchronicity between the inner and the outer senses of self is balanced by the Geometry of Regenerative Wholeness.

BACK RELEASE. In this, the fourth release of this Whole Movement, beginning in Moon Equilibrium, refine the radius of the circle within the Path of Balance of the arms so that the three-dimensional planes of space can suspend in motion the whole of the body as it moves into its full Outer Arc.

Attention – Consciously understand what is happening in this part of the Movement: From the full extension of this arc bring the arms through the Path of Circle of Infinity to Infinite Equilibrium and then to Expansion to begin the Transfers.

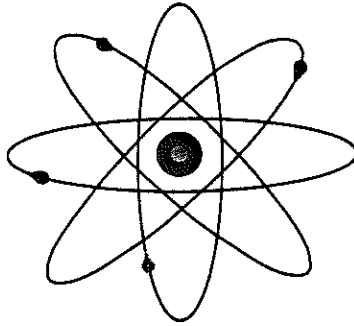
STANDING SPIRALS Refine the first half (around the front) and second half (around the back) of each spiral as they correspond to a continual Descending Springs (first half) and Ascending Springs (second half).

In this Movement is very important to fully visualize the counts and the form so that by knowing by heart the structural form of the movement you can concentrate on all of the geometrical nuances within its refinement. Remember these geometrical nuances is our communion with Universal Balance. We need the geometry because its what does the movement for us.

The counts are: 4 neck, 4 heart, 12 full torso to completion of first half of the movement in Suspended Three Dimensions . Reversing the Movement with 8 torso, 4 with the transfer expressing the spiral of the heart, 4. neck, followed by 2 head, and 2 for the explosion of the Crown.

From here the movement opens the Outer Mandala in 4 counts arriving to Mandala Crown. It continues with 2 Counts to come into Foundation and 2 Counts through the Inner Mandala unfolding to Heaven as the beginning of the repeating of the Movement toward the left side.

SLOW MOTION WALK. Practice the three stages of the walk allowing each frame of continual change to be your changing center of gravity.



REFINEMENT OF STRUCTURAL PLACEMENT O POINT - CHAIR

It is wonderful to spend time sitting in a chair and allowing yourself enough time to come into a place of quiet - a place where you can be close to yourself – intimate with your awareness of yourself. The Delicate Heart implies full intimacy. If we use force, intimacy is impossible. We are resisting our own selves. Practice becoming aware of your skeleton. In this quiet intimacy, you can make many discoveries about yourself and how you move.

When you are sitting in the chair are you aware that you are the center of three-dimensional space: above and below, right and left, front and back? Learning to use all this space that is freely available to us reawakens the full range (mental, emotional and physical) of possibilities existing all around us. Are you truly aware that life IS movement?

Here are some things we practiced during our week together while sitting in the chair.

1. As you begin to move from O point, become aware of how you start to move – from the very first reflex. Are you gathering together energy in order to move? If you feel yourself using force to move, can you sense that you are *joining*, as an active participant, an already existing flow of movement? As you are reading these words are you being intimate with the words? Are you taking the time to experience what it would feel like to move in the way described?

2. Sensing your seated bones: Sensing where you are on your seated bones is very helpful because it is a way to begin to erase reflexes that we may use to grab our skeleton before we move. Rock forward and backward and then back to the center. Find where your center is by realizing that there are only two basic forms of imbalance: to press forward by exerting pressure with the lower back, or by sinking back and down around the pelvis. The true pathway of centering from the Pelvic Floor is the vertical, spiral

release towards all directions. Be light and fluffy. You are a chicken sitting on your eggs and you don't want to break them.

The easiest way to sense a subconscious grabbing reflex in the skeleton is to become aware of the seated bones when travelling from the Connection of Expansion to the Connection of Heaven. Most people will have a tendency to thrust forward with the pelvic girdle and arch back with the chest in order to reach up with the arms.

This trusting forward with the pelvis can be easily felt as a thrusting forward on your seated bones when you are travelling the Path from Expansion to Heaven. This is what we **don't** want to do. (This is a very large and obvious example of not passing through the Delicate Heart. In this instance we are literally breaking the delicate heart in half and using the resistance within the two halves to sense ourselves as one.)

If anything, when travelling the Path from Expansion to Heaven, there should be a very slight relenting back on the seated bones. In this way the spine is encouraged to extend from the Pelvic Floor and legs, and not contract through the creation of forward pressure in the lumbar area.

The above is one specific example of a use of force in movement. In the week we spent together, we began to realize on a deeper level how one tendency to grab in a specific area will be present in every movement we do. None of us makes any movement that does not, on a subconscious level, make complete sense to our own sense of balance. Our specific pattern of balance is the same as the way we sense ourselves. We are completely faithful to this sense.

3. We spent time becoming aware of the relationship of segments of the skeleton in specific connections:

Unity In Motion: Practicing the Unity In Motion Movement using only the upper portion of your arms: Practice the Unity In Motion Movement a few times as you normally do becoming aware, as much as possible, of how your upper arm is moving. Now come into the Connection of Foundation and through the four counts to Crown, move only the upper part of your arm - shoulder to elbow. This will be a very small movement and only an approximation but it helps to know that your elbow (depending on your body structure) will move only a couple of inches out and maybe one inch forward as it travels from Foundation to Crown. While practicing the Outflowing Wave in this manner remember to open from the Inner Arc arriving to the Vertical Extension of the spine at count 4. Practice the movement from Foundation to Crown and back several times in this way and then go back to the full movement. What this increased awareness will do is:

- 1: Allow you to perceive if you were holding at the shoulder joint as you go through the four counts of the Path.
2. Allow you to become aware that the elbow never goes in back of you, and not directly to the side either, but a little to the front in a forward diagonal direction.
4. Allow you to become aware of the feeling of opening the elbow through the motion and just how far the lower half of the arm and hand opens in relation to the relatively

small movement of the upper segment of the arm. All three segments however, are moving all the time.

5. You will become aware that there is never a frame of holding or dropping on segment of the arm and hand in order to move the other.

Suspended Diamond: Practice the Suspended Diamond Movement several times. Then, arriving to the Connection of Suspended Diamond bring your hands gently on top of one another on the chest at same level of Suspended Diamond. Now gently move the upper part of your arm (the shoulder to the elbow) down to where you believe the structural placement of Foundation would bring your elbows. (If in doubt where this place is check by going to Foundation with the whole arms). Practice this small movement of going up and down with only the upper segment of arms several times remembering to come through the arcs of the spine as you move. (From the Inner Arc of Foundation to the Vertical Extension of Suspended Diamond). Now practice the Movement in its whole, flowing form.

The practice of this structural definition will:

1. Assist you to perceive that although the shoulders move, you do not *lift* with the shoulders when ascending to Suspended Diamond. The movement is simpler than you think it is.
2. Allow you to perceive if you have any holding in the shoulder joint as you move up and down the path.
3. Allow you to perceive more clearly the right and left suspension of the elbows and the relationship of the movement of the upper segment of the arms in relation to the lower segment and hands. Once again as in the Unity In Motion Movement all three segments of the arm, upper, lower and hands, are constantly moving within their own range of motion as they ascend and descend through the Path.

Finding Expansion from the Suspended Diamond: Come up to the Connection of Suspended Diamond with your arms. Now open your arms directly out to Expansion without pushing back with the upper segment of your arms or shoulders. Find the precise frame that corresponds to Expansion before you would press back with the shoulders. At this point see if you can open a little bit more the lower segment of your arms and hands from the elbow without pressing back in the shoulder girdle. Find the perfect horizontal connection of Expansion for yourself.

The practice of this structural definition will show you that:

1. The relationship of the shoulder girdle and upper arms is exactly the same in the Connection of Suspended Diamond as it is in the Connection of Expansion.
2. Expansion is a little in front of you.
3. You can sometimes open Expansion further not by pressing the shoulders back but by opening from the elbows a little. In this way you will further the opening of the opening of the Center of the Chest.

Often times when coming to the Connection of Expansion (either from the Path of Riding the Wave when beginning the Outer Mandala, or coming back from Infinity, or coming back from the Expansional Release) we don't arrive at the perfect placement of the Connection. You can stop in this moment of arrival to Expansion and check yourself by coming into the Suspended Diamond with your arms and opening out again to Expansion. You will feel if you are off center a little – too high, too low, too forward, to back.

Finding Heaven from the Connection of Suspended Diamond: As described above, come into the Suspended Diamond and place your hands on your chest, one on top of another, at the level of Suspended Diamond keeping the connection open through the shoulders and upper arms. Now continue to raise only the upper arms from the horizontal placement of the Suspended Diamond to where you think the structural placement of the Connection of Heaven would be. Go back and forth, moving the upper portion of your arms from Suspended Diamond (or Expansion which, we found out above is the same relationship) to Heaven several times, remembering to move your spine from the Vertical Extension to the Outer Arc and back as you move your arms. Now practice the full movement from Expansion to Heaven a few times.

How practicing in this way helps:

You will very likely see that there is much less going on in the Path from Expansion to Heaven than you thought because there is no lifting of the shoulders involved! The movement of the arms reflects the rotation within the shoulder joints via the spine– not the shoulder muscles.

Finding Crown from Central Heart. Come into the Central Heart Connection.. Without moving the upper part of your arms or shoulders, extend your lower arms and hands down to its furthest extension without locking your elbows. You are now in the Connection of Crown.

How practicing in this way helps:

You will find that your connection to Crown has no backward pressure.

By taking apart these movements you will have a larger perception of what means to move through three-dimensional space. And you will have more awareness about what is going on with your body as you move – especially the upper and lower segment of your arms – shoulder joints and elbow joints. You will erase all sense of pressing back. These discoveries will open up for you a closer connection to the Path of Balance as you flow through the Outer Mandala. You will have, generally, more understanding of three-dimensional placement within all of the Movements and you are coming closer and closer to the suspended embrace that is the geometry of balance.

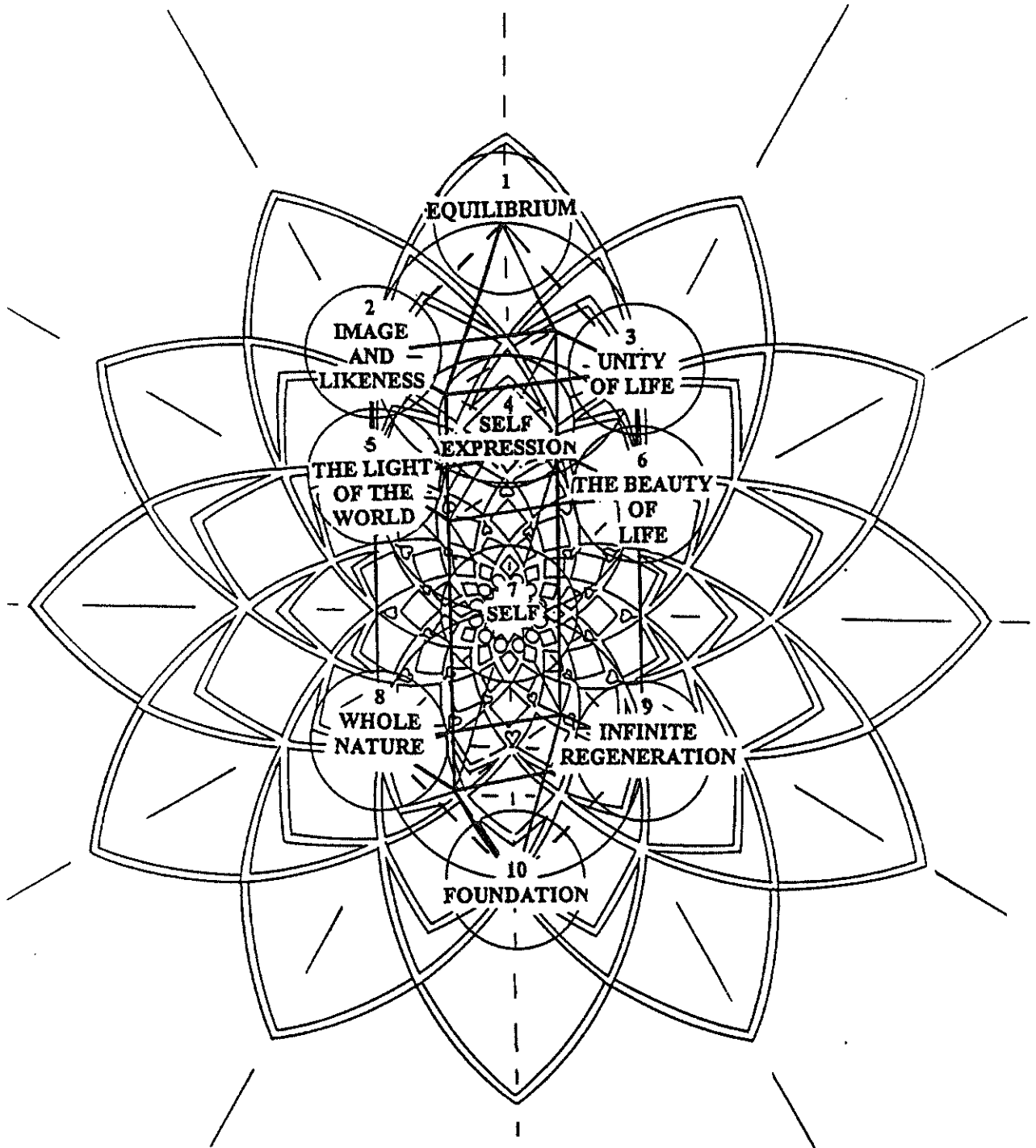
As we begin to make bio-mechanical sense of the Movements, and as we begin to uncover certain reflexes we can see how this new perception might cause mental confusion at first. Our nervous system is used to exist in a certain way and it becomes

momentarily when a new pattern comes into existence. So we need to be very gentle with ourselves and our students. To come fully into balance is a completely new form of perception within our consciousness – not an idea or a philosophy, but the reality of true balance. With this understanding of whole change, erasing the old reflexes is an enormous thing.

It is helpful to study the graphic with the three figures of Balance on page 48 of the “Balanced Nature of Life Book and to visualize and understand all of the structural differences and centering that exist on either side of balance either Compressional or Oppositional as they differ with the natural momentum of Balance.

Through this study, the bio-mechanical pattern of movement becomes easy to understand. There are only two basic interpretations. Once you begin to understand the chain reaction of centering that occurs within each model you can begin to understand how one reflex in a specific area of the body affects all others. With this understanding you can easily create greater changes within yourself in a very short period of time.

Once again we encourage you to spend time with yourself in an intimate and gentle way. This is a form of love in which you are becoming present, unveiling and repairing yourself.



The Design Of Balance

Class Presentation of The Ten Dimensions

One morning during our week together, Nancy led us through the Ten Dimensions. This is an essential and important part of Nancy's classes in Pittsburgh.

All teachers of Unity In Motion are encouraged to get information from Nancy about her presentation of the Ten Dimensions.

Since the Ten Dimensions of Unity In Motion came into our consciousness over ten years ago we have been present with them to bring them ever more into focus so that we can have a clearer understanding of them and so that they can become a part of our daily lives. The Dimensions exist within the geometry of balance and together make up the frame and movement of life. They exist as a map of the bio-mechanical form of the body suspended by the geometry, a map of the neurological reflexes that is the energy of the body and a map of the relationship of the mind making sense and giving meaning to the act of perception. They are inseparable and together they represent our natural communion as Unity In Motion with universal balance.

This is the latest reflection of the Ten Dimensions:

THE TEN DIMENSIONS OF LIFE

The Design of Balance that Suspends The Body In Motion

Universal Balance is the atomic isness of universal existence, self-containing within its ten-dimensional unity the whole design of life.

This is the design that expresses our encounter with the natural perfection that matches our consciousness, in the merging communion of image and likeness, with the eternal given reality that is God's love.

This eternal given reality is a ten-dimensional whole design of consciousness that expresses as Unity In Motion the united mental, emotional and physical reality that is Universal Life.

Whenever the natural flow of Life has been misinterpreted or blocked, these errors in our perception have been recorded as our evolutionary voyage of time. This information has been stored within our consciousness unfolding over millions and millions of years from generation to generation. We are our ancestors. This innocent evolutionary interpretation of unity has many degrees and layers of separation permeating our consciousness.

Separation is the notion that I am here and my life is my world, and you are there and your life is your world. Within this form of reality based in the sense of otherness I either sense myself as independently centered within my own world or I am very dependent on

the outer world to be happy. I always have two things: myself and the world. This is dualism.

This is the form of perception of consciousness through which we have evolved, coming once again to the sense of completion that expresses our merging communion with the new consciousness that is the wholeness of life living as the wholeness of life.

This reunion with the natural reality of life has come as the direct consequence of the enormous work that has been done and is being done in the world to end all sense of separation.

While the embodiment of unity is an individual sense of coming into balance, in the moment that we consciously enter the voyage toward unity we are also embracing the whole world, for such is the nature of unity.

Because of the quickening of unity we enter the new millennium with promise and inspiration. Through the practice and the understanding of Unity In Motion we are experiencing a greater sense of harmony as the end of any sense of separation. Through the uniting of our selves through Unity In Motion we can experience our true Self as Universal Balance. And in that uniting, separation ends because separation was never the reality but the path that was to bring us in full awareness to the true reality of balance. As the reality of balance Unity in Motion is a blessing because each practice unites us as it brings us closer and closer to our merging with the essential imprint of perfection we have always been.

THE WHOLE DESIGN OF CONSCIOUSNESS THAT IS THE TEN DIMENSIONS OF LIFE

The Ten Dimensions are the reality of the isness of life and are therefore absolute. They are a whole design of consciousness centralized as Seven Centers. The Seven Centers are Seven Attributes, or united senses of perception, through which our human self experiences the boundless reality of the Ten Dimensions. The Seven Attributes are fully described in our book, *The Balanced Nature of Life*

THE FIRST DIMENSION – UNIVERSAL EQUILIBRIUM

As Pure principle (the isness of life) the First Dimension is the reality of universal existence, self-equilibrating as perfect Unity in Motion the universe as one. In this sense of unity *the First Dimension* self contains the other Nine Dimensions as the whole reality that is Universal Life.

In the study of Unity In Motion we call this first Dimension Crown. Crown is our true connection to perfect unchanging reality, not as a separate supreme being, but as Being Itself - the depth of which is the cosmic movement of our own human existence. Crown

expresses the corresponding communion of self equilibrium with universal equilibrium. Thus , one cannot touch Crown without being the Thing Itself. Crown, as it is the cosmic balance of life, is the perfection of our human existence always waiting to be matched, bringing us once again to the natural experience that is the balanced movement of life.

Though the voyage of evolution a sense of confusion has separated us from our communion with this First Dimension. This confusion has been a form of polarization within our consciousness that, fragmented from its own wholeness, created a belief in a god that is somehow separate from ourselves. In this belief, god became polarized by a self projected force of evil. This confusion has also brought about the innocent denial of the existence of a god, which is also a form of polarization because it denies the supreme connection that is the existence of all things living as one. In reality God is everything there is.

Within the whole design of life this First Dimension is the gift that brings us now into the centralized experience of the one reality that gives full sense and appreciation to the Ten Dimensions.

THE SECOND DIMENSION – IMAGE AND LIKENESS

As pure principle, this is the First Dimension of consciousness, the isness of life, experiencing itself as the Second Dimension which is the united reflection of unity.

As such it is the united centralization of the mirror reflection of love, knowing itself to be everything that it perceives.

Within our evolution we have been separated from this Dimension by a form of self judgment prompted by our disconnection from the First Dimension in which we felt either not worthy to be the thing itself or more evolved and therefore more enlightened in relation to others. This first separation is the cause and effect that has made a mystery of all the other Dimensions. By innocently not recognizing ourselves as the mirror image of the perfection that is God there arose a misunderstanding of unity that became reflected in all the interpretations of an evolving duality.

In the perfection of its existence this Dimension is the regaining of our true image and likeness from which we are one with the mind of life.

THE THIRD DIMENSION – THE UNITY OF LIFE

As pure principle the Unity of Life is the “isness” of life (First Dimension) acknowledging itself to be the **united reflection** of consciousness (Second Dimension) experiencing itself as such by the Third Dimension which is the **source of unity**.

As the source of unity, this Dimension is the atomic reality of the existence of three dimensions, which is the triune merging that is the three dimensional nature of life.

Within the absolute unity of this Dimension, God is the life of our human existence. There is no choice in reality as reality is. Within this triune reality there is no judgment because one is all things that one sees. Inside of Unity everyone is innocent because we are all, equally, the experience of the new instead of the projected judgment of the old.

Within our evolutionary unfolding toward balance the confused interpretations of this Dimension were based in the separation from the Second and First Dimensions, Image and the Likeness and the Self Equilibrium of universal life. This separation within the first three dimensions created the perception of reality as being either the result of randomness, the belief that life happens by chance, or on the other end of the spectrum, the belief that our destiny is preordained.

In its natural absoluteness, this Dimension allows us to experience unity as neither random or predetermined but as the essential encounter of our true self with the ever new moment of life unveiling the Ten Dimensions as the perfect design of life.

THE UNION OF THE FIRST TRINITY - WHOLE MIND

Within the whole design of the Ten Dimensions the unity of the first three dimensions is pure principle expressing Whole Mind which is our communion with Universal Mind.

Whole Mind is consciousness experiencing itself as the life of unity. Within this unity our human perceptions are united with everything that we perceive and therefore everything we perceive is united. Consciousness is united inside of the circle of life.

It is inside of this sense of three-dimensions that the absolute reality of the Fourth Dimension comes into being as Self-Expression

THE FOURTH DIMENSION – SELF EXPRESSION

The First Dimension is the “**issness**” of life, the Second Dimension is **consciousness** experiencing itself as one, the Third Dimension is the **unity** from which this experience comes into being and this Fourth Dimension is the **movement of life**.

As pure principle the Fourth Dimension is the whole movement that is universal balance expressing as renewed consciousness the absolute creativity that is the eternally present moment of life.

Without the Fourth Dimension life would be static and therefore have no existence. In the traveling of consciousness receiving itself as the Unity in Motion that is life, movement gives existence to life, and movement is synonymous with creativity. Movement is creativity. This Dimension is experienced within our human self as the natural attribute that is Self Expression.

What evolutionarily separated us from this Dimension has been an experiencing of life as pressure resulting from a sense of disconnection from the natural unresisted bio-rhythm of life. Through this disconnection we have felt ruled by a sense of inertia, resulting in depression. Or driven and therefore confused and out of control.

The confusion within the interpretation of this absolute Dimension, expressing the moment and movement that is the creativity of life, created the sense of duality between the talented and untalented, the artist and the unskilled, the simple and complex, intelligent and ignorant, the chosen ones and the outcasts, the profound and the ordinary. These confusions have been conversations within one's own mind that in a constant state of fluctuation bypassed the real moment of united, traveling consciousness expressing the whole movement that is Universal Balance.

Within our human realization of this Fourth Dimension the moment/movement of creation is present as a constant gift and invitation to join in the creativity that is our natural state of being. In this, our unity with the movement that is our life, we are partaking of the natural attribute that is the creativity of life. In the fulfillment of this Dimension we are experiencing the meaning that is the

THE FIFTH DIMENSION – THE LIGHT OF THE WORLD

The First Dimension is the “**isness**” of life, the Second Dimension is **consciousness** experiencing itself as one, the Third Dimension is the **unity** from which this experience comes into being, The Fourth Dimension is the **movement of life** and this Fifth Dimension is the **experience of balance** - consciousness recognizing itself to be the instrumental awareness that is the act of creation. And in this self recognition it is the Light of the World from which creation comes into being.

This Dimension as it is experienced by our sense of self is our human embodiment of balance, illuminating by the act of being, through the eyes of balance, everything that we see. In Unity, as natural correspondence, we are one with the Light of the World. We are the creative expression of the natural creativity that is life.

This Dimension differs from the previous one in which the Fourth is the Creativity of Life and this Dimension is the direct self-recognition that comes out of this creativity.

The evolutionary confusion that has risen as a direct result of our separation from this Dimension has been a sense of duality between what we have considered to be our lower self in relation to higher self. This came about as a direct consequence of the sense of separation from our self creativity in which the self, not being able to touch its natural source of creativity, experienced itself as not being worthy and on the other side projecting an aggrandized sense of self. This fluctuating state of confusion, leaving behind our true essential self in a state of triune separation in which the notions of lowest and highest left the self in a void, feeling three-dimensionally separated from the natural united reality of life.

Our natural encounter with this Dimension brings us now to the true meaning and recognition of Self, reuniting all sense of projection into one whole understanding of unity. This is the unity that brings us to...

THE SIXTH DIMENSION – THE BEAUTY OF LIFE

As Pure Principle The Beauty of Life is **whole consciousness** (First Dimension) that being one with its **full reflection** (Second Dimension), fully engaged in the **unity of life** (Third Dimension), experiencing the moment of **self-creativity** (Fourth Dimension) and realizing itself to be the **Light of the World** (Fifth Dimension) is now in the giving and receiving nature of balance experiencing life to be a perfect design, the perfect design of **beauty** (the Sixth Dimension of life).

Within the absolute principle that is life, life is beautiful because beauty is the radiating nature of consciousness giving forth the perfect design of life as it receives the understanding and admiration of its own perfection.

Our evolutionary confusions arising from our separation from this Dimension have been a form of disconnection from the giving and receiving nature of life. This sense of separation has been reflected in a conflict between what was thought to be beautiful and what thought to be ugly, what was considered esthetic and what was discordant. The misunderstanding of this Dimension has impelled us to search for beauty as an external sense of self. In this desire we longed for physical beauty constantly searching to self-preserve and enhance what we consider to be our physical image.

Now in our natural communion with this Dimension we realize that beauty is not an achievement but the natural outcome of being present with the creative moment of life in which everything appears as new as illuminated by the beauty of life.

THE SECOND TRINITY – BOUNDLESS FEELING

The First Trinity, made up of the first three Dimensions, is pure principle because it is Consciousness existing as the circular unity of this principle. This, the Second Trinity, made up of the Fourth, Fifth and Sixth Dimensions, is the experience and self-recognition of the first trinity. This self-recognition emotes what we call Boundless Feeling because it is the natural sensation that is life, arising out of the knowing experience of unity.

THE SEVENTH DIMENSION – SELF

As Pure Principle Self is **whole consciousness** (First Dimension) that being one with its **full reflection** (Second Dimension), fully engaged in the **unity of life** (Third Dimension), experiencing the moment of **self-creativity** (Fourth Dimension), realizing itself to be the **Light of the World** (Fifth Dimension), fully embraced and directed by the **Beauty of Life** (Sixth Dimension) is now in this Seventh Dimension the **atomic experience of life**. The united nature of universal self (the intelligence that is God)

recognizing itself to be simultaneously the centralization and the periphery encompassed by all of the Ten Dimensions

Thus, as the center, this Dimension is the fully reflected “issness” of God and as the periphery it is the moment/movement of life, appearing as surface reality expressing the traveling creation that is Universal Balance.

This Dimension, as it is experienced by the individuality that is our essential self, is the ESSENCE that matches in mirror reflection all of the projected human and cosmic senses self reunited now as the whole movement that is Universal Balance.

The evolutionary confusion that as a form of duality has separated us from the absolute reality that is this Dimension has been a sense of forgetfulness of who we really are. Even though we are connected eternally to the source, we feel as if separated from it. This feeling of disconnection is expressed as a conflict between what we call our human and divine natures. In this conflict the conversation of the mind has been “to be or not to be” – answering and resolving through evolution all question of self-hood in relation to God.

In this resolution this Dimension bring us now to the natural attribute that is our given communion with the essential nature of self- the intelligence and the reality that is God realized as

THE EIGHTH DIMENSION – WHOLE NATURE

As Pure Principle Whole Nature is **whole consciousness** (First Dimension) that being one with its **full reflection** (Second Dimension), fully engaged in the **unity of life** (Third Dimension), experiencing the moment of **self-creativity** (Fourth Dimension) and realizing itself to be the **Light** of the World (Fifth Dimension), fully embraced and directed by the **Beauty** of Life (Sixth Dimension) experiencing itself as **Self** (Seventh Dimension) is now encompassing in this Eighth Dimension its Whole Nature as the **physical reality of life**.

As pure Principle this Dimension is the Self living, as pure physical reality, the mental, emotional and physical nature of Universal Balance.

With this Eighth Dimension we now enter into the Third Triune of the Ten Dimensions – the First Triune being Whole Mind which is pure concept, the Second Triune being Boundless Feeling which is the experience of the sensation of life. And now, the Third Triune beginning with Whole Nature being the actual physical form of the universe, appearing as physical reality bringing into creation the form of God expressing itself as life.

Through our becoming present with the preceding Dimension of Self, this Dimension, allows us to fully understand and appreciate the three forms of nature that make up our human experience of life: human nature, mother nature and universal nature. The unity of these three expresses the physical form of all things unfolding as the creativity of life.

The evolutionary duality arising from our separation from this Dimension has manifested as a confusion about our own nature – a constant struggle between what we have felt to be instinctual and what we considered to be emanating from reason and intelligence. This conflict has taken a form of conversation based in conflict between the mind and the feeling struggling between a sense of survival and a sense of transcendence. It has manifested, on one side, as a fear of nature based in the thought that nature rules us or, on the other side, to the thought that we are above nature and can therefore control it.

Within the natural fulfillment that is the appreciation of this dimension we are in the presence of

THE NINTH DIMENSION – INFINITE REGENERATION

As Pure Principle Whole Nature is **whole consciousness** (First Dimension) that being one with its **full reflection** (Second Dimension), fully engaged in the **unity of life** (Third Dimension), experiencing the moment of **self-creativity** (Fourth Dimension) and realizing itself to be the **Light** of the World (Fifth Dimension), fully embraced and directed by the **Beauty of Life** (Sixth Dimension) experiencing itself as **Self** (Seventh Dimension) and realized through the full content of its **Whole Nature** (Eighth Dimension) is now engaged in the Ninth Dimension – the **Infinite Regeneration** that is the nature of life.

As pure Principle this Dimension expresses the Self, that living as one with creation through the natural embracing of its Whole Nature, is now engaged in the present physical reality that is life. Being the natural embodiment of physical reality then, the self experiences the atomic renewal that is the transformational nature of infinite life. This is the merging of that which is temporal with that which is eternal within the self in which the whole of life is eternal because it transmutes and self-regenerates within every frame within its whole movement.

The dualistic confusion that separated us from this dimension has been expressed as the conflict between what we consider to be life and what we consider to be death and the evolving process from life into death. Through this evolving embodiment of our physical life we have thought of regeneration as taking time, not remembering that regeneration is the essence of that which we call life and that life has no opposite.

In the reality of unity this Dimension brings us now to the self-regeneration that is the present moment of life. Thus, it is a sense of release and renewal within our three senses of self, constantly regenerating as the frame and movement of life. In unity, in its whole engagement with Universal Balance, this Dimension self-embraces all of the other Dimensions as the absolute reality that is the

THE TENTH DIMENSION – FOUNDATION

As Pure Principle, Foundation is **whole consciousness** (First Dimension) that being one with its **full reflection** (Second Dimension) , fully engaged in the **unity** of life (Third Dimension) , experiencing the moment of **self-creativity** (Fourth Dimension) and realizing itself to be the **Light** of the World (Fifth Dimension), fully embraced and directed by the **Beauty** of Life (Sixth Dimension) experiencing itself as **Self** (Seventh Dimension) and realized through the full content of its **Whole Nature** (Eighth Dimension), partaking of **Infinite Regeneration** (Ninth Dimension) is now in the full completion of the circle of life, reuniting as essential **Foundation** the Ten Dimensions of Life.

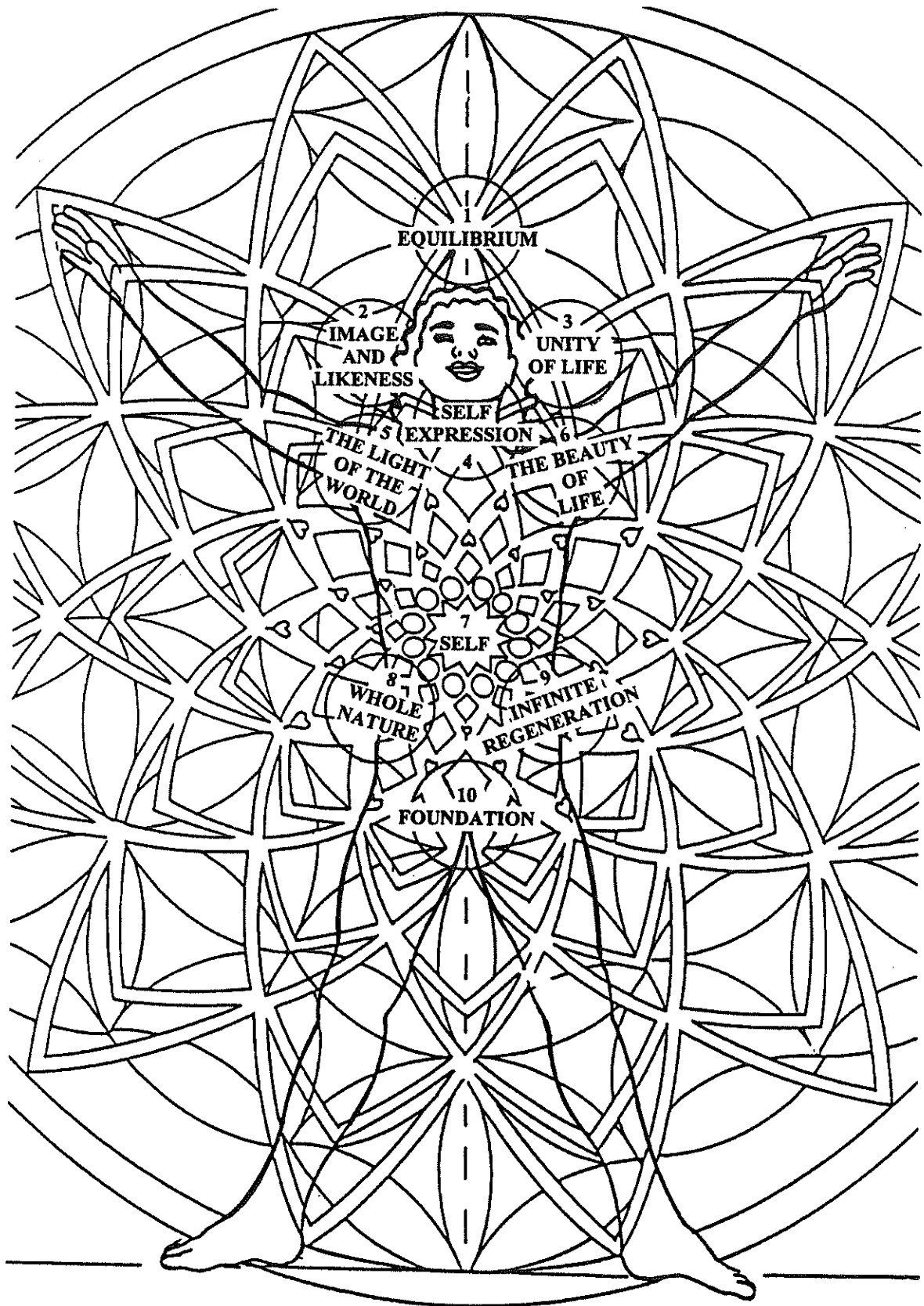
As pure principle Foundation is the self, engaged in the full circle of life, experiencing through the whole physical reality all of The Dimensions of universal balance the Unity In Motion of life. In its completion, the **PHYSICAL FORM** is balanced with universal life and therefore has the same value as the **BOUNDLESS FEELING** that is its energy and the transparent conceptual intelligence that is its **WHOLE MIND**..

The evolutionary confusion existing within our separation from this Dimension has been a dualistic conflict between density and lightness. This discrepancy has mirrored a physical misunderstanding between what we thought to be of matter and therefore dense and heavy and what we considered to be non-physical; being airy as light and therefore interpreted as ungrounded. This conflict has mirrored itself in a form of trying to escape what we call “the world” not appreciating the divinity of one’s own physical form for what it is - the physical embodiment of God. In the unity of balance the perfection of this Dimension expresses the completion of the...

THE THIRD TRIUNE – PHYSICAL REALITY

This third sense of self is perhaps the most misunderstood of the three triune natures of balance. As pure principle it has always existed as the unfolding of the feeling and intelligence that is the whole nature of life. Through evolution, when we felt ourselves as separated from this whole nature, the physical became misunderstood and therefore judged. In its misunderstanding our human life became like an imprisonment in a physical form that separated us from our remembrance of the transparent, all-illuminating nature that is true physical life.

If we have to acknowledge the reason of the voyage that took us away from our innate perfection and put us into the dual nature of evolutionary becoming, we can say that the entire history of our past has been the rediscovering of our physical nature as being the vehicle that was to bring us back to our reunion with our natural, physical state of transparency. Through this voyage and this reunion, the physical form ceases to be an impediment for wholeness and becomes the grace of connection to wholeness. This is the connection that allows us to be present once again with the infinite movement that is the Unity In Motion of life, but this time with full understanding and appreciation of all of the Ten Dimensions that make the full tapestry that is the beauty of life.



The Unity of the Ten Dimensions

THE TEN DIMENSIONS AS MY HUMAN EXPERIENCE OF LIFE

1. *Equilibrium*

God/Love exists and this
existence is the reality
through which all things
are balanced.

2. *Image and Likeness*

I exist as a mirror
reflection of God's
infinite love.

**I exist as
whole
mind**

3. *Unity of Life*

As the mirror reflection of
infinite love, I am united
with all creation. Therefore,
I am that which I perceive.

4. *Self Expression*

This creation of love that I am part of, that I am, isn't static. It is constant movement and it is this movement that is the creative nature of life. It is the essential me expressing myself. Without movement there would be no creative force – life would be only an idea.

5. *Light of the World*

And so, because of the ability I have to creatively express myself, my existence isn't just conceptual – its experiential – its energetic. By my seeing of unity, I experience unity in the world, thereby lighting up the world I see. By my seeing I give reality to the world.

**I exist as
boundless
feeling and
energy**

6. *The Beauty of Life*

As the light of the world, everything I see is beautiful because I discover that creation is beautiful and by travelling along with the creative moment I am not projecting thought of separation so everything is always new and fresh. When I look without projection, I see beauty.

7. *Self*

I am the Self - the atomic explosion that is the birth of my physical self (Dimensions 8, 9 & 10) constantly matching my cosmic self. (Dimensions 1, 2, 3, 4, 5, 6)

8. *Whole Nature*

I exist not only as thought and energy but as the actual physical form of love. Completing this triune unity, I now embrace all of nature.

**I exist as
physical reality**

9. *Infinite Regeneration*

In the unity that is my three senses of self I discover that true physical form is not dense but transparent as it is never static. It is constantly regenerating itself through the unresisted movement of life.

10. *Foundation*

From Foundation, the central core of unity, I see my whole existence in this moment as the picture of united, self-regenerating love. This reality of the completeness of love is my source of well-being, peace and joy.

It has been the most wonderful Summer Seminar. We are all becoming more and more connected within ourselves and as a whole group. As we all learn and become Balance, we are clearly perceiving the four stages of embodiment existing with Unity In Motion. Even though they all occur simultaneously from the first moment that we begin to study the Form. All of these stages become more clear and meaningful as we become them.

1. The first stage is the actual bio-mechanical learning of the movements in which our mind begins to know the structure and form of the movements.
2. The second stage is the experiential learning of perceiving the connections of energy that mirror internally the external bio-mechanical structure of the form.
3. The third stage is the merging in balance of the structural form and the energy, expressing the inner and the outer sensing of self, becoming one as our essential whole moving center, always changing three-dimensionally as the merged balance of gravity and expansion.
4. And the fourth and final stage is our natural merging with the Geometry of Balance uniting us in natural momentum with the frame and movement of life.

We are all beginning to see that Unity In Motion is truly a miraculous gift, as it allows us to uncover and encounter our true nature and reconnect with the extraordinary creativity of our lives.

With love,

Cristiam, Nancy, Carol

