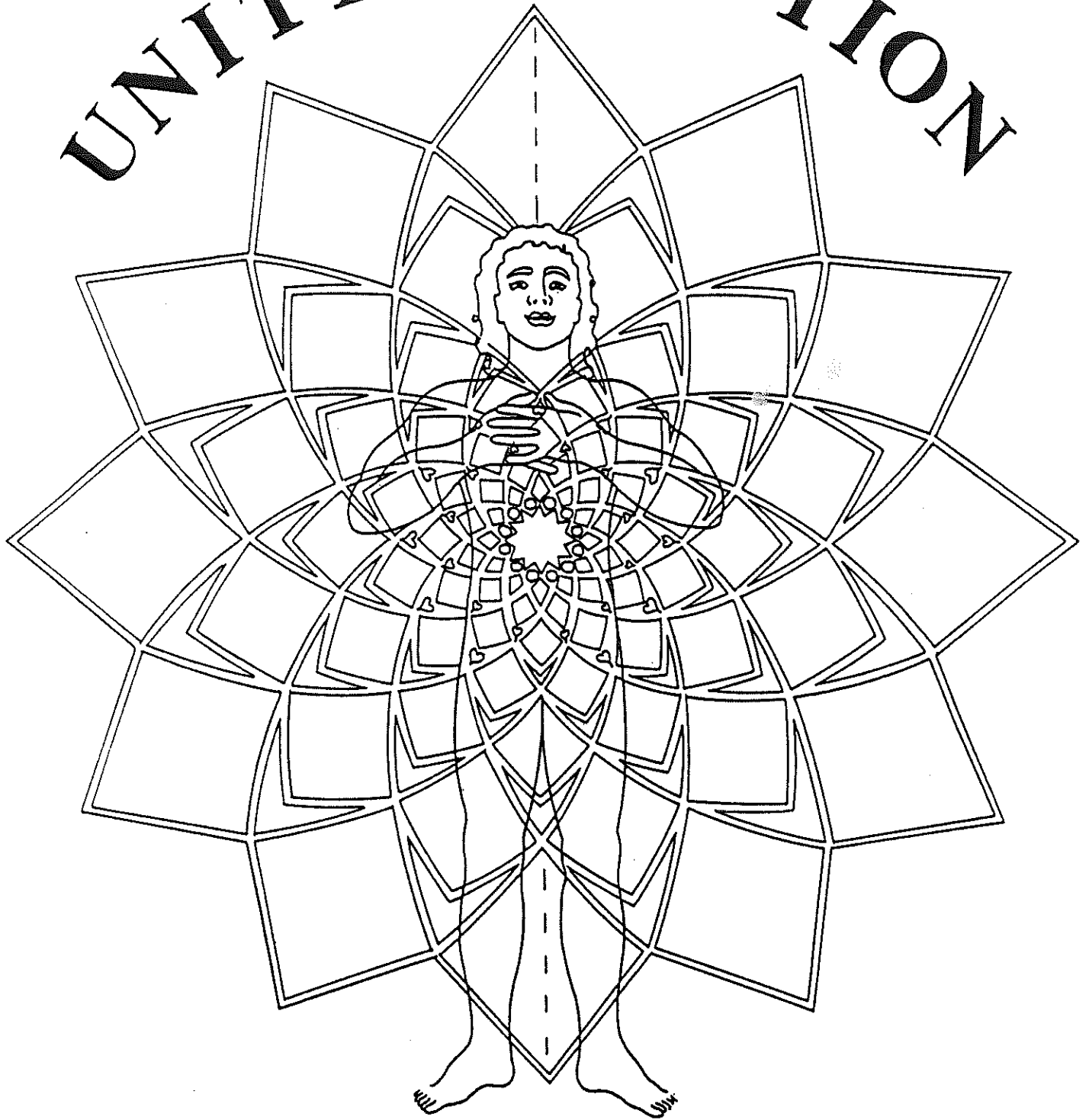


UNITY IN MOTION



The Fountain of Life

UNITY IN MOTION

SUMMER SEMINAR

1999

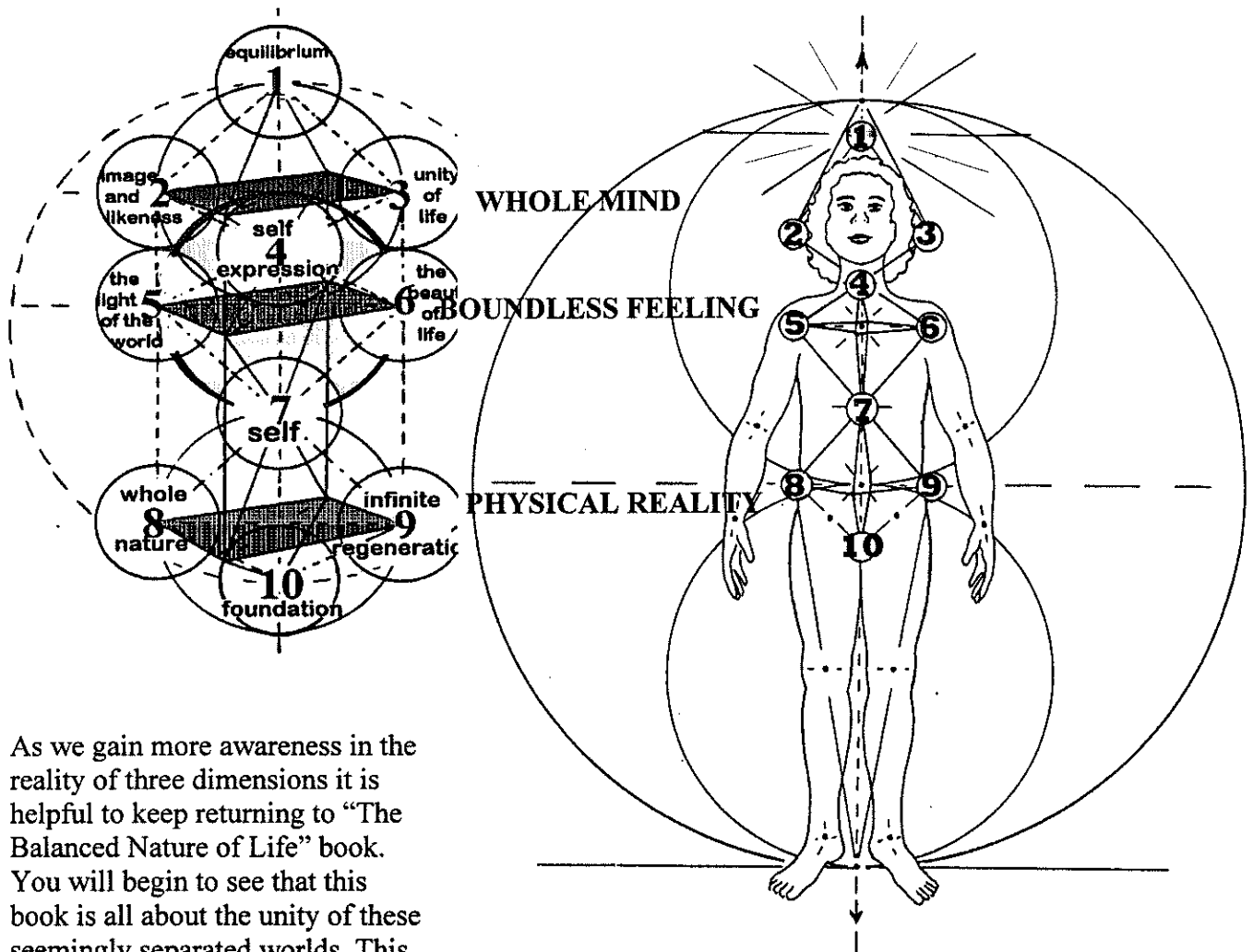
Following are some highlights of the things we practiced, talked about and learned during our time together this summer. We encourage you to take your time reading through these pages. At first it may seem like a lot of things, but remember we went through the whole form when we were together and so, on some level you have already incorporated it all into your being. If you don't think you understand something when you first read it, make a note for yourself so that you can come back to it at another time and/or ask someone who can help explain it to you. Many things will clear up by themselves with continued practice of the Movements. But it is a valuable practice in itself – to train our minds to be 100% with what we are doing and not gloss over things we think we do not understand. When we start going through the Movements one by one (page 4) it will be helpful for you to have your Geometry of Balance workbook at hand as you read so you can easily follow along.

The Suspensions

We practiced, sitting in the chair, the localization of the Ten Dimensions, the Seven Centers and the Three Senses of Self, as the 23 centering within the whole body expressing 0 Point Balance.

We practiced localizing the ten dimensions and three senses of self within our body from two seemingly different perspectives. At the beginning of the week we named the Dimensions as they correspond to the centerings within the body – 1st Dimension – Equilibrium, 2nd Dimension – Image and Likeness, 3rd Dimension – Unity of Life, etc. The last two days we localized the dimensions by calling our awareness only to the structural names of the Centers – center top of head, right side of head, left side of head, centralized through the center of the head – etc.

It may seem at first as though we are talking about two different things and two different languages. This is the blessing of Unity In Motion. By uniting the two seemingly separate worlds of the physical body as structure with its life force which is the energy of pure principle we are healing our mind of its dual perception. This is true three dimensions in which the mind, no longer perceiving itself as split, becomes whole in its union with the physical nature of its existence and the boundless feeling that is the creative energy of life. As we continue to learn and embody the Movements, gradually uncovering our own center, the awareness of the Ten Dimensions and the Three Senses of Self as being the true and full expression of our true Self will appear and any sense of confusion will vanish.



As we gain more awareness in the reality of three dimensions it is helpful to keep returning to “The Balanced Nature of Life” book. You will begin to see that this book is all about the unity of these seemingly separated worlds. This is not a partial acknowledgment such as “Oh, I see what this is about” or “I feel what this is about” this is the total experience of recognizing oneself to be the thing itself from which unity is the most natural expression of our lives.

The Seated Spirals of the Arms:

Within the wrists there are the four directions of the circle defining right side, up, left side and down . These spirals are always connecting through the moving elbows and shoulders.

Within the large spiral of the elbows is the incorporation of Infinity’s Gate. Being true to this Path avoids compressive pressure of the shoulders upon the thoracic and cervical areas of the spine.

Within the large spiral of the elbows, as the arms touch the Connection of Infinity, and continue with the lower form of the spiral, the center of gravity is taken quite forward (the rocket). Remember that completing the first half of the circle of this spiral in “the rocket” the hands connect to a new spiral very much like the Path of Synchronized Geometry in the Forward Release.

Throughout the description of the three spirals, the spine is constantly changing from the Vertical Extension of Suspended Diamond where the Movement begins and unfolds to an Outer Arc (the upper part of the circle) passing through the Vertical Extension to an Inner Arc (lower part of circle) This constant change, varying according to the size of the spiral, ensures that these three spirals of the arms emanate from the center of The Heart.

The Three Arcs of the Spine: Within all of the Movements of Unity In Motion we are constantly moving through an Inner Arc, a Vertical Extension and an Outer Arc of the spine. We call these the “three arcs of the spine”.

Since there is no such thing as a perfectly straight line, as every line engaged in the changing movement of life will eventually become a sphere, what, we call the Vertical Extension of the spine is in reality an enormously large arc. This is a very important realization as it frees us from the flat and rigid interpretation of vertical, structural balance. All three arcs exist as a spatial relationship between all segments of the skeleton, expanding the whole structure.

The actualization of the arcs become clear through the path of the Mandala which traces the whole range of motion within the three arcs. Each Connection is associated with a specific arc or a specific combination of arcs. We encourage you to incorporate into your practice of the Mandala (and gradually, all Movements) the specific awareness of where you are in relation to the arcs of the spine.

The Connection of Crown is a Vertical Extension . Its center of gravity and point of awareness is centralized in Crown.

The Connection of Foundation is an Inner Arc Its center of gravity and point of awareness is centralized with the Pelvis and Pelvic Floor

The Connection of Earth is an Inner Arc. Its center of gravity and point of awareness is centralized in the Center of Head

The Connection of Expansion is a Vertical Extension . Its center of gravity and point of awareness is centralized in the Center of Chest

The Connection of Heaven is an Outer Arc. Its center of gravity and point of awareness is centralized in the Pelvic Floor as it passes through Crown

The Connection of Infinity is an Outer Arc with a touch of Vertical Extension. Its center of gravity and point of awareness is centralized in the Center of Solar Plexus

The Connection of Mandala Crown is an Vertical Extension with Inner Arc . Its center of gravity and point of awareness is centralized in Crown

The Seven Centers and the Path of Balance

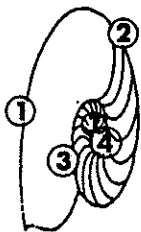
We learned that the geometry of the Movements is constantly mirroring the continual opening of the Seven Centers. We practiced specifically with the Movement of Unity In Motion, synchronizing the Paths with the Centers, saying the names of the centers out loud as they are being matched by the Path of Balance. This synchronization is the essence of Unity In Motion in which the center of gravity is always changing, expressing always the equal opening of the Seven Centers.

The changing center of gravity is the specific Center being actualized by the geometry of the movement in space.

As pure principle, the three higher Centers are always mirroring the three lower centers, centralized by the Path of Balance of the arms. Also as the energy is travelling down it is also travelling up and visa versa. But for the specific purpose of learning to perceive the Centers, we become aware of the Centers as opening in a vertical fashion either rising from Pelvic Floor to Crown or Descending from Crown to Pelvic Floor.

The three bows: (the Path of Balance of the Arms alone in the Foundation, Expansional and Heaven Releases)

The Path of the Arms within each Release is describing a spiral:



Spiral of
Foundation
Release



Spiral of
Expansional
Release



Spiral of
Heaven Release

We practiced the Path of Balance in these three Movements while seated in a chair with the arms alone.

Practicing in this way we discovered the following refinements:

The Releases each have a slightly different form of open suspended diamond as they arrive to Suspended Balance. This different form is expressed through the geometry of the invisible spiral in the Foundation Release, the encircling spiral of the Expansion Release and the even larger encircling spiral of the Heaven Release.

Within the spiral of Foundation there is 1 count of suspended "passing through" before the beginning of "The Ribbon". Within the encircling spiral of Expansion there is ½ a count and within the encircling spiral of Heaven there is none - that is, the movement of this larger spiral is the immediate beginning of The Ribbon. *(Your workbooks (page 30,32) show the counts under Suspended Balance to be the same for the three Movements. Please make the changes)*

The three offerings (returning from Entering Foundation to either Crown, Expansion or Heaven) are continual rotations of the three segments of the arms expressing the constant balance of right and left merging with the vertical ripple of the spine ascending to Crown.

Unless you have updated your workbook it will not show "The Ribbon" Path which is part of the three releases. We have divided the Path which was originally called only Entering Foundation to give you the awareness of the circular nature of the Path leading from Suspended Balance to Foundation. Now is a good time to make this change to your workbook. In each of the Releases (pages 27, 30, 32) after the Connection of Suspended Balance write in "The Ribbon" counts 3,4. Entering Foundation then becomes count 1 and Offering Self, Unfolding Heart and Merging Heaven become counts 2, 3.

The Three Differences: The Paths of Unfolding Wave, Unfolding Mandala and Offering Self.

We discovered: 1. The form of The Path of UNFOLDING WAVE within the First Movement, Unity In Motion, begins in the Inner Arc of Foundation. The motion begins with the elbow and is directed slightly toward a forward diagonal as it opens sideways toward the Vertical Extension of Crown. The mental awareness of this motion begins in the Pelvic Floor and raises vertically through the Seven Centers to Crown. Remember that this mental awareness is actually the moving center of gravity and as all directions come together, our essential moving center of Self.

2. The Path of UNFOLDING MANDALA, as we open to the Sphere of Earth, also begins in an Inner Arc of Foundation. It expresses the opening release of the Diamond of Foundation as it unfolds forward towards an Inner Arc of the sphere of Earth. This is the merging in motion of the expansion of the Inner Arc of the spine as it is mirrored by the unfolding arc of the arms. This Movement begins and ends in the Inner Arc of the Spine. In this Path it is helpful for the mental awareness to open from Crown (remember Crown and Pelvic Floor are always merged in mirror reflection), expanding the Inner Arc

through the Centers of Crown, Head, Throat, arriving to Head in the definition of the Connection of Earth. By beginning to open the movement from Crown we avoid the possibility of pressing down with the shoulder girdle and arms and thus create pressure within the thoracic area of the spine, thrusting the body down and forward.

And 3. The Path of OFFERING SELF, within the Foundation Release, also begins in the Inner Arc of Foundation and expresses the radius of the circle of the arms as the spine raises to the natural vertical extension of Crown. The awareness in this Path raises from the Pelvic Floor as it opens each of the Seven Centers ascending vertically to Crown as in the Outflowing Wave Path. In this ascension the radius of the circle is the geometrical point in space that corresponds to the vertically moving center of gravity. This Path contrasts with the Outflowing Wave Path in that the Outflowing Wave is primarily the opening of right and left and secondarily the opening of the radius of the circle while the Offering Self path primarily opens the whole radius of the circle and secondarily the opening of right and left.

FIRST SECTION – GEOMETRICAL UNITY

Moving Heart - Fountain of Life. Within this first Movement, the opening of the fountain it is not just the opening of the arms but the path is mirroring the opening of the centers of the chest, throat, head and crown, as the arms arrive to Mid Horizon at count four. Mid Horizon is the pure vertical extension of the spine. and the horizontal centralization of the solar plexus.

Unity In Motion.

We defined the exact level of Crown expressing the completion of the Outflowing Wave. This unfolding wave, as it opens sideways, also descends to the Connection of Crown which is the last frame of movement before the shoulder girdle begins to express compression upon the rib cage.

The Sphere of Earth, as part of the Inflowing Wave Path, begins within the first frame of movement after Crown. The sphere suspends the shoulder girdle as it also centralizes the head as the energy is passing through the Seven Centers, descending from Crown to Foundation.

There is a lot going on in this Path. We begin in the Vertical Extension of Crown, releasing to the Inner Arc as we connect to the Sphere of Earth. And midway through the path of Inflowing Wave we touch the horizontal and vertical opening of the Solar Plexus that returns us for an instant to the Vertical Extension of the spine. From here, through the rest of the Inflowing Wave we return to the full Inner Arc of Foundation.

We practiced this Movement connecting the Paths of the arms with the Seven Centers, saying out loud the names of the Centers as our arms touch in space the geometrical planes that correspond to the opening of each of the Centers. It is wonderful for you to

practice this way at home. In this way the Centers are encouraged to open and become equal.

Central Heart

The brushing of the energy raising from the Connection of Foundation acknowledges our mental inner awareness ascending vertically through the Centers, from the Pelvic Floor arriving to Central Heart. In our merging with this Connection, the energy/awareness continues raising through chest, throat, head, and crown. These are the four counts of passing through from which we immediately descend from Crown to Foundation in four counts.

Suspended Diamond

In this Connection the energy is centralized at the throat expressing the horizontal centering of the shoulder girdle and arms balancing the horizontal centering of the head. These two horizontal centerings express the natural extension between head and shoulders and also the free extension of the cervical area of the spinal column centralized in the throat – the Center of Self Expression. From this Connection this energy continues to rise through the Centers of Head and Crown.

Foundation Release (see also “The Three Bows”)

We clarified the amount of Descending Spring that expresses the natural release of the whole spinal column in the Connection of Suspended Balance. If the Descending Spring is too deep we close the Centers and cannot extend the thoracic area of the spine – if it is too shallow we cannot release the lumbar area of the lower back. At the center of balance we pass through the Seven Centers releasing the whole spine at once. This is the measurement of balance. The measure of balance is the structural relationship of the skeleton that, reunited as one harmonious whole, receives its inner sense of balance through its outer geometrical connection to space. This is not only the definition of the balance of the Descending Spring but of every single frame of movement within Unity In Motion.

We also discovered that the natural wave/extension of the spine as it arrives to Suspended Balance and passes through Crown at count two is the beginning of The Ribbon.

In the Path of The Ribbon it is helpful to sense the energy/awareness opening from Crown descending through the Seven Centers at counts 3 and 4 and reaching the Pelvic Floor at count 1 as the Path reaches Entering Foundation. This opening of the Centers from above allows the pelvis to move and facilitates the elasticity of the ascending spring.

In the continuation of this movement, count 1 is Entering Foundation and count 2, 3, and 4 is the opening of the radius of the circle of Unfolding Self culminating in the natural

extension of Crown within the arms as it is exquisitely coordinated with the vertical extension of Crown within the spine.

This is the completion of the first whole movement called Six Directions of Space.

Earth

In opening the Path of Unfolding Mandala toward the Sphere of Earth it is important to remember that the Connection of Foundation expressing the awareness of the center of gravity centralized in the pelvis and the pelvis floor, also corresponds to the highest Center, Crown. That is, the Inner Arc is not a collapsing within, but an inner, circular opening of all the Seven Centers in which Foundation corresponds to Crown, Pelvis to Center of Head, Solar Plexus to the Center of the Throat and the arms express the center of the chest as the centralization that is the Path of Balance and the of the ray of the heart.

In this Connection of Foundation while we were seated in the chair we further clarified the Inner Arc as originating in the pelvic floor. The Inner Arc has no backward collapsing of the pelvis or forward thrusting of the pelvis. It comes up through the legs and around, becoming clarified through the opening of the Seven Centers. (see also pages 15, 16, 17)

Expansion

In the definition of the arc of Expansion we discover how the Path of Riding the Wave, beginning in Earth, originates in the pelvic floor facilitating the vertical direction that releases the natural movement within the lumbar and cervical areas of the spinal column. This Path, as its name indicates, is a wave that culminates in the Connection of Expansion.

This Connection became further refined as being centralized at the center of the chest, expressing a pure horizontal definition of right and left within the arms and torso as it matches the cross of space through the vertical extension of Crown.

As we returned from this Connection once again we acknowledged the importance of the Path of Balanced Navigation as it allows for the descending-ascending nature of the Path of Balance. Remember that whenever we descend from the Connection of Expansion the hand, lower arm and upper arms adjust in motion to facilitate the nature of “passing through” through each frame of the movement. This sense of passing through is actually a simultaneous descension and ascension that suspends the shoulder girdle and arms.

Remember this balance between descension and ascension occurs in all cases as we descend from the level of the Vertical Extension of the spine – i.e. Central Heart, Suspended Diamond, Around The Crown.

Releasing Expansion

The Releasing Expansion Path in its forward spiral, brings us, at count three, to a scooping quality of the spiral very much reminiscent of the path of Synchronized Geometry within the Forward Release.

During the release of Expansion we perceived how the Path of Encircling Spirals, as it becomes the Connection of Suspended Balance, allows us to experience the wave release of the whole spinal column, (the release of the Seven Centers as localized in Suspended Balance in the Center of Crown.) This is the release that becomes The Ribbon. - the Path that brings us back from the Center of Crown through the Seven Centers to the Pelvic Floor as we arrive to the Path of Entering Foundation.

Defining Heaven

The Vertical Extension of Expansion becomes the Outer Arc in the Connection of Heaven. As this is occurring, the arms through Unfolding Heaven move slightly diagonally and forwardly connecting the transversals and the balance of right and left into the constant merging frame that culminates in the Sphere of Heaven.

Returning through Outer Mandala

In the return of this Movement, as we describe the Outer Mandala opening through the Rays of the Heart we learned that the rotation of both arms opens, in symmetrical expansion, the entire chest bringing us to the Connection of Infinity. It is important to remember we define Infinity at count 2 prompting the Gravitational Expansion that bring us to the Vertical Extension of Expansion at count 4. The range of vision stays quite high during the opening of Rays of the Heart. As the Movement begins to descend through the Path of Unfolding Expansion the range of vision appears to remain static for a moment. This seemingly static focus of the eyes is reflecting a very subtle motion of the body adjusting frame by frame through the circular scope of the Outer Arc. At count 3 ½ the range of vision flows with the body arriving to the true horizontal plane in the vertical Connection of Expansion.

In our continuing with the descending of the Outer Mandala we discover how the hand, lower arm and upper arm move through Balanced Navigation, passing through a continuous arc that takes us to Mandala Crown at count 4 where the awareness/centralization is located at Crown.

From here, the next frame of movement is the beginning of the Sphere of Earth and our immediate connection to the throat bringing us to the Inflowing Wave as we continue descending through the Chest, Solar Plexus, and Pelvis and Pelvic Floor which is the Connection of Foundation.

Heaven Release

In this third Release we discovered the synchronicity of the forward movement with the Descending Springs. We also noticed how this very expanded movement merges the Encircling Spirals with the release of the Connection of Suspended Balance. That is, there is no suspended passing through in the Connection of Suspended Balance before we return through The Ribbon.

This is the completion of the Second Whole Movement, called. Outer Mandala

Full Mandala – Outer Through Inner and Inner Through Outer

In these two Movements we further clarified the principle of Gravitational Expansion. That is, as we open the Mandala through the outer form, return through inner and as we reverse it by opening through inner and returning through outer we are constantly changing our center of gravity. This constant change is our merging with the planes of space that allows us to three-dimensionally balance the field of gravity with the field of expansion.

Through the refining of this movement we perceived that we use different terms to describe essentially the same thing: 1. gravitational expansion, 2. gravitational transference 3. the continual change of our center of gravity through the seven centers 4. energy passing through the seven centers and 5. our awareness passing through the seven centers . These different terms reflect different perspectives of balance and help to give us a full comprehension and feeling of the all-inclusive nature that is our union with balance.

During the practice we also acknowledged that in the beginning of the study of Unity in Motion we learn the bio-mechanical nature of the Movements. Then, we learn to perceive and experience the flow of energy that connect all Movements into one flowing form . Then, as the structural form matches the energy that unites the form we begin to clearly feel, sense and know the Seven Centers of Balance. As the Seven Centers become clear we realize that our moving center of gravity is also the essential moving center within ourselves. This is the experiential realization of unity in which what is within – the form of our physical body - merges without in the natural movement that is Universal Balance. This is our union with the movement of life.

Interchanging Balance

In this Movement we refined the figure S within the Path of Balance of the arms transporting the weight of the body from symmetry to asymmetry. During this practice we also further perceived the diagonal angle that is three-dimensional side – the beginning of the side plane. We also discovered that as we arrive to this Connection in space we are in a Vertical Extension and the spine, neck and head are moving toward the side plane – the same side plane we encounter in the Bow and Arrow. In this way we are coming back to the Inner Arc of Foundation through the Side Plane.

Remember that the asymmetrical connection lifting the leg from the ground occurs at count 2 1/2. Count 4 is the Moving Connection of Asymmetrical Foundation that transport us from one leg to the other.

At the completion of four Interchanging Balances (*you can change your workbook which shows only two*) the Path of Centralizing Balance returns the Asymmetrical Foundation to symmetry at count 2 as the right legs arrives to standing O Point Balance and the arms express a wave-like motion that take us to Foundation at count 4.

This is the completion of the Third Whole Movement called Full Mandala.

Around The Crown

In this 13th Movement of the First Section we discover that the Path of Gradational Unfolding rises vertically to the level of the Solar Plexus at count 2 ½ before it opens toward The Moon through counts 3 and 4.

In this movement as we trace the Centers with our awareness we start from the Connection of Foundation with the Pelvic Floor, Pelvis, Solar Plexus, Chest,- Chest, Throat, Head Crown. In this tracing of the centers "Chest" is repeated. This repetition assists our awareness to ascend vertically so that we avoid backward pressure within the rib cage as the arms are unfolding forward towards the sphere of Moon. This backward pressure is a very common reflex as most of us tend to balance the forward extension of the arms by going back with the center of gravity. This reflex tends to oppose the vertical direction with the horizontal. Our goal is to merge them constantly as one center..

Clarifying the Lateral Plane

In Movement 14, the **Connection of Horizon**, we clarified the merging of the three horizontal planes – head, shoulder girdle and pelvic girdle.

We noted that Horizon does not push forward with the shoulders and shoulder blades and is devoid of an inner collapsing of the chest. Even though we are arriving to a linear definition in the Connection of Horizon we maintain the same expanded sense of coming around the shoulder girdle through the elbows respecting the same balanced connection between right and left that we have in the Connection of Moon.

In **Above the Crown** we discover that Horizon, emanating from the center of the Pelvic Floor, allows us to open to the sphere of Heaven to fulfill the natural extension of the whole spine through the transversal connections of the body.

In the Path of Above the Crown we also discovered that the forward diagonal directions of the arms rising towards the sphere of Heaven opened the right and the left sides of the chest allowing the whole torso to be freely extended via the pelvic girdle and legs from the center of symmetry within the ground.

In the Movement of **Lateral Mandala** we discovered the constant changing of spheres – The Thousand Spheres- that expands and suspends the shoulder girdle through Gravitational Expansion. In other words, the constant changing sphere is the same as the constant changing center of gravity.

In the completion of Movement 15, **Lateral Release**, we further clarified that the forward release of this Lateral Mandala becomes the Moving Connection of Suspended Heart which is a different Path than the Encircling Spirals of the Foundation, Expansion and Heaven Releases. Suspended Heart expresses the natural suspension of the whole torso. in motion.

This suspension becomes the Path of Merging Waves that coordinated with Descending Springs culminates in Inner/Outer Balance. This long Path takes 8 counts.

In this Connection we refined the amount of Descending Springs, learning that if it is too deep or too shallow it does not allow for the Passing Through release of the spinal column. As the amount of Descending Springs balances the forward release of the spine extended via the arms through their connection of Infinity the Swinging Spiral comes into being.

In the practice Swinging Spirals we refined the merging of Suspended Boundaries with Synchronized Geometry. We discover that the arms take the form of a backward Earth as they, through a subtle form of the Inflowing Wave, brush through Foundation as the beginning of the Inner Mandala that opens through the Pelvic Floor ascending through the Seven Centers reaching the Connection of Heaven. The Movement returns through the Outer Mandala and becomes completed in Mandala Crown.

In **Descending Harmony**, the last Movement of the First Section we clarified the descending from standing O Point Balance to Seated O Point. This is the completion of GEOMETRICAL UNITY and the beginning of the Second Section ...

SECTION II - SYMMETRICAL BALANCE.

In the beginning of this Section we refined the Connection of O Point Equilibrium. We asked you to practice it seated in a chair or cross legged on the floor, centralizing the pelvis on top of a pillow. The practice is gently locating all of the 23 centering as we remain in the stillness of the vertical expansion. Remember that you are always at the center of a spiral and that the Seven Centers are the center of space, the center of gravity and the “passing through” nature of balance that suspends you in motion.

In the practice of the first Movement, Unity In Motion, we further discovered that in the Path of Inflowing Wave, the direction of the movement emanating from the Solar Plexus and initialed at the elbow joint can be less resisted by opening the wave also from the sphere of the hand. Through this assistance, the inner wave of the arms matches, frame by frame, the outer connection facilitating the energetic that is the union of balance.

Remember that seated in this form of O Point allows us to more clearly perceive the centering of the pelvis and the ascending and descending of the center of gravity through the Seven Centers.

In the second Movement, **The Symmetrical Reclining**, we clarified that, at the completion of the second Unity In Motion, the arms touch a slightly forward Connection of the sphere of Earth at count 2 before beginning to move with the torso in the Path of Vertebra by Vertebra. We also discovered that arms flow through the Path of Vertebra by Vertebra from the sphere of Earth to the placement of Symmetrical Reclining to specifically assist the thoracic and cervical vertebrae of the spine to release through the floor. This smooth transition from the seated O Point placement of balance to Natural Elongation strengthens all of the muscles of the abdominal area and upper torso and facilitates the balanced integration of all internal organs.

In the practice of this Movement we also realized that as the spine begins to release through the floor vertebrae by vertebrae there is a subconscious tendency to invert the legs inwardly toward the center of the Pelvis. This desire for inversion must gently be re-directed by consciously opening and vertically releasing the legs. This vertical release then balances in expansion the vertebrae by vertebrae release of the spine unifying the movement into the frame to frame reality of Balance.

In the Third movement - **Moon** - we refined the Path of Gradational Unfolding . We discovered that the 4 counts of opening toward the sphere are explosions that simultaneously open the hands, lower arms and upper arms becoming matched by the sphere that encounters us.

We also called the definition of the sphere "Central Moon". We added the word central to the sphere to assist you to sense that the ray of the Moon is the natural, expansional centralization of the shoulder joint and the whole arm through the central horizontal line. Through this realization we avoid defining the sphere through skeletal inner pressure upon the joints.

Within the practice we also refined the Path of Gradational Infolding. We discover that from Moon we move down toward Around the Crown from which the Path becomes a form of Inflowing Wave that gliding through the elbows brings us to Neutral.

All of the four Movement that make up this Whole Movement called Six Directions of Space, became clear in the realization of opening gently through all of the frames of movement and returning to a clear "Central Moon" before moving to Neutral.

Within the practice we also discovered the wonderful tool that is the metronome. The metronome is a measurement for the evenness of the movement that allows us, frame by frame, throughout the 4 or 8 counts of the Path of Balance, to merge the energy with the bio-mechanical nature of the movement. It allows the mind to become focused through the continuity of the feeling/energy of the body and eventually will merge thought, feeling and action as one.

We can not encourage you enough to practice, sometimes just hearing the beat as we mentally visualize the form of the movement and sometimes repeating over and over a specific path, uniting two Connections until every frame of the movement becomes absolutely even.

Please do not get confused with this sense of evenness. When the movement utilizes momentum going from any Connection to the Moon in 4 counts, the momentum is also even throughout the 4 counts.

We also practiced hearing the beats of the metronome without counting to ourselves. Once the counts are familiar we can surrender to the space within the beats. It is a tremendous freedom. Try it first in these Movements of the Second Section and then in other Movements. Eventually you will practice the whole Form in this way.

We practiced the Paths of Neutral to Moon and return to Neutral being aware of the Seven Centers. In the Gradational Unfolding Path to Moon we were aware of the Centers opening in a spherical fashion like a flower – beginning the opening with count 1 Center of Chest. 2. Solar Plexus/Throat – 3. Pelvis/Head – 4. Pelvic Floor/Crown. Descending from Moon we traced the Centers by saying their names out loud – matching the movement of our arms with the specific Center: Crown, Head, Throat, Chest, Solar Plexus, Pelvis, Pelvic Floor. Practicing in this way helps to open each Center so that each Center begins to have equal value.

Beginning the Fourth Whole Movement called The Cross of Space, with **Alternate Leg Extension** we added the small, gentle motion of the transversals within the opposite arm to consciously recognize that the movement of each leg comes from the directional balance of the whole.

In the practice of Rotational Engagement we realized that the pelvis remain symmetrically centered as each leg moves toward Natural Bent Leg. This interchanging balance between right and left allow us to discover their unity of interaction and also progressively releases the natural three-dimensionality within the lumbar area of the spinal column.

In the Eighth Movement, The **Sun**, remember to gently “pass through” the vertical and horizontal directions of the body. (the Cross of space) In this practice find the clear centralization of the elbows and the hand at the wrist. When you return to Moon from the Sun through the outer form of Spherical Return remember not to close in the shoulders but keep gently expanding through the radius of the circle of the outer form of the movement.

In the Movement of **Horizon** we acknowledged the entire rotation of the three segments of the arms moving from the Moon and after the “passing through”, again let the rotation of the elbows, shoulders, wrists and hands return you to the Moon.

In the Connection of **Suspended Diamond** remember that the “passing through” nature of this placement is a true side. In its true horizontal line defines the clear vertical extension of the head and the natural skeletal distance between head and shoulders. This balance between distances is the natural extension of the cervical area of movement of the spine and the revealing of the third center – Self Expression.

This is the completion of the Fourth Whole Movement called The Cross of Space.

THIRD SECTION: ASYMMETRICAL BALANCE.

In the Practice of **The Diamond** we more clearly discovered the rotation of the leg as it gradually ascends in Gradational Unfolding through the feet, lower leg and upper leg. This ascension culminates in the balanced placement that is devoid of compressional pressure of the joint upon the hip.

When opening the leg to the Diamond it is helpful to sense the movement beginning as rotationally opening the knee as a hinge. This helps to erase the reflex of pulling with the upper section of the leg.

Remember that the continual practice of this Movement ascending through Gradational Unfolding and descending through Exchanging Balance assist all other centering within the whole of body to become more and more united in their expantional harmony.

In the Second Movement **Moon Diamond** we now integrate what we discovered in the Gradational Unfolding of the Moon with the movement of the legs. When adding the leg movement to the arms it often happens that the arms, defining the Moon, one at a time, become compressive. We must learn to integrate the four counts (explosions) opening to Moon making sure that the arrival to the Moon is through the horizontal center. This movement can never be practiced enough. The transversal co-ordination of arms and legs is the basis of Unity in Motion. Remember that all balanced movement is a constant asymmetrical co-ordination (through the transversal directions of the body) and also symmetrical in its expansional relationship to the field of gravity (passing through the Seven Centers).

In the Third Movement, **Embracing Diamond**, we discovered that the sphere of Moon as it is centered in our chest is also liberating the vertical direction of the torso. This union between vertical and horizontal, along with the outer form of the arms moving from the Moon to embrace the Diamond allows us to lift the entire upper body from the floor embracing the Diamond of the legs as the legs gently move toward the chest.

The embracing of the Diamond occurs exactly at count 4 from which, without missing a frame, the arms return to central Moon as they gently extend vertebra by vertebra the spine through the floor. This extension of the spine (in 4 counts) is also the natural return of the leg to the natural angle of the Diamond within the same 4 counts.

This movement of Embracing Diamond completes the First Whole Movement called Transversal Union..

In the Fourth Movement, **Bridge**, we clarified the counts. The Bridge beginning in Moon Diamond is counted as 1 and 2 expressing the moving of the left leg toward the pedestal of the Bridge as it is synchronized with the movement of the right arm moving toward the Suspended Diamond.

Count 3 and 4 is the immediate motion of the right leg moving toward the Bridge as the left arm also moves toward the Suspended Diamond. Through our the next 4 counts both arms keep moving toward the Suspended Diamond as the legs, in count four, are placed on the ground completing the entire form of the Bridge. From Bridge/Suspended Diamond the arms open to central Moon, from which they begin to clearly connect to the transversal direction via the Upper Diagonal. Remember that this path of Upper Diagonal is also a very subtle vertical expansion of the spinal column. As the arms open from Moon, going to the Upper Diagonal, Count 1 ½ is the opening of the Throat and its mirror equivalent the Solar Plexus, Count 2 ½ is the Head and its mirror equivalent, the Pelvis. 3 ½ is the Center of the Crown and its mirror equivalent, the Pelvic Floor. Count 4 is the acknowledgement of the whole extension of the spine as the arms arrive to Upper Diagonal.

In the Fifth Movement, **Criss Cross**, we clarified the natural transversal union of the arms with the legs as we experienced the power of Connection of Sun / Criss Cross and Crown Heart/Criss Cross.

Returning from Crown Heart, we clarified Face Release as the natural release of the 17 polarities within the face (see page 62 of your workbook)

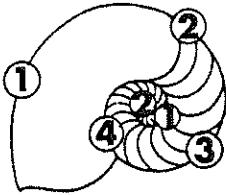
In **Embracing Heart** we clarified the angle in which the knees are embraced in order to express the expansional balance of transversal forces further releasing the inner arc within the whole spine. See the drawing of Embracing Heart on page 63. Notice how the angle of the opening of the legs allows the Seven Centers to remain open and how the arms, as they embrace the knees allow the hands to express a sphere.

In the Ninth Movement – **Spiral (Side) Rolling** - we clarified the angle of the leg as it opens the rolling. Notice in your Workbook page 64 and 65 that the legs are in a horizontal plane with the pelvis.

We noticed that if we pulled in with the upper part of the leg in the beginning of the spiral or bring the legs too high and close too you, the hip joint becomes encrusted contracting the Solar Plexus and impeding the smooth rolling of the spiral.

Notice in your Workbook how high the lower section of the legs have opened in the Connection of Asymmetrical Center. This is the horizontal level of Moon Diamond that facilitates the spirals within the arms and the opening of the Seven Centers.

Remember that all these measurements of levels in space are for only one reason – to keep the Seven Centers constantly open so that we are always passing through the movement. In every single Path and every Connection within the study of Unity In Motion all the Centers are open. One could correctly say that to truly discover and experience this fact is the purpose of the study.



In this Movement we also clarified the entering of the spiral within the arm as it encounters the Connection of Sun: In the first 4 counts, the Path of Circular Engagement brings us to Asymmetrical Center. In the following counts 1 and 2 the arm describes the small circle from which, at count 3, (not shown on the drawing) we enter the center of the spiral that take us to the Sun/Neutral Connection that completes each rolling.

In Movement 10, **Asymmetrical Elongation**, we clarified the form of the Movement first within the arms and then within the legs. Within the arms we noticed how from Suspended Diamond the right arm rises forwardly and diagonally toward the sphere of Heaven, and at the same time the left arm moves downwardly and diagonally toward the sphere of Earth.

We realized that the sphere of Heaven is quite high (2 feet above the ground) and the sphere of Earth approximately 1 ½ feet. We also realized that the movement fluctuates between the INNER FORM (counts 1 & 2) moving asymmetrically from Heaven and Earth toward Suspended Diamond and the OUTER FORM (counts 3 & 4) moving from the asymmetrical Suspended Diamond toward Heaven and Earth.

When we clarified the movement of the legs, we realized that the elongation of the leg is not based in any structural pressure of the leg upon the joint in order to gather the force to extend the other leg. On the contrary, the upper part of one leg is naturally extended at the level of the Diamond, the knee bent as in the Connection of Natural Bent Legs while the opposite leg is naturally extended retaining the natural rotation of the Diamond (see the drawing of Three Dimensional Balance – page 66.).

In the coordinated whole Movement the spine is continually merging from its Vertical Extension in the Connection of Three Dimensional Balance (count four), arriving to an Inner Arc in its central merging (count 2) and extending once again to its vertical extension by count 4. As all segments of the skeleton become integrated the head will also want to raise from the floor coming up slightly higher at count 2 for the Inner Arc and extending vertically at count 4 for the vertical extension of the spine. This inclination to raise the head from the floor will come naturally as the transversal connections of the body becomes more connected and should not be forced.

This Movement must be practice very gently as we become conscious of the direction in which the body is moving in space. Once these directions all come together, the movement does itself. That is, all connections within the body, merging constantly with

all directions, transform the bio-mechanical nature of the movement into the constant suspension of balance.

Asymmetrical Elongation becomes completed with a side rolling from which the body moves from its lying down placement on the floor to seated O point balance. This is the completion of the Third Whole Movement of the Third Section called The Union of All Directions.

SECTION FOUR: THE GEOMETRY OF SELF.

Within the first five Movements of this Section, 1. Unity In Motion, 2.& 3. Seated Full Mandala Outer/Inner and Inner Outer, 4. Moon and Around the Crown and 5. Horizon, Above the Crown and Lateral Mandala, we refined the continual change between the Inner Arc of Foundation, the midway vertical extension of the body and the Outer Arc of Heaven while seated cross legged on the floor.

While refining these Movements we learned to sense the simple rocking of the pelvis from the center of the seated bones which is the Vertical Extension of the spine.

The arcs of the spine originate in the pelvic floor and sensing the seated bones while sitting cross legged on the floor (supported by a pillow if necessary) is the easiest way to begin to get a clue as to where the arc is originating.

Practicing the **Inner through Outer Mandala**, with our awareness on the seated bones:

We moved from the Vertical Extension of Crown flowing through the Path of Sphere of Earth/Inflowing Wave At Count 1 we rock forward to touch the Inner Arc in the Sphere of Earth, Count 2 is the beginning of the Inflowing Wave that brings us for an instant back to the Vertical Extension of the spine(center of seated bones) then rotating slightly forward as we complete the Inflowing Wave, arriving to the Inner Arc in the Connection of Foundation. (see page 5, Unity In Motion Movement for more information on this Path)

Raising through the Path of Opening Through Centers, we came back to the center of the seated bones while moving through the Vertical Extension of the Spine.

Then through the Path of Infinity's Gate we released the pelvis slightly back into the Outer Arc of Infinity.

We returned through the Path of Infinite Expansion to the pure Vertical Extension of the spine as we move on our seated bones toward the center, arriving to the Connection of Expansion as the center of the seated bones.

We began rocking slightly forward, moving toward the Inner Arc as we touched the Connection of Mandala Crown.

Continuing with the Path of Sphere of Earth/Inflowing Wave, Count 1 we rock forward to touch the Inner Arc in the Sphere of Earth, Count 2 is the beginning of the Inflowing Wave that brings us for an instant back to the Vertical Extension of the spine(center of seated bones) then rotating slightly forward as we complete the Inflowing Wave, arriving to the Inner Arc in the Connection of Foundation.

This rotation is almost invisible. In the beginning this awareness helps us to get going in the right direction. As all the Centers become more and more clear, we discover that Gravitational Expansion moves the pelvis through the transference of all Centers from above.

For most of us, in the past the first reflex to achieve the Inner Arc was to relent back with the pelvis And the first reflex to achieve the Outer Arc was to thrust the pelvis forward. What was occurring here is that our initial response was to balance one direction by opposing with the other. This is what we have mistakenly thought of balance to be: an interchange polarity between opposites based in a separated sense of giving and taking instead of the centralized unification of the opposites.

In the reality of true balance, at the center of all opposites, we pass through.

When we begin erasing the reflex of balancing one direction with another, we may tend to reverse the directions – that is, doing the same thing the other way around. It is important while practicing these rotations to be aware that, for example, while the Inner Arc is not being formed by a relenting back in the pelvis it is also not the result of thrusting forward of the pelvis which would be the other side of collapsing backward. In its natural simplicity, the Inner Arc comes into being by all the Seven Centers extending slightly forward and around you. As we become more connected, we will become more aware that every Connection is an equal extension of the spine describing some form of the outer arc, inner arc, or vertical extension of the spine.

Be very gentle when you practice with the arcs of the spine. Remember that we are clarifying the foundation of every single movement of our being and erasing a deeply embedded reflex in which we sensed balance as an achievement through our own labor. For this reason the pelvic area has been an area of deep confusion.. Take it a little at a time and let your awareness begin to teach you and change you naturally.

In the refining of the Sixth Movement - **Interchanging Wave** – we discovered that this wave is a spiral rotation of the whole spinal column, beginning in the Pelvic Floor, taking us from the Inner Arc of Foundation to the Vertical Extension of Crown. We also further perceived how Open Foundation within the left arm is the centralization of a sphere within the hand that transversally suspends the direction of the right arm in Crown. When we return from the Connection of Crown, the energy descends from the Center of Crown through the Seven Centers expressing the Path of Balance of the arms arriving to the small sphere of Asymmetrical Foundation.

In the Seventh Movement – **Crowning the Earth** - we further discovered that the small sphere of Asymmetrical Foundation expressing the centralization of the Pelvic Girdle and Pelvic Floor becomes now enlarged as the energy raises to the Solar Plexus where the size of the sphere is acknowledged as the Crowning of the Earth. In this acknowledgment, the center Solar Plexus is the true vertical extension of the spine and the internal reflection of the external center of the sphere described by the transversal unity of the body.

Once this sphere is reversed, count 1 and 2 is the return of both arms to symmetry and 3 and 4 is the Inflowing Wave that brings us once again to Foundation . From here the movement continues with the Outflowing Wave that brings us, at count 6, to the Connection of **Elevational Crown**. In this Connection we refined the awareness of how the 10 fingers touching the earth are clearly redirecting the energy from the ground to the vertical extension of Crown. In this re-direction of energy, above and below are one and the same.

Within the Eighth Movement – **Deity** - we refined the Path of Expanding the Crown through which all of the Seven Centers of the body infold, bringing us to the Connection of Deity.

Deity is the natural suspension of stillness in which all forces and directions within the body expressing the 23 centering are fully folded and yet devoid of any sense of compression.

From the 4 counts of Passing Through the energy raises from the Pelvic Floor as it becomes, via the Path of Balance, the Circle of Deity - the offering that completes the Whole Movement called The Flower of Life.

In the practice of the first eight Movements of this Section we more clearly understood why they are called The Flower of Life. These Movements, now in the Fourth Section, become more and more the clear expression of the original fountain in which we started the learning of Unity in Motion. This fountain is a forever flowing geometry that allows us to merge moment by moment with the frame of movement of life. Inside of this fountain our Self is centralized in an all exclusive spiral, constantly suspended by the natural balanced momentum that is Universal Balance.

In the ninth movement – **Suspended Spirals** - the Path of Balance bring us to Foundation and raises to Suspended Diamond at count 3, where it slides sideways, beginning to trace the back diagonal and arrives to center/symmetry as Suspended Spiral. It is important to remember that this sliding sideways in the beginning of the spiral that is a true side direction of space and not a side plane of the body. Also the Connection of Suspended Spiral is an Inner Arc. The measurement of this Inner Arc is the point of balance in which the legs become released, at the hip joints, in their circular-like basin formation of criss-cross. Remember that these Suspended Spirals are preparing the body to gently slide vertebrae by vertebrae through the next Movement, Rolling Spirals.

From the Connection of Suspended Spirals, the left arm brings the transversal connections of the body through the Side Plane toward the Moon immediately followed by the right arm bringing into completion, the Connection of Moon Equilibrium. After repeating the Movement in the opposite direction it becomes completed in the Connection of Crown where the Sphere of Earth brings us this time through symmetry to the back Symmetrical Spiral.

Remember that the Path of Symmetrical Spiral from count 2, where this back spiral begins, travels through counts 3,4 and 1, arriving to the actual Suspended Spiral at count 2 where it "passes through" this Inner Arc through counts 3 and 4. From this suspended Connection the outer form of the Path of Balance matches the transformation of the Inner Arc as the energy raises through the pelvic floor bringing the spine into the Vertical Extension of Moon Equilibrium. From here the Path opens through Around the Crown and the Inflowing Wave bringing us to Foundation as the completion of these three spirals and the beginning of the Rolling spirals.

In the Movement of Rolling Spirals we clarified the Path of Vertebra by Vertebra. From the release of the legs in Seated Moon Diamond the arms facilitate the rolling of the pelvis and the rolling movement of the vertebrae by moving toward the Sphere of Earth as the beginning of the Outer Mandala.

In this release of the spine, it is the path of the Outer Mandala of the arms that extends our spine through the floor passing through Earth and Sun arriving to High Infinity. In this Movement we discover that the Diamond within the legs assists with the natural expansional nature of the rolling and that the Connection of High Infinity is essential to continue with the unity of the rolling.

In High Infinity the whole upper torso is free to move as the right arm begins the momentum and the left arm moves toward the Earth acting as a wave momentum facilitating our smooth transition from lying to seated. Remember that as we side roll to the seated cross legged connection at count 3, the right arm enters the left diagonal that corresponds to the Inner Engagement of the right leg brings us to seated crisscross. This continual spiral of the right arm brings us around to complete in the Path of Inner Spiral at count 2. (Remember that this inner spiral is very similar to the one that, symmetrically, connects us from the end of the Swinging Spirals to Synchronized Geometry in the Lateral Release of the First Section.) In the Rolling Spiral, this asymmetrical spiral done first with the right arm momentum, brings us to O Point seated and through the Inflowing Wave to the Connection of Foundation at count 4 as the beginning of the repeat of the Movement.

This is the completion of the Second Whole Movement called Suspended Balance.

In the **Full Rolling Mandala** we refined the opening from Moon Equilibrium to Above the Crown as the release of the legs from criss cross into Seated Moon Diamond. We discovered that the mid-way opening, at count 2&, is what allows us to open the knees from the ground.

The Connection of Seated Moon Diamond gets a special star because it embodies all three arcs at once! That is, because of the direction of the knees, there is an Inner Arc within the rotation of the Pelvis – there is a Vertical Extension within the Solar Plexus and an Outer Arc within the three higher centers, extended through head, throat and Crown.

The next Path of Entering Crown allows us to descend/ascend through the seven centers as we extend forwardly the Diamond of the legs arriving to Three Horizons.

We learned the importance of the execution of The Mandala of the arms as it brings us from Moon toward toward the direction of Earth (although it never truly touches Earth) and then towards the Sun and to the sphere of Heaven as the rolling is completed. Remember that it is the accuracy of the plane/connection of the Sun that actually rolls us to Heaven. And that keeping the Diamond of the legs intact throughout the rolling assists us to roll and to vertically liberate the movement, opening the Solar Plexus, the Chest and all the Centers in the sphere of Heaven.

From here, the infolding and the unfolding of the Diamond of the legs mirroring the infolding and the unfolding of the Diamond of the arms prepares us for the momentum that brings us through Rays of the Heart to the return of the rolling.

Remember that within this return of the rolling, the Diamond of the legs begins to extend vertically to express, in balanced expansion, the see/saw quality that allows us to open the legs to crisscross as we open forwardly and upwardly toward the sphere of Heaven. Also, as you practice, remember that the sphere of Heaven is an Outer Arc devoid of any forward thrusting of the pelvis as we arrive to the Connection.. Instead of a thrusting forward with the pelvis to go to Heaven, it is a slight rolling back in the seated bones. This is very important because it is this slightly outer rotation in the seated bones of the pelvis that allows us to freely open the path of Rays of the Heart within the arms that takes us from Heaven to Infinity.

From the Connection of Infinity, there is a full descension/ascension of the whole spine that, moving constantly in Gravitational Expansion, mirrors the Outer Mandala that brings us to the Connection of Mandala Crown in 4 counts.

During the practice of these three rollings, **Full Rolling Mandala, Simple Rolling Mandala and Infinite Rolling Mandala** it is important to always remember that they are not physical exercises, but movements/designs of Unity. With this recognition we can see them as designs of discovery for a greater synchronization of Self. The movements involve the three senses within ourselves that, functioning in conscious synchronicity, are expressing the mental, emotional (energetic) and the physical sense of Self.

The mental is the geometrical design that begins to be formulated within our consciousness as it perceives how three-dimensions embrace and move us in space. The emotional is the energy that as flowing movement corresponds to the perceptive

experience of unity. And the physical is the actual reality that is the moment of existence liberating the physical weight of the body as it is engaged in the natural balanced movement of life.

This unification of the three senses within ourselves comes into being through gentleness. That is, it comes not through pulling, pushing or molding the body into what we think it should look like or be able to accomplish, but by discovering the inner sense of unity already existing at the core of ourselves. This is the sense of unity that moves without effort, because it moves with the whole of itself. This is the sense of unity that is strong not because of its use of force, but because all senses/directions within ourselves help and assist all senses/directions to move as one unresisted action.

These three Movements assist us in perceiving this unity. They are a design that teaches us to discover the places where our mind goes blank, our energy holds and our body can not yet synchronize with the whole of itself. In their teaching, these designs of unity will make us physically strong, energetically flowing and mentally connected.

Every time we gently spend time with them, discovering their geometrical unity, we will be rewarded with a new sense of wholeness added to ourselves.

These three Rolling Mandalas complete the Third Whole Movement perfectly called Matching Three Dimensions.

We asked you to be gentle with the transition from the Infinite Rollings to the Connection of Zen by assisting yourself with your hands on the floor to come up on your knees if you need to.

In the Connection of **Zen** we discovered the distance between the knees that expresses the balance between the right and left centering of the Pelvic Girdle.

Also we clarified that the next Movement begins directly from Zen – O Point without the Inflowing Wave which usually takes us to Foundation. That is, the Inner Merging Spiral, expressing the forward release of the spine through the pelvic floor begins at count 1. This Inner Merging Spiral expresses the forward release through the Seven Centers culminating in **Zen/Salutation**. In this Connection, the Diamond of Crown Heart facilitates the suspended balance of the Shoulder Girdle and the vertically extension of the spinal column passing through Crown. After the 4 counts of this suspended “passing through” of Salutation, the Path of Entering Foundation begins the inner unfolding of all centers that becomes vertically extended through the circle of Deity and opens through the expanded geometry that is the balance of right and left of the body returning to the starting Connection of Zen.

In the repetition of this Movement the Centers open from the Pelvic Floor this time through the outer form. That is, The Path of Balance becomes an Outer Mandala mirroring in its geometry the forward movement of the spine opening the Seven Centers and suspending it in their arrival to Salutation.

In the beginning of Movement Fifteen, **Descending/Ascending Balance**, we clarified the Connection of Four Pillars at count 3. Looking at the drawing of the Four Pillars on page 89 you can see how the upper segment of the legs are in a true vertical line – the arms slightly forward. The legs are describing a diamond, the feet are off the ground.

In the Path of Descending Balance it is important to remember to bend the elbows in synchronicity with the lowering of the torso. We begin to descend by gently bending the elbows at count 4, the pelvis arriving to the floor at count 1, the Connection of Entering Earth. We keep descending the torso through count 2. At count 3 we define the whole arrival of our torso to the ground through the gesture of Kissing the Earth. Count 4 begins the extension toward the Star and 1 is the actual Connection of Infinite Star. Count 2 and 3 is the infolding of the arms bringing us once again to Gathering the Earth at count 4. We ascend through the Path of Ascending Balance touching the Connection of Four pillars at count 3 and begin with the path of Infolding Symmetry that brings us back through the next 4 counts to Salutation on count 4 - ready to repeat the movement.

The above description of this Movement varies in minor ways with the Movement as shown in your workbook. We have enclosed a new page reflecting these changes.

In Movement Sixteen, **Full Body Rolling**, we refined the actual rolling by clarifying that the left arm moves from the Sun in the Connection of Extensional Giving toward the Connection of Heaven in order to facilitate the roll (see drawing of the Path of Rolling Spiral on page 90)

Once we begin the roll it is helpful to linearly define the arrival of the right foot to natural bend knees at count 1, as the right arm moves to Heaven (count 2), the left leg extends (at count 3) and the left arm arrives to Moon at count 4 where all expansional directions become one as the Connection of Extensional Giving.

In beginning the next rolling, the right foot facilitates the momentum as the left arm raises to Heaven. Remember throughout the rolling to be patient as you move until the moment that the shoulder and arms express the full release of the chest. There is the tendency to shrink the shoulders and chest to make a compactness that facilitates the rolling instead of keeping expanding within each frame and letting the expansion to be the result of the smooth roll. (Keeping all of the Seven Centers open as you roll)

After we complete the fourth Extensional Giving, the left leg and the right arm assist us to realize the first half of the rolling that take us once again to Entering Earth.

This Connection take us in 8 counts back to Salutation where we are ready for the transitional movement that lifts us from the kneeling placement of Zen Salutation to O Point Standing.

This completes the fourth Whole Movement of this Section rightfully called **Strength and Softness**.

In this next transitional Movement called **Ascending Harmony** taking us from our knees to a standing 0 Point balance we refined the Connection of Inner/Outer Balance. In this Connection, occurring at count 4, the spine is describing a Vertical Extension with a touch of Outer Arc within the three higher centers. This extension of the spine is balanced with the Descending Springs while the arms extend forward touching the ground in the Connection of Infinity. From here, Entering Foundation becomes the beginning of the Inner Mandala that takes us through the Path of Merging Heaven to the Outer Mandala.

The Outer Mandala becomes completed in Mandala Crown where the Sphere of Earth and the Inflowing Wave bring us to Foundation as the completion of the Fourth Section.

SECTION FIVE – UNION WITH UNIVERSAL BALANCE

The first five Movements within this Section make up a Whole Movement called Synchronized Self.

In the first Movement called Bouncing Springs the Descending and Ascending Springs are further refined preparing us for all of the subsequent Movements in this Section. The next two Movements: The Forward Suspension and Forward Release are the same Movements we learned in the First Section where they are called the Heaven Release and the Lateral Release. The different names reflect the different context in which they are used. In this Fifth Section they become part of a series of four different undulations that release the spine forwardly. This series includes also the Scroll and Full Forward Release. It is helpful to be aware of the Whole Movements in this way, to study them and find out why they are grouped together and why they are called what they are and to practice them together as one Whole Movement.

Bouncing Springs begins in Foundation Suspended Diamond, and ascends and descends through the Seven Centers mirroring in simultaneity the elastical bending and the natural extension of the legs. This descension /ascension of The Path of Balance through the Seven Centers takes us through the constant gradual change between the vertical extension of the Suspended Diamond and the Inner Arc of Foundation. This is the expression of the constant moving center that is Gravitational Expansion.

In the Outer Form of the Movement, the Descending Spring and the Connection of Foundation takes us through Gradational Unfolding to Moon Equilibrium in four counts. That is, the Inner Arc becomes the vertical equilibrium of Moon through all of the planes of space touched by Gradational Unfolding, releasing in the three-dimensional ascending wave of its path each of the vertebrae of the spine.

While the Path of Foundation to Moon is always a four count Path, the Paths taking us from Moon back to Foundation vary in counts. In this Movement, as we descend from the Connection of Moon, the Path of Around The Crown now takes us to Earth, Inflowing Wave and Foundation in 3 counts.

This union between 3 Connections and 2 Paths was executed in the First Section in 6 counts: 4 counts from Moon through Around the Crown to Earth, and 2 more counts to move from Earth through Inflowing Wave to Foundation. In the beginning of the Fourth Section these three Connections and two Paths became united in 4 counts. And now, as the outer form of The Descending Springs, the three Connections and two Paths become united in 3 counts.

It is important to remember that the changing of the timing does not change the nuance of the geometrical form of the Movement. The geometrical form of the Movement is essential to mirror in 3 counts the Descending Spring of the legs. This unity between the Path of the arms, the legs and the constant change of the arcs within the spine is what transforms moment to moment – frame by frame - the vertical plum line of the center of gravity into the vertical expansion of the whole body. Furthermore it is what allows us to move constantly in a state of “passing through” and thus feel omni-directionally suspended by the ever-present motion that is Universal Balance.

The Second and Third Movement **Forward Suspension** and the **Forward Release**, are the same Movements we learned in the First Section as the Heaven Release and the Lateral Release.

In the Third Movement, **Scroll**, it is important to remember the counts. It is counted as 1,2,3,4, - 1,2,3,-- 4,1,2,-- 3,4, --1,2,3,4. As we learn to count it in this form our mind can easily remember and clearly define and refine the Paths.

Remember that the Movement does not begin in Heaven, but in Heaven Scroll. (*You can make this change in your workbook*) This is the form of an oval within the arms that allows us to move through the forward plane of the Path of First Ram. Through the First Ram, Second Ram and arriving to Centered Ram at count 4, completing the Descending Springs, the Path of Balance of the arms describes 1 full spiral.

Carefully studying the drawings on page 100 of the workbook you can follow the path of the spiral.

The second part of the Movement begins at count 1 in the Path of Unfolded Self with Ascending Springs. The palms of the hands that were facing towards the front of the head (Centered Ram) rotate along with the two other segments of the arms to face down toward the floor in the Connection of All Directions at count 3. This Connection expresses a half of an Ascending Springs, a forward Vertical Extension of the spinal column and an equivalent of Crown within the Arms.

Count 4 is the beginning of the third part of the Movement that, as an outer form of the Mandala takes us through counts 1 and 2 to Folded Self and Descended Springs. The fourth part of the Movement is Count 3, and 4, Entering Foundation, the immediate continuation of Folded Self, taking us to the spirals. The fifth part of the Movement is the 4 counts of the spirals: the spiral of the centered pelvic girdle, the spiral of the centered

shoulder girdle and arms and the spiral of the centered head passing through Crown. The 2 ½ spirals culminate in the Connection of Heaven at count 4 as the beginning of the Full Forward Release.

In the refining of the **Full Forward Release**, we discovered that the Connection of Suspended Heart is not an Encircling Spirals but a slightly open diamond from which Merging Waves and the continuation of the Descending Springs come into being. We also discovered that Falling Into Balance at count 2 ½ is a direct result of the “passing through” nature of Crown within the spine that allows us to fall forward to release the Descending Spring into the full bending of the knees. This bending provides a full extension release within the arches of the feet in the Connection of Jumping Frog. From here, the arms that were extended in an Infinite Connection raise from the floor, mirroring the release of all centers within the spine, bringing us to Reuniting Centers as the completion of count 2. This is the beginning of the descent of the heels of our feet to the ground as we ascend with the torso and pelvis to the Connection of Balanced Spring at count 4. This frame of definition of the Balanced Spring becomes the Swinging Spirals that takes us to Suspended Boundaries where Synchronized Geometry through the Ascending Springs brings us to Moon Equilibrium.

In your workbook (page 101) under the drawing of the Path of Reuniting Centers count 2 should be circled instead of Count 1. This is the moment that our hands touch the floor as shown in the drawing.

The next four Movements: Bow and Arrow, Side Release, Forward Release and Back Release comprise a Whole Movement called Six Directions of Release.

In the Fifth Movement, **Bow and Arrow**, we refined the inner Side Plane of the body. This is the internal rotation of the Seven Centers bringing the whole of the body to its structural, three-dimensional communion with the side plane of space.

This movement begins in Moon Equilibrium, where Around the Crown with Descending Springs brings us to the Connection of Foundation in 3 counts. Foundation is the lowest centralization of the body (the base of the Inner Arc) that takes us through Unfolding Through Centers and Unfolding Mandala to the Connection of Bow and Arrow.

Remember that the Diamond of the arm (the bow) is slightly lower than true horizon and the Connection of Expansion within the other arm (the arrow) is slightly higher.(see drawing on page 102). This three-dimensional side plane is completed at count three expressing the natural extension of the Ascending Spring. Because of the side plane, the physical centralization of the body, even though it remains distributed equally between both feet is slightly tilted toward the right side, expressing the direction of The Bow in relation to the extended Arrow.

Within the exchange to the other side of the Bow and Arrow, we clarified the two spirals, that connect us with the geometry of space, bringing us in three counts through the Path

of Exchange Geometry, the Connection of Earth and the Path of Inflowing Wave to the Connection of Foundation as the completion of the Descending Spring.

In this rather self-contained and yet full Movement, we are incorporating the Gravitational Expansion that is the descent from the Vertical Extension of Moon Equilibrium and Bow and Arrow, to the Inner Arc of Foundation. And then, ascending, we are transforming, frame to frame, the Inner Arc into the Vertical Extension.

Because of the symmetry and asymmetry that is the balance of the Movement, the Arcs of the spine do not occur only in relation to front and back, but also as continual changing movement between right and left. Therefore, there are two Arcs working as one.

1. The changing Arc that balances us in relation to front and back and brings us from the Vertical Extension to the Inner Arc. And 2, the changing Arc that balances us in relation to right and left, bringing us through all the changes of the asymmetrical side plane.

In the Seventh Movement, **Side Release**, we refined the outer form of the merging of these two arcs. The unity of these four directions (front and back, right and left) becomes six directions through the constant change of the center of gravity connecting above and below. These six directions take us from the Bow and Arrow to the Connection of Expansion where the outer form of the Side Plane begins.

Remember that true Expansion expresses the horizontal cross of space. It is from this horizontal cross of space that, as a centralized suspended helix, the right arm unfolds toward the Sphere of Heaven as the left arm unfolds toward the sphere of Earth. This suspended vertical cross of space is essential because it allows us to move constantly in the true symmetry that is three-dimensional expansion through the natural asymmetry of motion.

In the continuation of this Movement, we also refined the Unfolding Fan with the Descending Springs. We discovered that the Paths of Unfolding Fan and the following; Transversal Waves is an asymmetrical spiral within the Path of Balance of the arms that takes us through the Descending Spring to the Connection of Inner Outer Balance.

After releasing to either side we once again repeat the Forward Release which is completed this time not in Heaven but in the Connection of Moon. This Connection takes us into the **Back Release**. In this release we refined the riding of the horizontal radius of the circle that takes us from the vertical extension of Moon Equilibrium to the full Outer Arc of Suspended Arc. From here, we returned through the Circle of Infinity to the Connection of Infinity where the Path of Balance takes us through Infinite Expansion to the Connection of Expansion as the completion of the Second Whole Movement.

In the **Above Transfer/Leg Extension**, we clarified the central transferring of weight of our body from symmetry to asymmetry as, from 0 Point standing, we transfer the weight to the left leg as we ascend through the 7 centers, extending the right leg as the completion of the Ascending Spring. From this extension the leg and all centerings within the body return, to the Vertical Extension of 0 Point Standing. This transference of all

Centers is expressed through the Path of Balance of the arms that moves from Suspended Diamond/Expansion through Above the Circle in two counts arriving to the Connection of Suspended Diamond.

From this suspended instant of balance, the Path of Descending Centers with Descending Springs brings us in two counts to the Inner Arc of Foundation, that in its descended balance acts as the lower intermediate center, connecting us in perfect continuity to the other side of the transfer.

In the next Movement, the **Below Transfer/Leg Extension**, we refined the Path of Balance of the arms through the Paths of Descending of The Circle and Geometrical Coordination, to the instant of suspended balance that is the Connection of Earth with the Descending Spring. This is a moment of symmetrical transition that is, once again, the lower intermediate center that connects us in perfect continuity to the other side of the Ascending the Circle Path.

In the thirteenth and fourteenth Movements, **Open Forward Suspension** and **Open Forward Release** we apply all of the subtleties learned in the previous releases, this time through an open stance. These Movements are essential in clarifying the opening of right and left within the pelvis and legs and allows us to feel the greater strength that is the balance of right and left within the body as it is merged with all transversals.

The **Six Pointed Star** takes us through the transition to the beginning of the Standing Spirals.

In the **Standing Spirals** we clarified the counts of the Movement. We discovered the importance of visualizing the movements through the counts so that the mind, being free from having to think about the structural form of the movement, can feel and perceive the united flow of energy that is the merging of all spirals.

The counts in the standing spirals are 4 – 4 – 12 - 8 - 4 - 4 – 2 – 2 and 4 counts returning through the Outer Mandala to Crown plus the 2 – 2 count transition to reverse the Movement.

4 counts for the spiral of the neck: 2 counts expressing the forward direction of the spiral balanced with the descending Spring and 2 counts expressing the back direction of the spiral balanced with the ascending Spring.

4 counts for the spiral of the heart, also balancing the forward and back with the descending and the ascending of the Spring.

12 counts expressing the opening of the left leg to the Open 0 Point and the 1 ½ circle of the full spiral of the torso as it is balanced through the descension and the ascension of the Spring. These twelve counts complete the first half of the spirals at the Connection of Suspended Three-dimensions: right arm in Heaven, left arm in Earth.

From this moment of suspended balance, the spirals reverse their form through a full circle of 8 counts: 4 counts expressing the forward direction of the circle, 3 counts expressing the back directions of the circle. And count 8 becoming the moment of maximum descending spring from which the weight of the body, fully centered in the forward, open symmetrical stance is transferred via the left leg, along with the whole momentum of the spiral, to 0 Point.

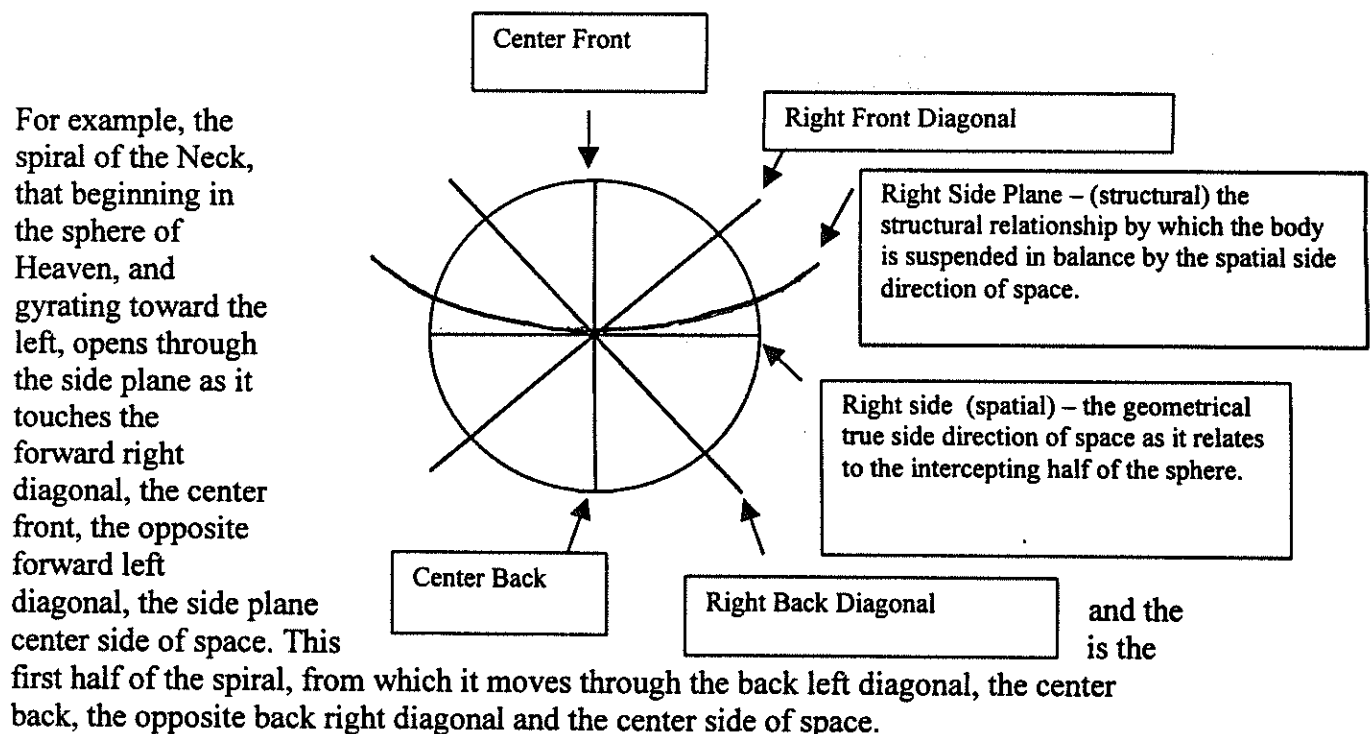
This transference, coming into being at count 1, expresses the first part of the 4 count spiral of the Heart that takes 2 counts to describe the front section with Descending Spring and 2 counts to express the back section with Ascending Spring..

The completion of this Spiral of the Heart connects to the spiral of the Neck through the next 4 counts, that in its completion brings us in 2 counts to the spiral of the Crown.

This is count 3 and 4 in which the Path of Balance of the arms explodes as the sphere of Heaven, opening into an Outer Mandala that takes us in 4 counts through Rays of the Heart, Expansion, and Crown.

From here, count 1 and 2 is the Connection of Earth and the Path of Inflowing Wave that take us to Foundation, imploding in 2 counts (counts 3 and 4), through an Inner Mandala that ascends through the Seven Centers to Heaven expressing the beginning/reversal of the Standing Spirals..

Through the clarification of all counts and the forms of the spirals we also acknowledged the reality of the side plane (the physiological centering of the body in relation to the true side plane of space) as being the beginning of each of the three spirals.



This is the completion of the spiral from which its circular motion interconnects with the Spiral of the Heart beginning in the Side Plane and touching all the points in the radius of the circle.

At the completion of the repetition of the whole Standing Spiral we refined the transition between the spirals and the beginning of the Slow Motion Walk.

The completion of the spirals occurs in the Outer Mandala in the Connection of Mandala Crown at count 4, where the asymmetrical transfer of the weight of the body takes us to the Connection of Asymmetrical Instant that is the beginning of the **Slow Motion Walk**.

Within this motion, we further discovered how the opening of the right leg forward is the synchronicity of the Unfolding Mandala of the arms, mirroring through its Outer Form the opening of all Seven Centers. As the extension of the leg is completed in the Connection of Infinity, at count 4, Gravitational Expansion brings us from Crown toward the center of the Solar Plexus as the Mandala descends also through its outer form to the Connection of Standing Bridge/High Crown in 4 counts.

From this moment of union between symmetry and asymmetry, the Right Leg Transfer brings us to the Asymmetrical Instant that is the completion of the first step and the beginning of the second.

Each step of the Slow Motion Walk takes 12 counts: 4 counts for the extension, 4 counts for the transitional bridge and 4 counts for the transfer.

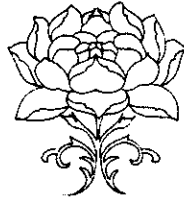
Completing the fifth step of the Slow Motion Walk in the Connection of Right Leg Balance/Asymmetrical Instant this transitional movement takes us in four counts to 0 Point Equilibrium as the beginning of the last movement -

Giving and Receiving all Centers. This is the Movement in which, from 0 Point Standing, we bring the energy from Crown to Pelvic Floor in 4 counts, offering it in an inner release as we descend through the Seven Centers arriving to Crown Release at count 4.

Here, as the energy reaches and touches the Center of Crown at the end of count 4 the circle that is created through the release offering of the Centers brings the energy back to the Pelvic Floor and through the Path of The Receiving of All Centers takes us through the Pelvis, Solar Plexus, Chest, Throat, Head, Crown to the Connection of Heaven in 4 counts. This is a complete circle of energy in which the completion of the ascension of the energy from Pelvic Floor to Crown is the same as the beginning of the ascension of the energy from Pelvic Floor to Crown once again.

In the completion of this full circle, the energy raised now in the Connection of Heaven/Crown, descends through the energy in the Outer Mandala taking us to Mandala Crown - this is count 4, expressing Crowned Self - our recognition of the union of

Balance in which all the expanded energy that is Universal Balance is the simultaneity of GIVING (count 1 and 2 as the right arm folds into the heart) and RECEIVING (count 3 and 4 as the left arms folds into the heart), both arms merging the Path of Balance as the center of Moving Heart. Yaaaaaaaaaayy.....



During the week, as we all celebrated Unity in Motion, we asked you to treat each of the Whole Movements within each Section as an individual design of wholeness. This allows us to concentrate on the nuances and on the completion of form existing within each design. Also remember that there is a logic within the progression of each Whole Movement that assists us to nurture and develop a whole visual (mental) perception of the Form. The more your mind can envision the Movements, the more refinement of energy you can bring through your practice into being. This refinement of energy is nothing other than the union of the three sense of self, operating within the same simultaneity that is the movement of life. This is the mirror reflection/effect (unity mirroring itself as unity) that connects us naturally to the dimension of perfection - the dimension that is the absolute creativity that is life.

The better you know the structural form of the Movements, the better you can perceive the nuances of energy connecting each Movement. The more you can put yourself as the center of this energy, the more you can commune with the ever-changing center of gravity that is the "passing through" nature of life.

During the seminar we acknowledged that the center of gravity is our true communion with the expansional nature that is Universal Balance. In its true physical existence, this center acts as implosion/explosion that transposes the boundaries of our physical form and merges the furthest distance and the closes core within ourselves into one sense of being.

This center, being the center movement of life, is the real you and is absolute regeneration. It is self regenerative because it unifies all systems that are our physical body into a holistic action. It transposes our individual, self-contained form of self into a macrocosmic reflection of the universe in which what we call within is the same as what we call without. This is the mirror reflection of wholeness in which Unity in Motion is the consciousness that is Self, traveling within the infinite connection that we call God.

Remember that the practice of Unity in Motion is not a form of exercise but a form of being with yourself, to discover and re-instate greater and greater forms of unity within yourself.

Thus, if for some reason, you do not feel like practicing, it is very helpful to just lie down and become comfortable, placing yourself in any of the Connections. This could be the Connection of True Side, or Upper diagonal or if you bring yourself to Natural Bent Knees to the suspended Connection of Sun, from which you can move to Moon and through Gradational Unfolding to Neutral. This form of restful meditation in expansion begins to open the Seven Centers and allows the energy to begin to flow.

You can also spend time while you are resting to contact each of your Seven Centers. Bringing your full awareness to each Center – saying its name out loud – truly connecting with it.

As your Centers begin to open you will discover that the act of practicing the Movements becomes the most natural action of Self.

The practice is a form of re-establishing unity among the many reflexes that make up our being. And, any degree of re-establishing unification, centralizes us and brings us closer to the moment, where the surface of reality exists. The surface of reality is the eternal moment of life.. This is the moment of movement that is life, where each of us comes into being as Self and where the magic that is the miracle of creation also comes into being. We call this synchronized event the “surface of reality” because it is the traveling new moment of life that in its Unity in Motion is connected as living memory with all that has forever been and is also connected as living presence with the whole future that will ever be.

Our communion with Universal Balance is our communion with the surface of existence that puts us at the center of a panoramic vision of life that is eternal in its nature and yet extraordinarily realistic as it pertains to the every day moment of our lives. Our communion with the Unity in Motion of Life is our simultaneous reunion with the absolutely creative design of life that gives purpose, meaning and inspiration to the every day gesture and experience within our human reality.

In this, our communion with Creation, each of us is THE ONE, the one that makes all the difference, because we are bringing to the moment the presence and the reality that is the life of love. This is the gift that is the Image and the Likeness of consciousness, the gift that is the Circle of Life in which through the actualization of presence that is ourselves, we receive ourselves anew, discovering the extraordinary magic that is the universal moment.

During our time together we also clarified the meaning of our use of the word physical. We said that if we divided the universe into 10 dimensions of being starting with what we call matter (everything that we see) and continued with 9 other forms that take us through the whole spectrum to the ultimate invisibility and transparency; we call all these 10 dimensions physical.

In our experience of Universal Balance, physical or physicality is the entire form of the universe that encompasses all that which is, even the transparency that is not yet seen by our human eyes.

Inside of unity everything that is, is the form of God. Everything that is, is PHYSICAL because UNITY – the simultaneous nature that is life - embraces all forms of energy as they constantly become ONE within the eternal moment that we call the now. This understanding of physicality as being THE ALL, releases us from the endless discussion of the old mind, forever wondering about the dualistic separation between form and formless, past and future, life and death. In the reality of eternal existence – the whole universe renewing at once - all that is is one. This oneness is not an undifferentiated merging in which all color becomes gray, but the celebration of THE ALL gradations and subtleties of energy that make the profound versatility of the all inclusive form that is God.

In our embracing of all dimensions as being what they are in this moment of life - PHYSICAL REALITY - we are finally liberating our physical bodies from the judgement of time. This is the judgement that innocently saw the physical form as not being worthy of the eternal nature of life. In the release of this judgement, the form and the intelligence that is our body, can be free from being self-enclosed in the confinements of a temporal mind and can once again partake of the universal, all inclusive nature that is the very core of its life.

Unity in Motion is the celebration of the physical existence and expresses the reunion of the mental, emotional and physical senses of Self with the natural spiritual communion that is Universe. Inside of this communion, life is a miracle where everything that has existed and everything that will forever be is ALL TOGETHER NOW bringing into presence the magical adventure that is each one of our lives. In this ALL TOGETHER NOW each of us rejoices by consciously and willfully re-establishing the unity that is the very core and the surface reality of our palpitating heart.

This has been the most wonderful time together, we thank you

With love, happiness and joy

Carolina, Nancy and Cristiam

