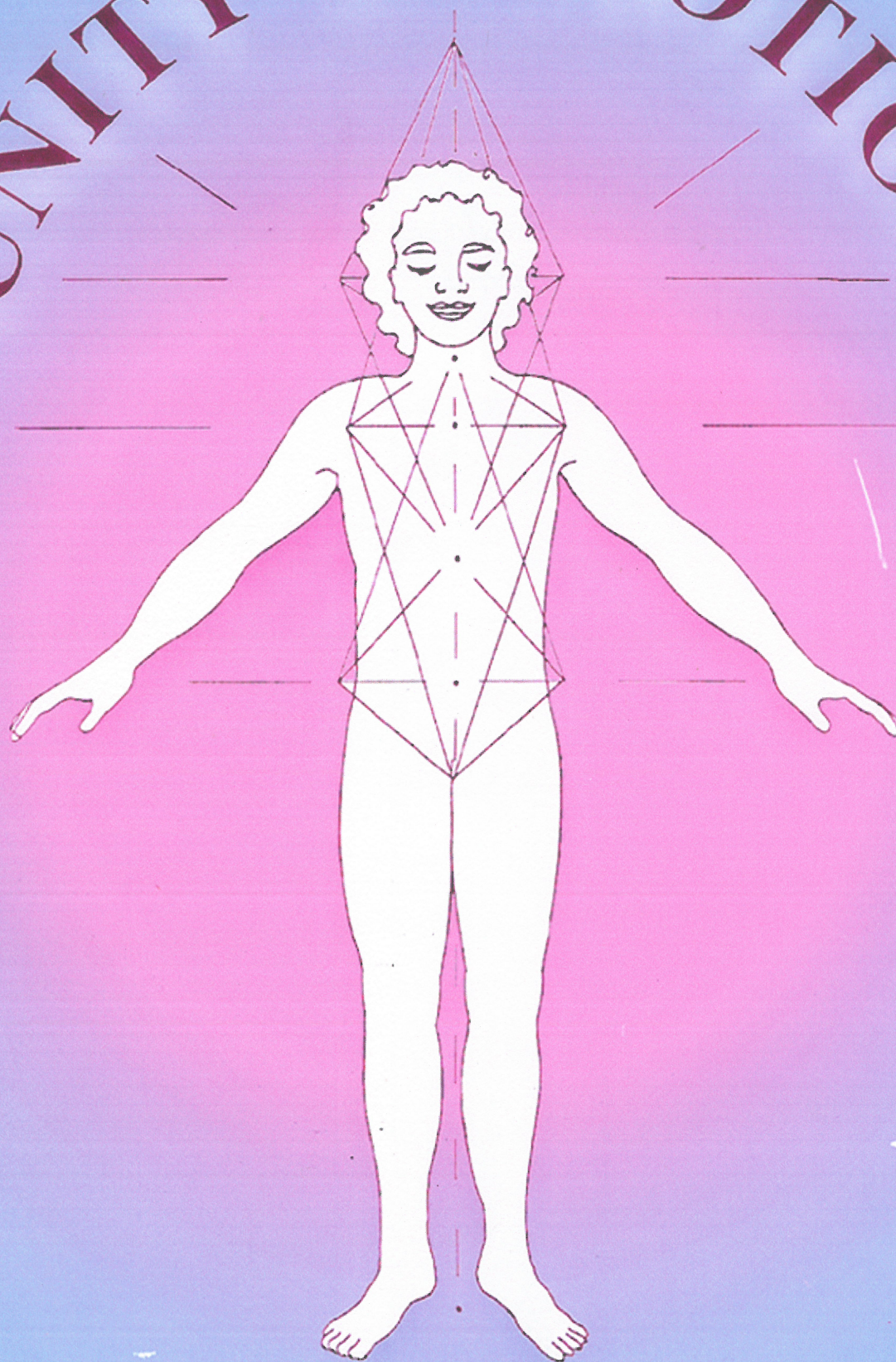


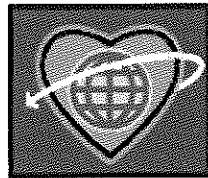
UNITY IN MOTION



The Geometry Of Balance

This book is dedicated
To the students of
Unity In Motion

With love
From



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Unity In Motion

The Geometry of Balance

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The Beginnings of Unity In Motion

by Michael Cristiam Nebadon

I was born in Buenos Aires, Argentina of a French mother and half-Indian father. At the age of six I contracted polio, and through the love and dedication of my immediate family and uncles and aunts who devoted constant time massaging my legs and body I was able to walk again after a year and half of this loving attention.

But even though I felt that I had recovered, my mother and father were always concerned that, because of my past illness, I would not be able to be as physically strong as my four brothers. Therefore, while growing up I did not experience the same sense of physical activity that my brothers did.

At the age of seventeen, longing to fully experience my sense of physicality, I came to the realization that I wanted to become a dancer. When I applied to the ballet master at the National Theatre, I was told that because of my age and developmental formation of muscles it would be practically impossible to re-instate the level of strength and power needed to fulfill my desire to dance. Perhaps because I was driven by my love for movement or because I did not fully understand what they were seeing in me, I persisted and asked for permission to attend and observe classes for a year.

This was the beginning of my great adventure in the realm of movement. I knew that in order to become physically strong and supple, I must practice and understand the working mechanism of the human body. As all things arrange themselves in life, I was blessed in my study with a wonderful teacher, Maria Ruanova, a master bio-mechanist who understood to perfection the skeletal connections and directions of movement of the body.

I would go every day to class, attentively listening and observing how united movement came into being, and then at home I would practice for hours, gently allowing my body to receive and integrate this understanding.

From the beginning of this process, I intuitively knew that I could not push or force my body to do what it could not yet do. On the contrary, I needed to treat it as it was: delicate molding clay that through repetition and knowledge of skeletal direction would day-by-day integrate into a new formation that corresponded to the new experience of physical strength.

Four years later, when an American musical was being produced in Argentina for the first time, I was chosen to be a dancer in *My Fair Lady*. My acquired ability to perceive the subtle nuances of the body, coupled with a developed understanding of gesture and movement was recognized by the choreographer, who made me his assistant. The following year I was asked by the same choreographer to move to New York City, where I worked as his assistant and danced in many Broadway musicals.

At the age of thirty-three, while on tour choreographing a musical, I found myself in Jerusalem shortly after the Six Day War. I wandered the ancient city, still lit only by

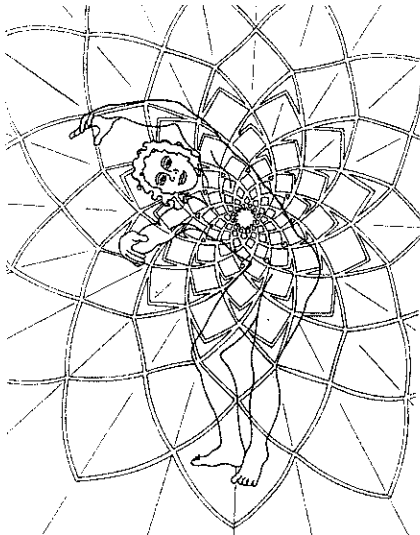
candles, feeling acutely the charged atmosphere. I entered a temple looking for respite, but instead, for one brilliantly lit hour, I dwelt “inside of the heart of movement.” It was here that an extraordinary event dramatically changed my life and my perception of dance and movement.

When I first arrived in Israel I was touched by my perception of the conflict existing in the Middle East. Different cultures were living in close proximity to one another without being able to truly unite in a common desire for peace.

My most striking perception was the manner in which each culture was expressing their religious beliefs. I felt as if they were enveloped in a sense of longing for the reality of God, a reality that in that moment was failing to fulfill the essential desire of the human heart.

It was there as I was seated alone in a mosque in the old city of Jerusalem, that in a moment of frustration prompted by the pain that I was experiencing of the human condition I asked God: “why?” Why have so many thousands of years gone by and the promise of fulfillment remained still negated, always projected into a time yet to come. From the vivid remembrance of this question, I only recall the next moment within my awareness as I saw a reflection of light pouring into the center of the room from one of the windows.

I was being moved, as if transported into a merging with an all- involving spatial design that was showing me all of the possibilities of unity that existed within the geometry of three-dimensional space. I was inside of the Geometry of Balance experiencing for the first time the dance of life.



I was in the presence of ecstasy feeling how everything that surrounded me was made of the same energy that expressed a form of vibration/radiation that I could only call love. For the first time, my body was not willfully moving but was naturally propelled by the very breath that was my life. It was here that my love for freedom of movement was understood as being a natural merging with three-dimensional space. And I realized that my merging with three-dimensional space was also my engagement with a pure momentum, not of my making, that was the result of my sense of unity within all things.

I cannot tell you how long I was inside this beautiful experience, but what I can surely say is that I learned in those precious moments the meaning of the exaltation that was my essential desire to express movement and dance. As I experienced greater and greater degrees of energy and love I became suddenly self-conscious, thinking that I could no longer withstand the extraordinary energy that I was experiencing. With this thought then, I witnessed how the geometrical patterns of movement existing in three-dimensional space that were enveloping me in

freedom of movement were now gradually contracting back into my body. As this was occurring I recognized that out of fear I was contracting back into physical boundaries, realizing that after my experience of freedom, I was becoming imprisoned into my old, familiar sense of self.

Later, as I tried to make sense of this experience, I realized that even though I did not fully understand what had just happened to me, what I am sure of was that I had been given an extraordinary gift. This was the gift that was allowing me to make sense of my childhood experience of not being able to walk, making sense of my desire to fully experience the freedom inherent in physical movement, and above all assisting me to understand the force that has impelled me through all these years to learn and experience the many forms of movement existing within the world of dance. I had asked for the experience of freedom and now knew that freedom had been shown to me.

Now I was in the presence of a realization that was bringing me into a new perspective within my life. I was to use all my knowledge of movement and dance to consciously recover this transcendental sense of freedom that had allowed me to experience my physical union with three-dimensional space.

With this realization, I completed my work in Israel and returned to New York to begin the exploration of movement that has allowed me to consciously regain a sense of freedom.

Entering this exploration of movement became the most exciting time, because now I had an actual physical experience of what I was looking for. Now, through the physical experience of unity, I had a vivid, holographic implantation within my sense/body of the feeling of energy and the spiraling circular motion that suspended me inside of the all inclusive Geometry existing in three-dimensional space.

One day, as I was practicing, searching to find the spiraling movement that existed within the places of maximum movement within my spinal column, I had a recurring moment of communion with the Geometry that instantaneously gave a greater insight into what I had been doing. Through my hours and hours of practicing movement, I was releasing all sense of fixed structural formations within my body. In other words, I was gradually erasing all sense of downward, compressional force upon my body and by doing this I was experiencing a completely new sense of spatial awareness. I was opening myself towards my true vertical center of gravity.

Through this awareness of releasing into the new, vertical direction of my body, the center of gravity was ceasing to be my conversational relationship to the ground, and was becoming balanced by expansion.

Through the movements that I was exploring, by transmuting through expansion the compressional density through which my body was sensing its sense of balance, I was gradually raising my center of gravity. I was spatially releasing my true vertical sense of expansion so that I could finally relate spherically to three-dimensional space and thus experience momentum to be my natural communion with the Geometry of Balance.

As I became more and more aware of my equilibrated sense of freedom in three-dimensional space, I saw how the movement of my body was now becoming my essential tool for understanding. I was gradually becoming conscious of that which was a subconscious part of my being. And in this process I was erasing all forms of subconscious holdings so as to regain the union of energy flow that I remembered to be the whole of my body being supported and directed by the natural momentum of life.

With time, as I was becoming more and more familiar with the energy of balance, I further realized that the integration of my body was actually the transformation of my mind. My mind was now bringing to my awareness a new vision and understanding of skeletal relationship, fascia, ligaments, and muscle interactions.

Furthermore, my mind was also bringing to my attention principles of movement that were not previously part of my conscious understanding. I was practicing a certain movement for example, and all of a sudden I saw within my mind's eye the workings of the solar system. Inside this mental vision, I was not only perceiving but also understanding how our planet is suspended in 0 weight by its natural gravitational communion with all planets, the moon and sun, and how all of these movements synchronized into the one natural momentum that is the Universe. (See page 9)

As I began to envision the nature of centering and relationship in motion that is the unity of the solar system, it occurred to me that this principle must also be true within the structural forms of our bodies.

I then began to redefine the centering of the skeletal segments of my body, with the idea of synchronizing all sense of centering into one instantaneous sense of wholeness. This synchronicity into oneness, became then my vision of suspended three-dimensions and the possibility of moving constantly in a fluid manner in 0-Point Balance.
(See pages 10-11)

As I further explored this realization, I discovered that there were three synchronized centerings within each of the arms. The centering of the upper arms and shoulder girdle through the shoulder joint, the centering of the upper and lower arms through the elbow joints, and the centering of the lower arms and hands through the wrist joints. Together, the centering of the six segments of the arms at the joints were centralizing not only the shoulder girdle but also the center of the chest.

I discovered that the same unity occurred within the centering of the six skeletal segments of the legs at the joints. This unity of centering not only centralized the pelvic girdle, but also reconnected the centering of the legs and the arms with the three-dimensional form of the vertebrae and curves of the spinal column.

Together, in their synchronicity, all of the skeletal centerings at the joints unified the body's sensation of the ground via the pelvis and legs at the joints. This simultaneous expression of unity culminated in the centralization of my head, at the atlas, (the top vertebrae of the spinal column), thus realizing the clear, vertical, spatial extension of the top of my head. Thus, my clear, vertical spatial definition expressing my physical centering in three-dimensional space is the Geometry of Balance. (See pages 12-17).

Through this process of consciously redefining the simultaneous relationship of centering between all of the segments of my body, I was unveiling within my mind's perception an internal pattern or matrix of suspended movement. This was the suspended instant of three dimensions that by the very nature of its structural form synchronizes the force of gravity and the force of expansion into the natural experience of balance.
(See pages 20-23)

As I became more and more fascinated with the process of becoming conscious of the many reflexes of movement within my physical body, I clearly recognized that without the transcendental gift that was my experience of the Geometry of Balance in Jerusalem, it would have certainly been impossible for me to have had this vision. The grace of this holographic experience was giving me now my physical understanding of the sense of the entire engagement of centering that existed within my body. Now in the thankfulness of my heart, I could make full sense of the experience.

I have been given the sense of wholeness from which I can presently make sense of the movement function of each part of my body. And, through the parts and the whole, make sense of the whole engagement that is the experience of balance. I was becoming conscious of that which was the very existence of my being, the primal reflex from which I experienced my physical sensation of life.

As my experience of three-dimensional unity became increasingly clear, it revealed the spatial matrix that was the simultaneous, expansional centralization of my whole body. This expansional centralization involving the unification of interaction between 19 centerings of the body, was the same as my unity with the essential movement that was my life. Yes, through the process of becoming conscious of my sense of balance, I was putting myself inside the one frame of movement that was not only the three-dimensional whole engagement of my body, but was also the natural frame of movement that was the natural suspension of the planet Earth, the natural suspension that is the solar system, the natural suspension that is the universe. And now, in natural understanding and through the grace of life I was merging with the frame of movement of life. I was merging with the whole matrix of synchronized movement that is the universe moving as one.

Thus, inside of unity, I was recognizing that in regaining my sense of Earthly, three-dimensional physical balance, I was also becoming celestial. In my conscious engagement with the pure principle that is Unity in Motion, I was not only becoming aware of the whole animation of movement that is the life force of my body, but also becoming reconnected to the all-inclusive dance that is the dance of life

This has been the process of rediscovered, physical awareness that has led me to my essential experience and understanding of my communion with the natural field of movement of three-dimensions. In my communion with pure three dimensions I was naturally merging with the frame and movement of life.

As this essential recognition of my given union with the frame and movement of balance became more and more physically real, the movements of Unity in Motion came into being through the direct reflection that is the Geometry of Balance. Inside of this unity, the Geometry can be explained in both ways. It is the universal, all permeating design of life that unites form and space into one. It is also the direct bio-mechanical expression that is the unification of centering between all the segments of the body. (See pages 9-11)

In its circular unity, the Geometry of Balance makes both forms interchangeable expressing the integration of the three-dimensional form that is the physical body as it is fully supported and directed by the unified whole movement that is the Universe.

Some nine years ago, the movements of Unity in Motion became finally integrated into one fluid form expressing the constant change that is a three-dimensional nature of balance merging the physical sense of self with the universal movement of balance.

In its entire form Unity in Motion embraces 45 minutes of uninterrupted movement and is composed of five sections. Each section, gives to the student an understanding and experience of a cumulative sense of centering, gradually strengthening in unification the whole body so as to merge it with the all-embracing momentum that is the suspended nature of balance.

The Movements are a miracle because they dispel all sense of mystery existing within the balance of the human body allowing all beings to become free of the many confusions and misunderstandings that innocently have separated us from the whole experience that is the unity of life.

Throughout the time in which I learned and shared through teaching the movements of Unity in Motion, it became evident to me that the students communion with the Geometry of Balance repaired all forms of confusion within the individual's interpretation of the physical body. The discovery and the application of the geometrical connection balancing the body in three-dimensional space allows the individual to make full use of the extraordinary source of energy that is the electromagnetic field of the planet Earth. The electromagnetic field is like a fountain of life in the sense that all of its forces are in synchronicity, always converging and expanding as one. (See Page 11).

In this sense the electromagnetic field of the planet can be equated with the Geometry of Balance as the geometry allows us to truly perceive the electromagnetic field. In their unity both express the inner engine quality of the universal principle that self regenerates into more within the same frame of movement of life. The understanding and utilization of this extraordinary miraculous given gift can progressively transform all forms of therapy because it can correct and bring into harmony all sense of imbalance and forms of dysfunctions within the human body.

Energy Into Form

by Carol Sipper

Meeting Cristiam back in 1990 was one of those encounters that, looking back, seems pre-ordained. Basically, there was much work to be done and we simply set about doing it. Life is filled with such miracles and I know I have been greatly blessed in being able to assist in giving physical reality to this most perfect and beautiful vision that is Unity In Motion

Cristiam and I were engaged in other projects relating to Unity In Motion for several years and it was not until 1994 that we began working specifically on "The Movements". It was time for the physical movement that had emerged from Cristiam's ever-expanding understanding of balance to take shape in a more structured form.

We entered a new level of putting into words, giving names and describing that which was once formless energy. Like Cristiam those many years before, I became fascinated with the movement and came into an ever deeper appreciation for all the years he had spent making sense of his initial experience and for the love that propelled and keeps propelling him to share it. I began to practice for hours on my own.

I searched for my own way to describe what I was experiencing. I searched for clues that would assist me in finding myself in space. Being a musician, I began seeing the emerging Movements as a musical composition and became aware that they had their own natural rhythm. We began using the metronome while practicing. We became very precise with the beats and wrote them all down. We tracked the body's ever-changing center of balance as it moves through three-dimensional space (see pages 26-27).

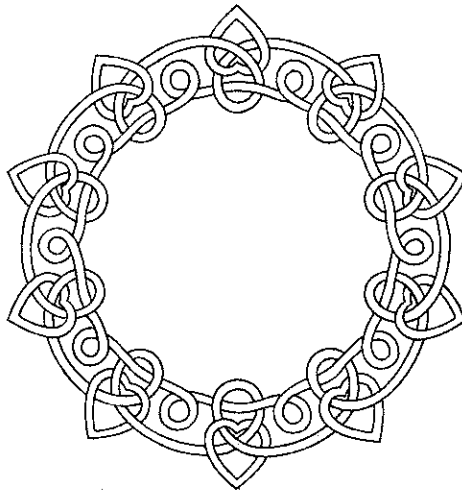
From Cristiam's innate understanding, the Movements began to flow one after another until five sections emerged and the form was complete. We decided we needed pictures for students to have a clearer sense of the Movements. I took photos of Cristiam, we enlarged the pictures by photocopying them, we traced them and then worked on each drawing in order to get as accurate a depiction of the specific three-dimensional Connection as we possibly could.

The result was a pictorial map of all the Movements first published in 1997 (of which this is a revised edition). During this time we also produced another book, *Unity In Motion, The Balanced Nature of Life* which is a more detailed explanation of the principles of balanced movement.

At the precise moment we focused our attention on getting the Movements into a teachable form, Nancy McGowan from Pittsburgh and Sandy Holland from Marin County appeared on the scene. They both knew immediately that they wanted to learn the Movements and pass them on. Sandy has continued quietly and steadily with her group up in Northern California.

Nancy, Cristiam and I continue to work together closely developing and refining teaching techniques. Cristiam travels to Pittsburgh regularly to teach and assist Nancy in establishing classes there. Nancy has written many beautiful things about Unity In Motion (for example the chapter entitled “Practice” at the end of this book). She lovingly teaches many classes in Pittsburgh and also leads a special teacher’s training class. There are now teachers of Unity In Motion in the San Francisco/Marin County area and in the Pittsburgh area. And notably, there is Ellen Rennell, a teacher in Los Angeles who was one of Cristiam’s first students more than twenty years ago. Ellen is still an ever-present and vital contributor with her own essential understanding of Unity In Motion.

As we all, students and teachers, continue to expand with experience and awakening awareness, we feel blessed to have Unity In Motion as a connecting thread running through our lives. We share the same feeling of gratefulness and are often heard to exclaim – “What a miracle”.

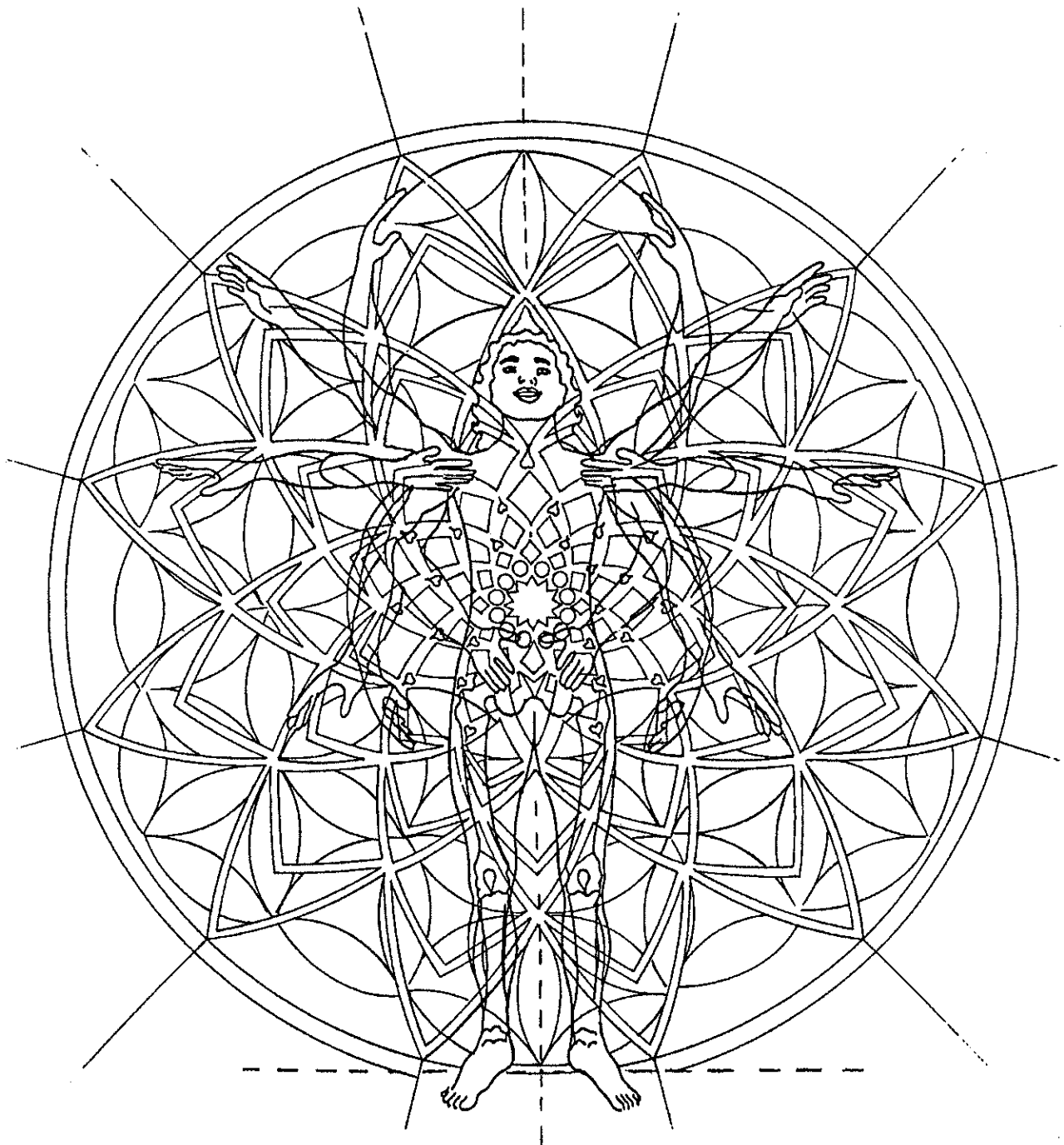




Universal Balance

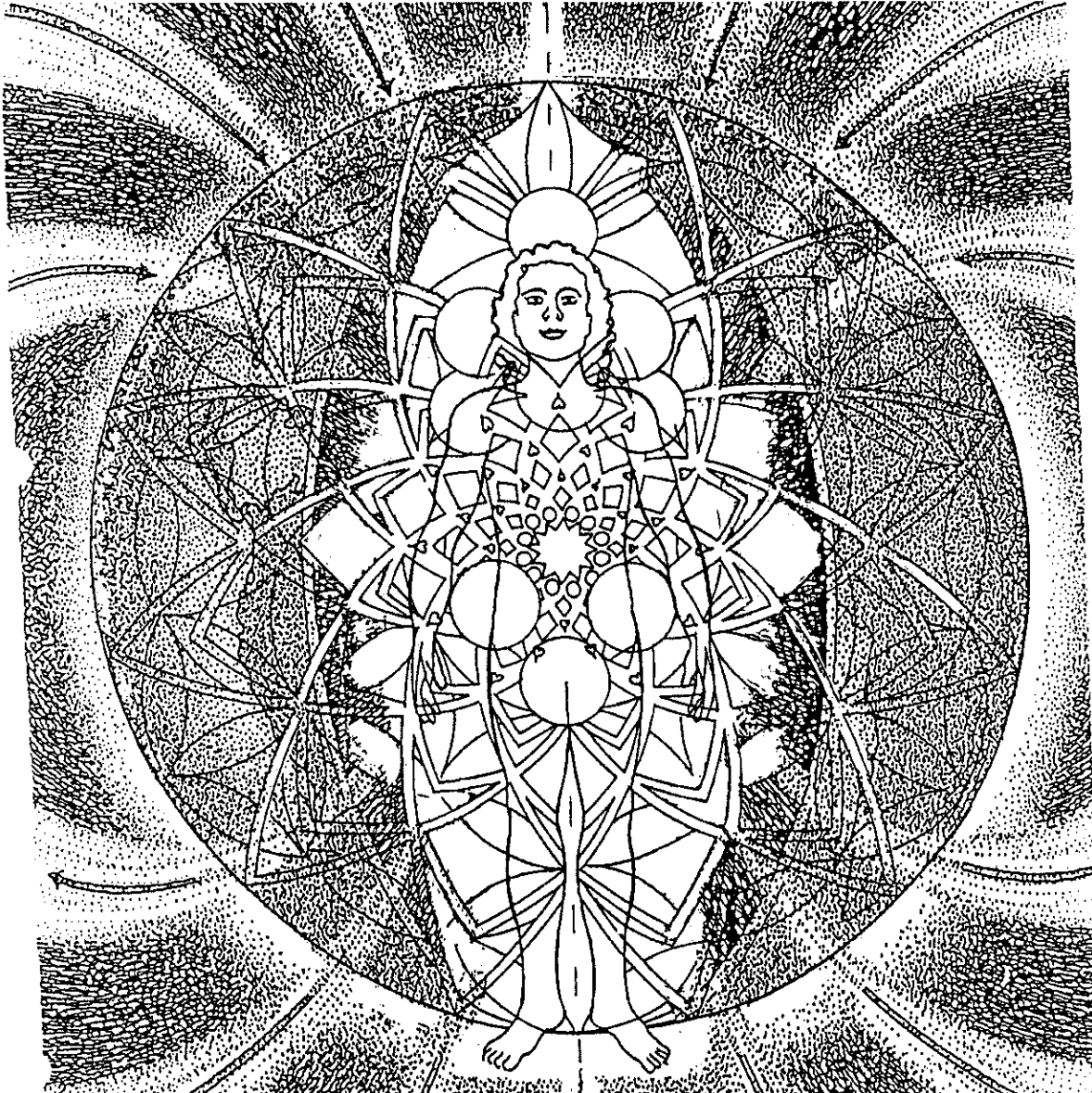
The Universe is balanced in O Point Equilibrium
expressing unity in motion through
constant movement and change

***Our Natural Communion with
Universal Balance***



**As an integral part of Universe, our own true sense of balance
exists through the natural communion with the whole united movement that is
Universal Balance.**

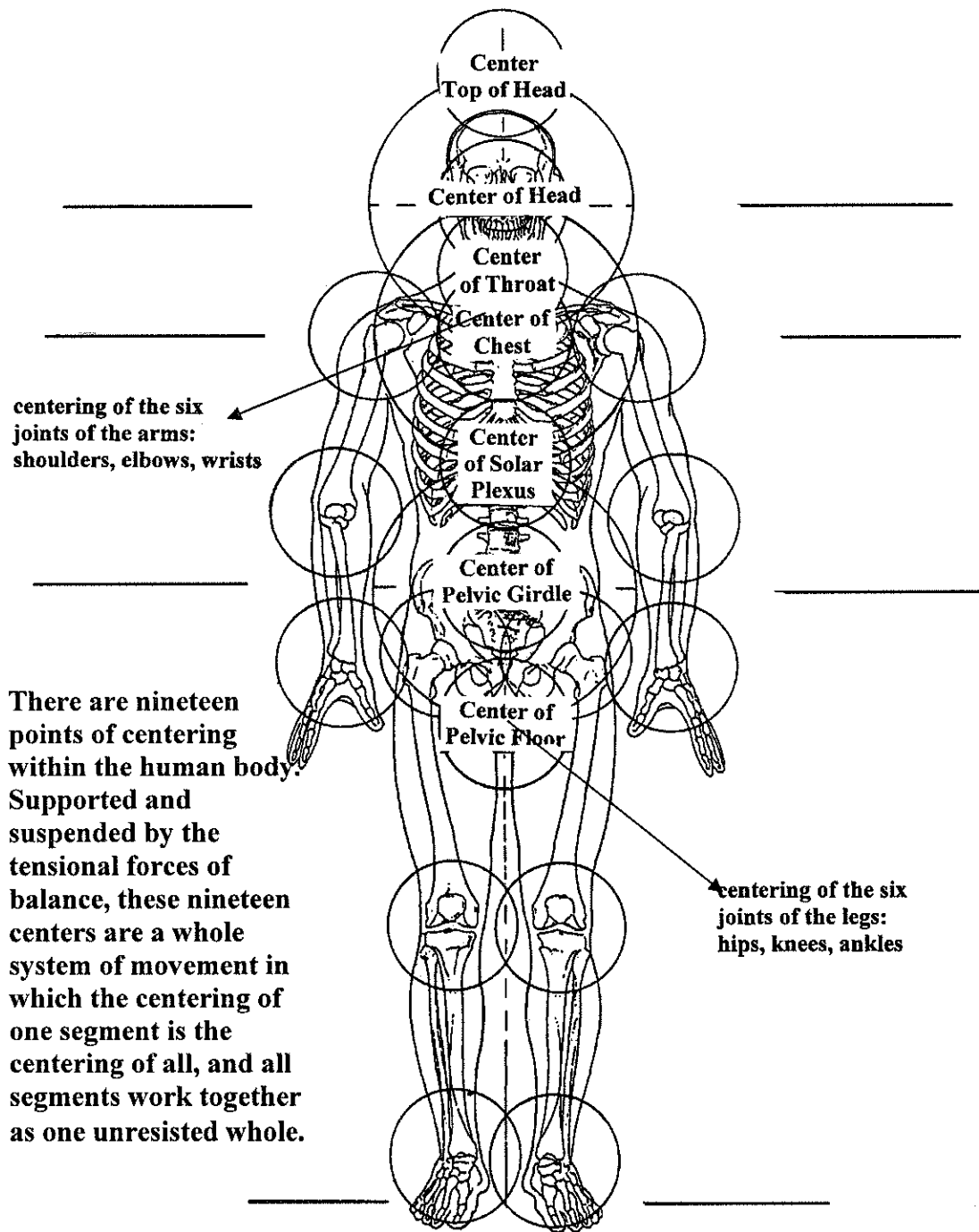
***The Electromagnetic Field of the Earth:
Our Most Immediate Physical Connection to
Universal Balance***

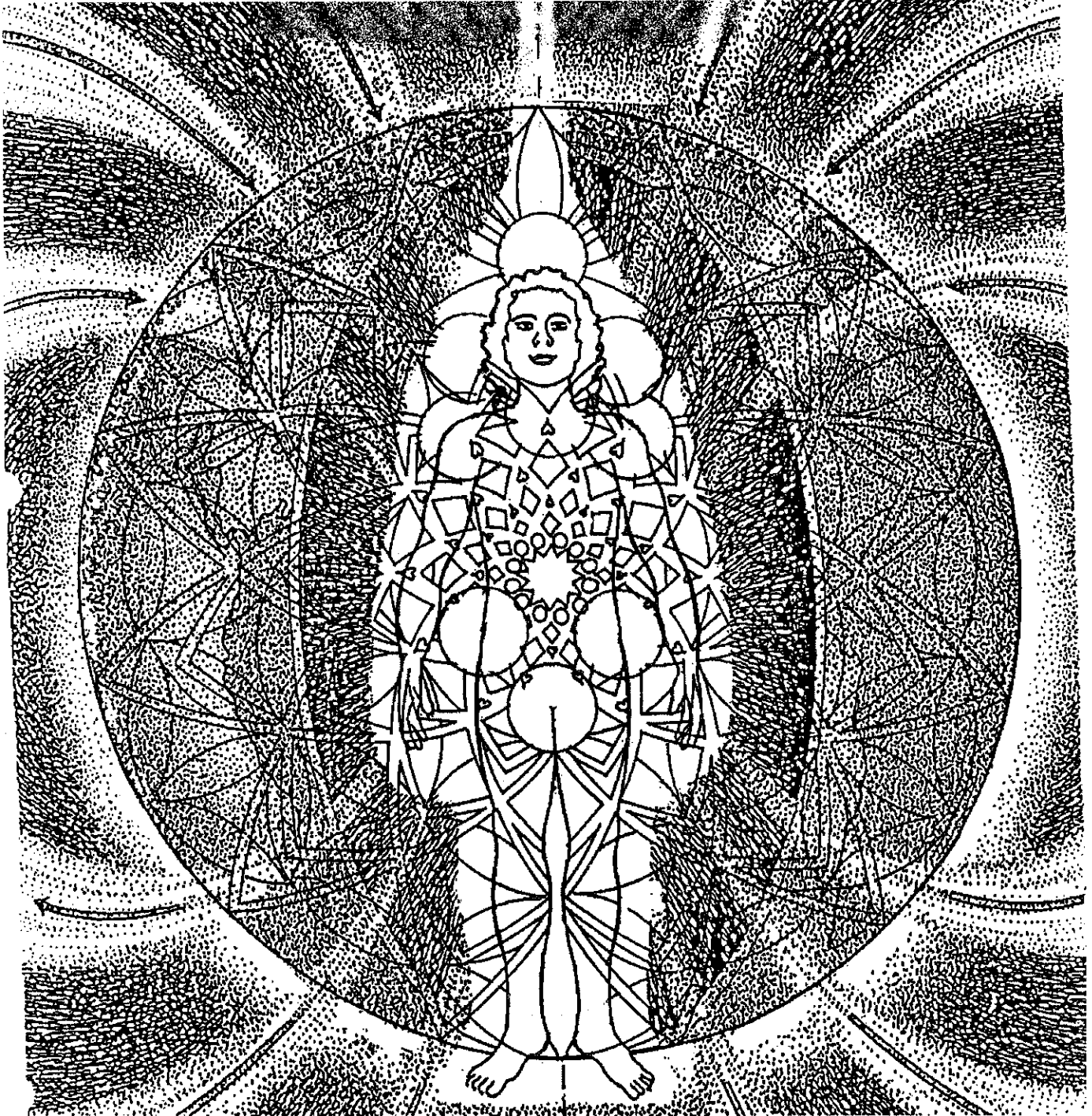


The electromagnetic field of the planet Earth is our most immediate experience of Universal Balance as it suspends and sustains all beings within its benign three-dimensional embrace.

The Earth's electromagnetic field is a manifestation of Universal Balance in which the geometry of three dimensions naturally supports the tensional integrity of the body in a relationship of movement identical to the movement of the cosmos in which: 1. the centering of one segment of the skeleton (heavenly body) is the centering of all and 2. all segments (heavenly bodies) move together as one unresisted whole.

The Nineteen Points of Centering Within the Human Body





The united nineteen points of centering are a direct reflection of the balanced tensional forces existing within the electromagnetic field of planet Earth and the Universe.

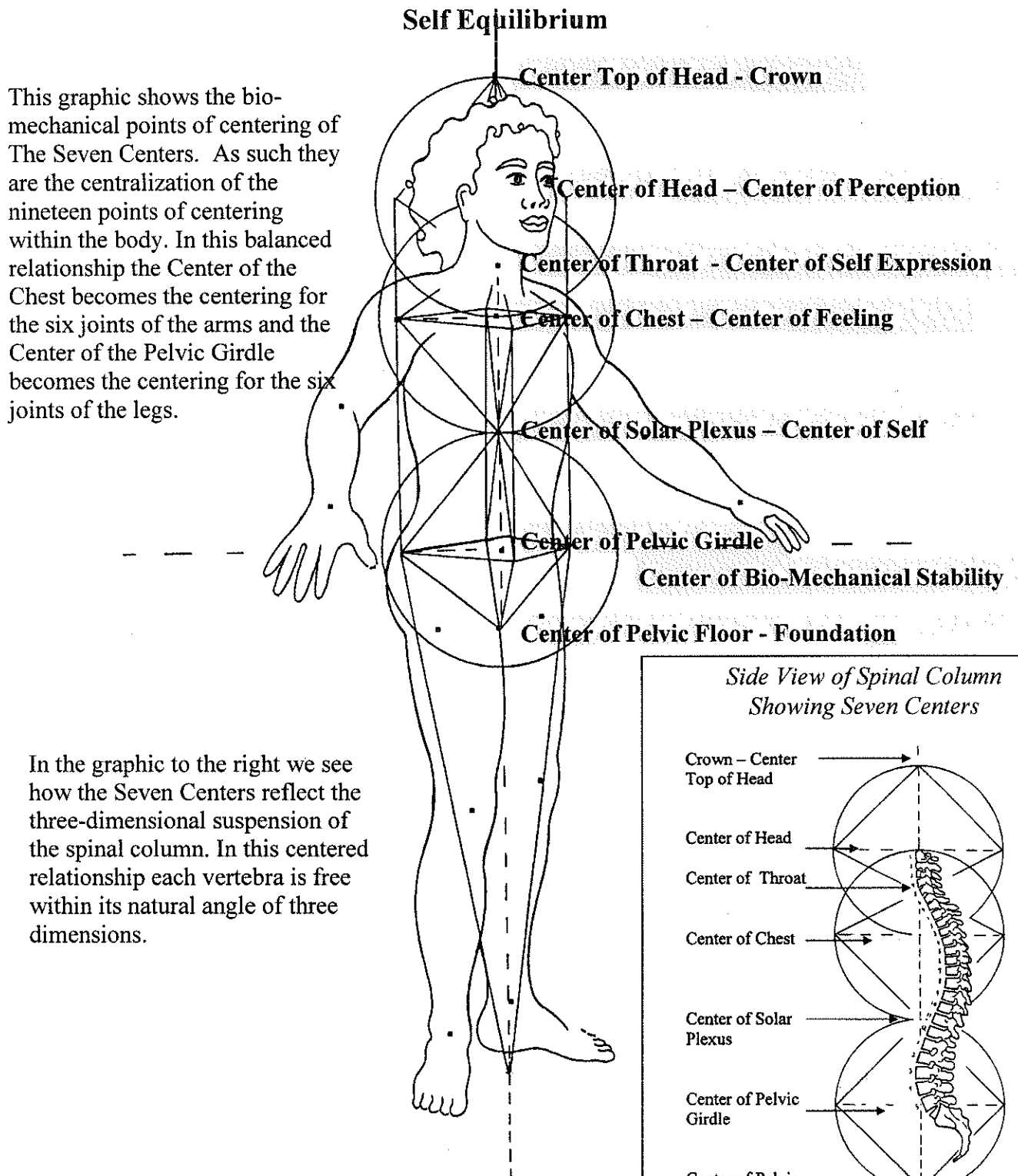
Seven Centers – Seven Attributes

The Centralization of the Nineteen Points of Centering

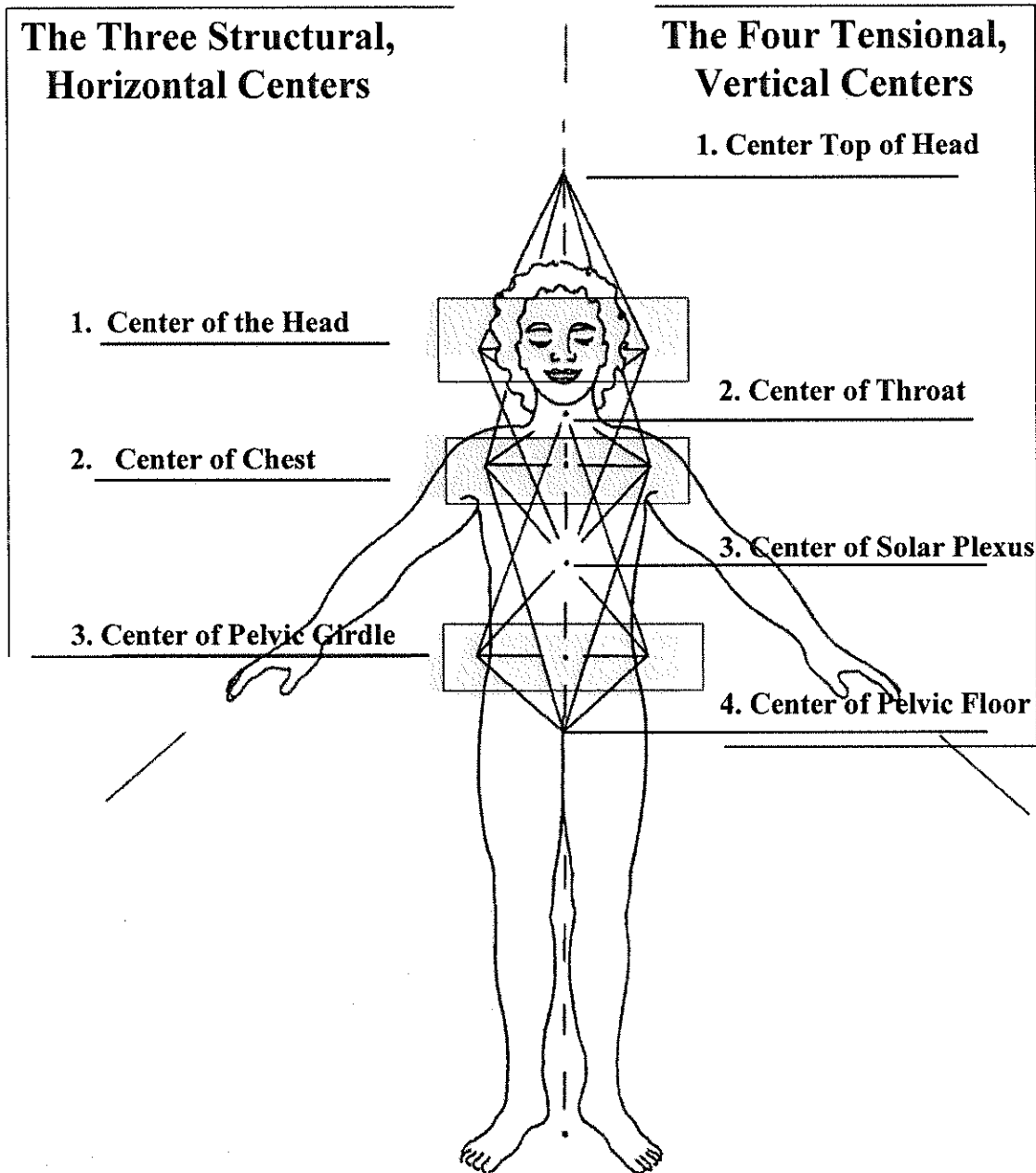
The Seven Centers, being the vertical line of self-equilibrium, are the centralization of the nineteen points of centering within the human body.

Holistically speaking the Seven Centers are more than bio-mechanical centerings as they carry with them Seven Attributes which make up the complete mental, emotional and physical expressions of balance of the Self.

1. **The Center Top of Head** called **Crown**, which, as self-equilibrium, is our connection to universal equilibrium, the mind that is universe.
2. **The Center of the Head**, the balanced union of right and left, front and back, above and below Center Of Head, which is the **Center of Three-Dimensional Perception**.
3. **The Center of the Throat**, the **Center of Self Expression** which as the spoken word expresses the balanced unity between sense perception, and emotional feeling as it is actualized by our moment to moment physical expression of life.
- 4 **The Center of the Chest**, the **Center of Feeling** expressing the balanced union of right and left, front and back, above and below within the
 - right and left wrist joint
 - right and left elbow joint
 - right and left shoulder joint
- 5 **The Center of the Solar Plexus, Center of Self**, center of being, the atomic union of our human and cosmic self.
6. **The Center of the Pelvic Girdle**, The **Center of Biomechanical Stability** as the balanced union of right and left, front and back and above and below within the
 - right and left ankle joint
 - right and left knee joint
 - right and left hip joint
7. **Center of Pelvic Floor**, called **Foundation**, which is our connection to the center of the planet Earth as it is reunited through our sense of self equilibrium to the universe.



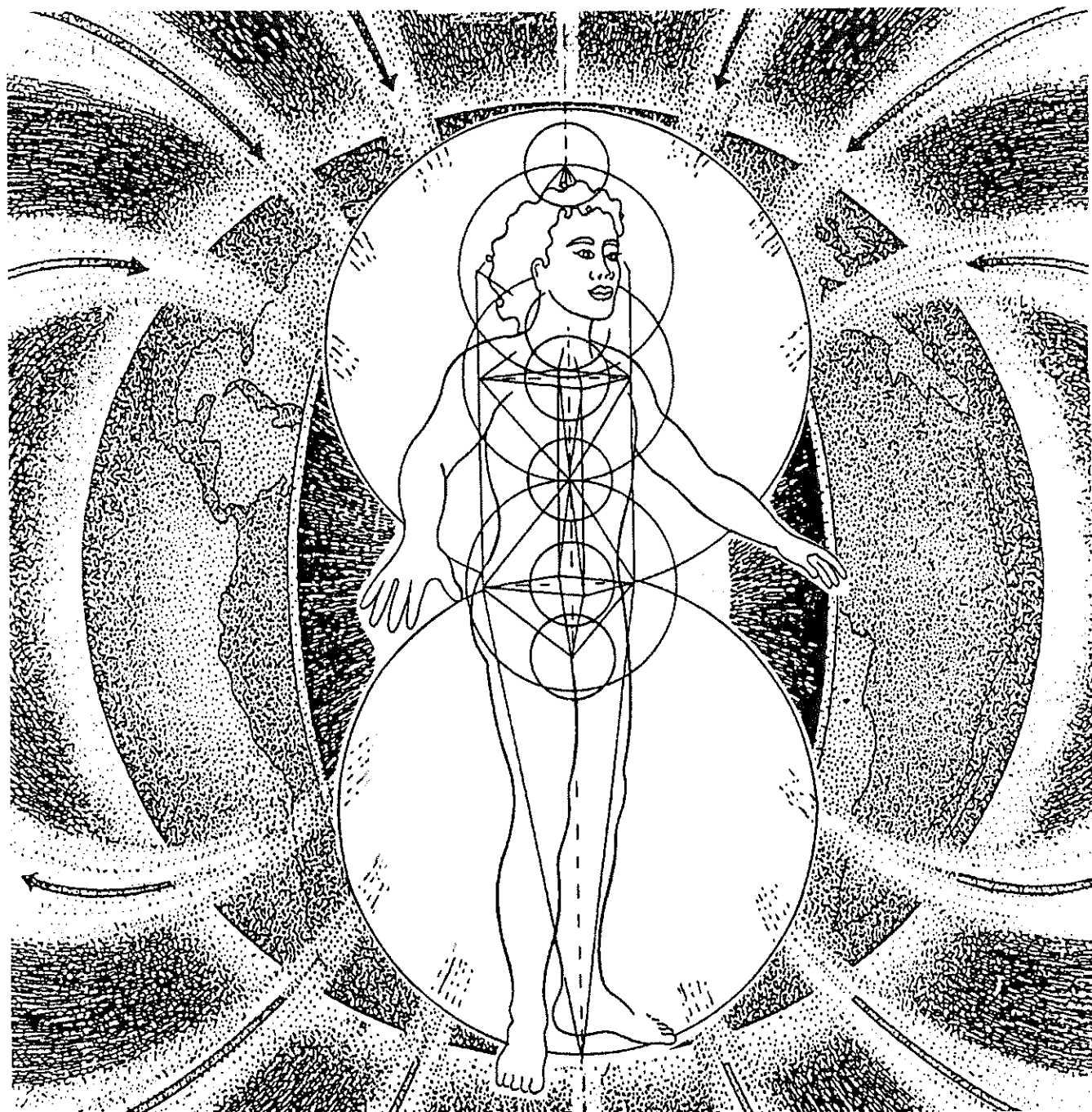
The Unity of the Seven Centers



Holistically inseparable, the Seven Centers carry with them seven different attributes as shown on pages 14 and 15. The Seven Centers may also be perceived as being composed of three structural centers which are horizontal and physical in nature and four expansional centers which are vertical and tensional in nature. The balance between the structural and tensional is pure three dimensions.

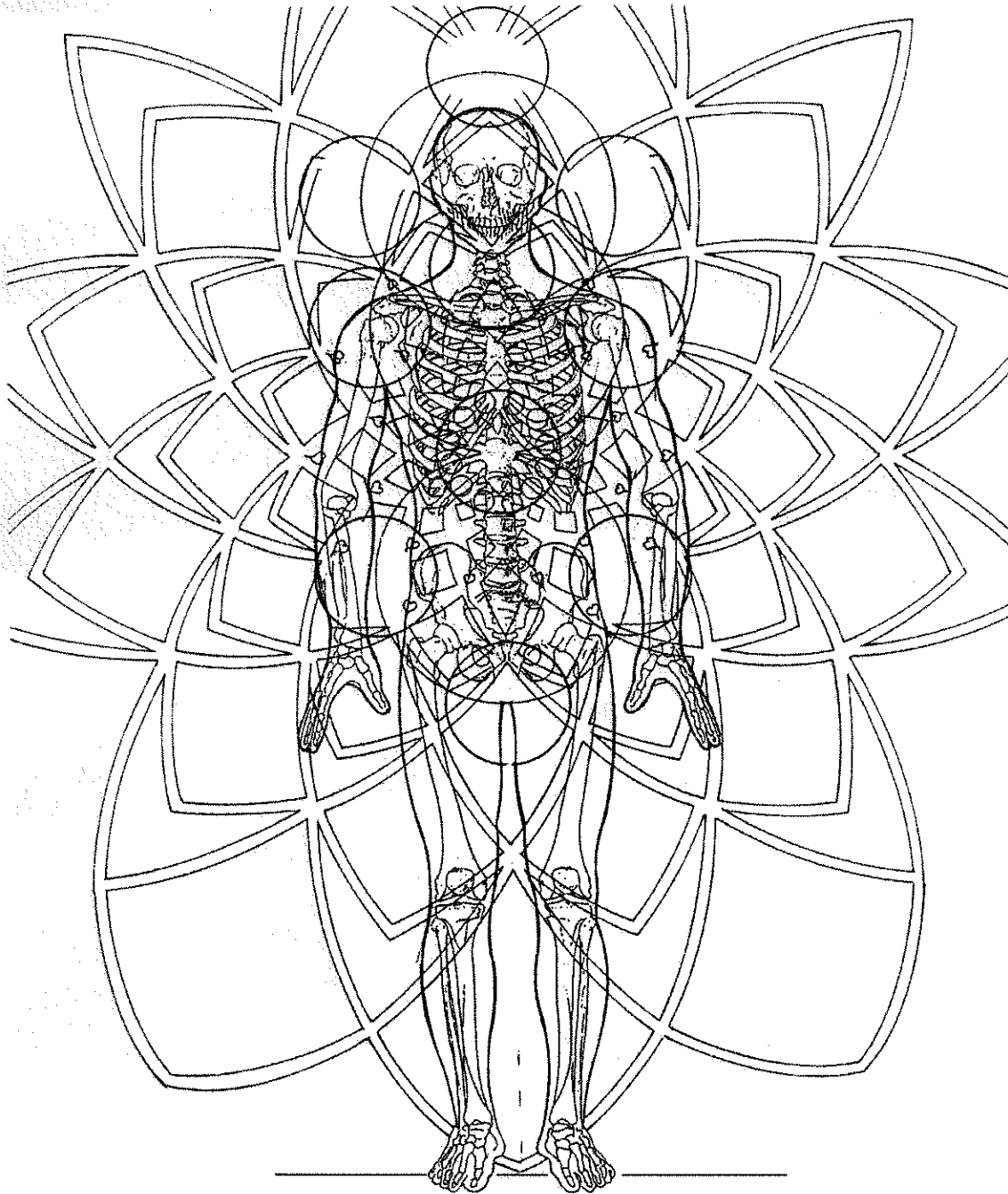
The three horizontal centers (Center of Head, Center of Chest and Center of Pelvic Girdle) are the united three senses of self, **thought, feeling, action** and provide the physical framework of the body.

The four vertical Centers provide the tensional energy that give expansion and connection to the horizontal centers, suspending the physical form of the body in O Point Equilibrium.

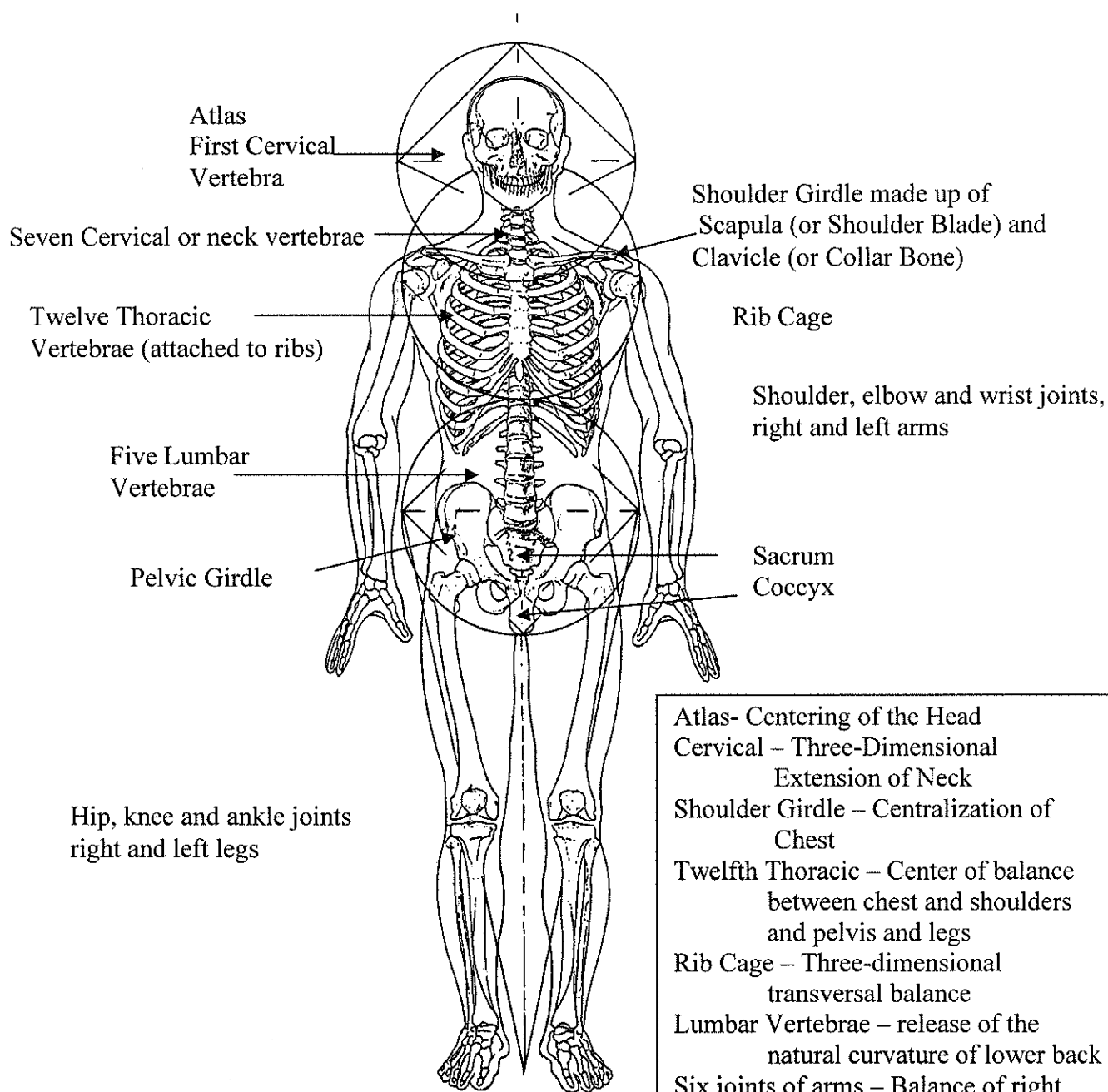


The Seven Centers make up one united whole. They are the reflection of the geometry that interconnects us with the electromagnetic field of the planet and suspends the body in three-dimensional space.

Your Skeleton

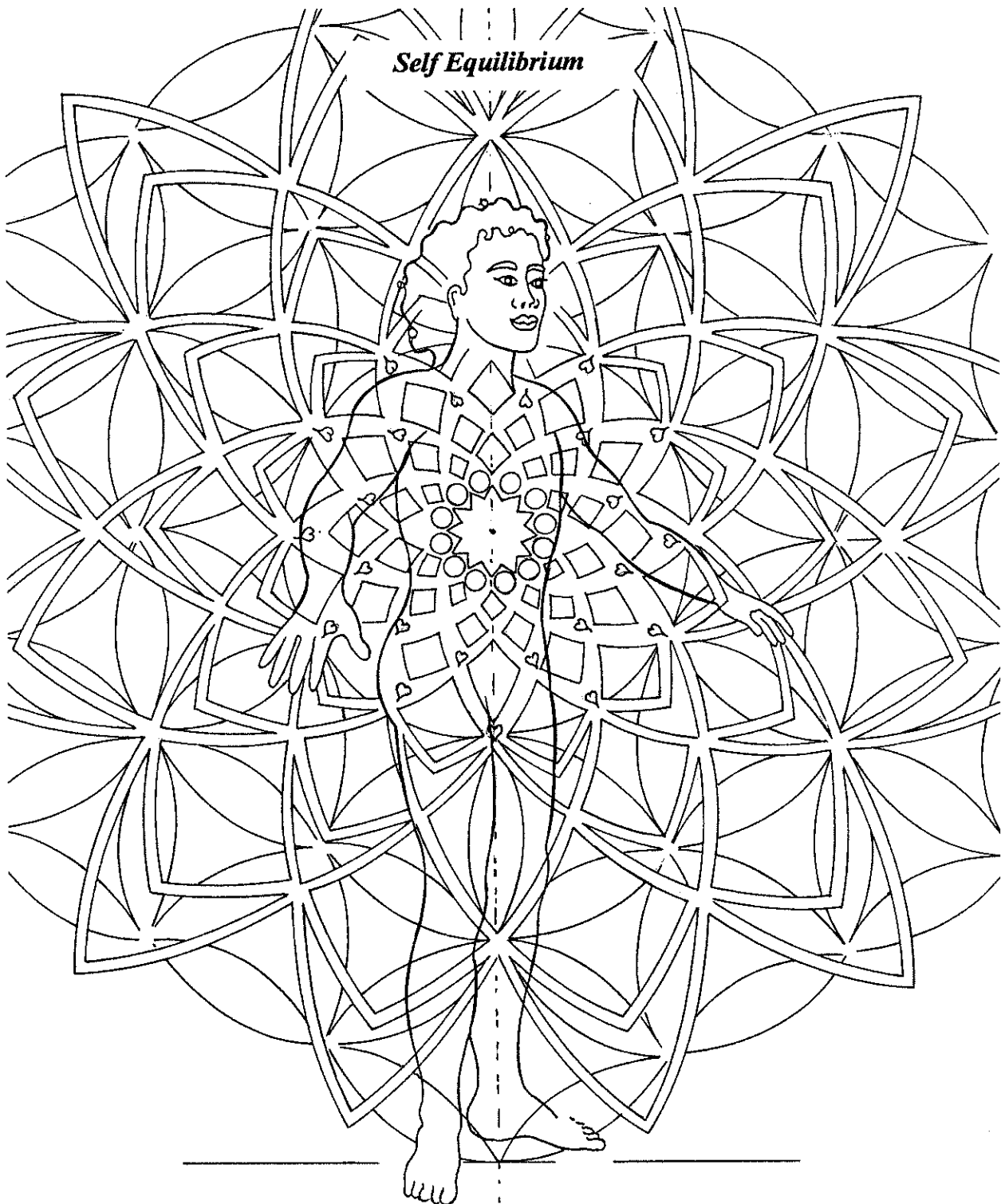


Suspended by the Geometry of Three-Dimensional Balance, all segments of the skeleton are equally suspended and equally expanded. As the body comes into balance, the skeleton ceases to be a mystery. The graphic on the opposite page shows the segments of the skeleton most frequently referred to in the study of Unity In Motion.

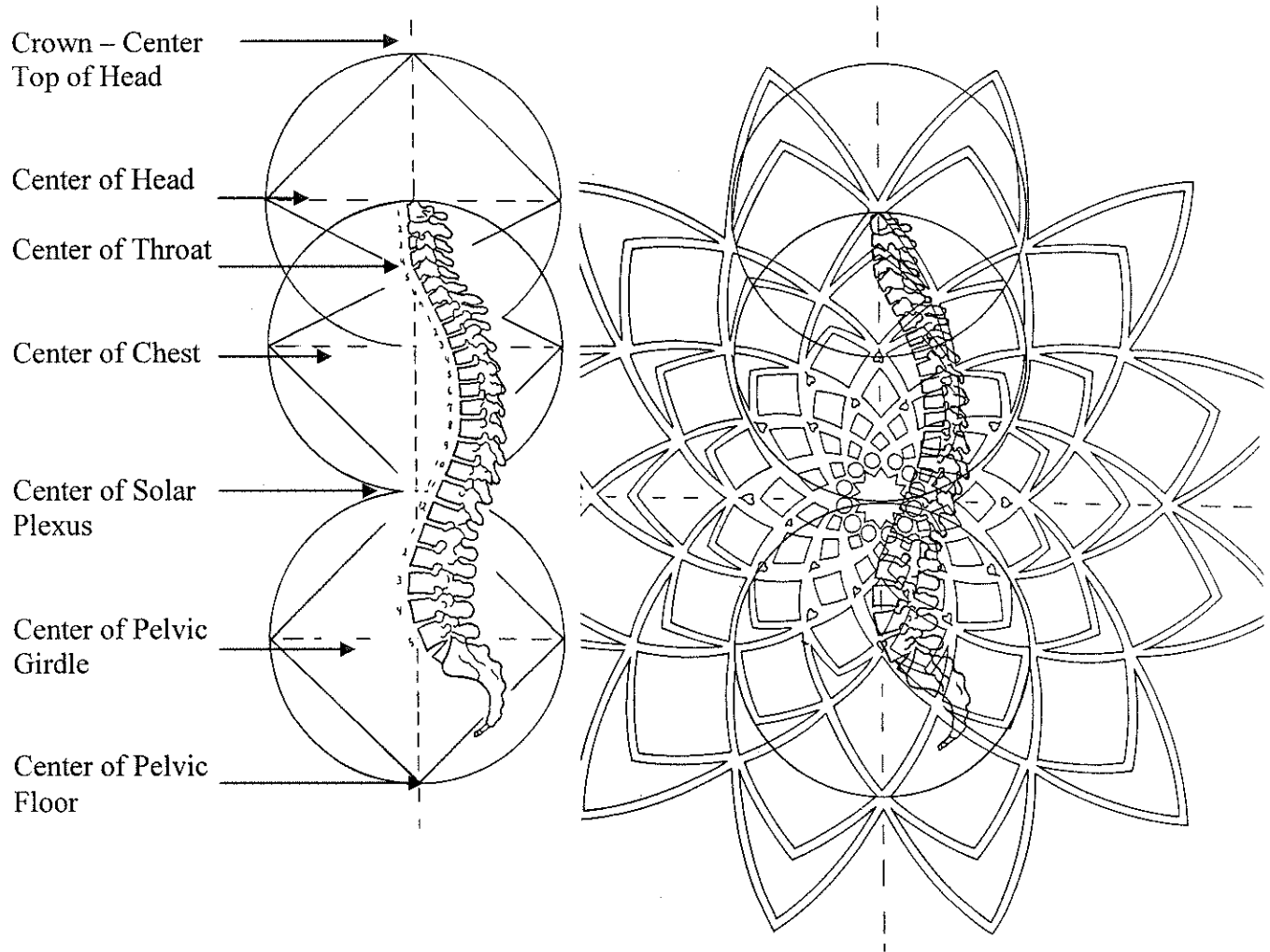


Atlas- Centering of the Head
 Cervical – Three-Dimensional
 Extension of Neck
 Shoulder Girdle – Centralization of
 Chest
 Twelfth Thoracic – Center of balance
 between chest and shoulders
 and pelvis and legs
 Rib Cage – Three-dimensional
 transversal balance
 Lumbar Vertebrae – release of the
 natural curvature of lower back
 Six joints of arms – Balance of right
 and left
 Pelvic Girdle – Centralization of the
 body in three-dimensional space.
 Sacrum Coccyx - Foundation of three-
 dimensional extension of spinal
 column
 Six joints of legs – Balanced polarization
 in relation to center of earth.

***Suspended by the Geometry of
Three-Dimensional Balance***



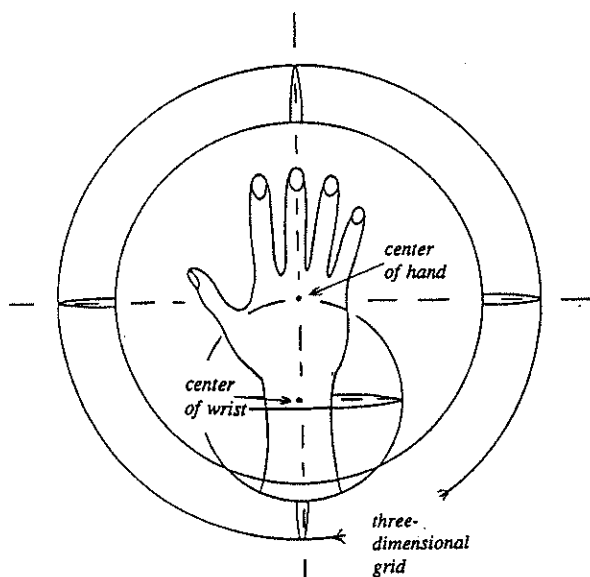
The Three-Dimensional Suspension of the Spine



The spine is naturally suspended by the geometry of three-dimensional space allowing each vertebra to be suspended within its own individual angle of extension. This whole suspension reveals the existence of three curves: the lumbar the thoracic and the cervical that in their natural freedom express self-equilibrium.

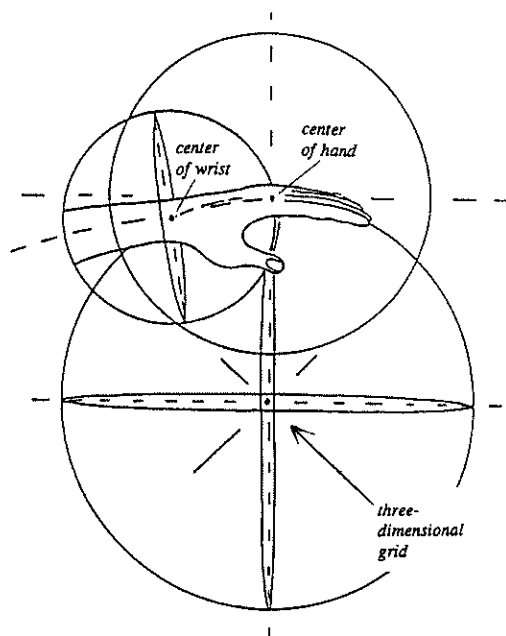
The Three-Dimensional Suspension of the Hand:

Every segment of the skeleton is suspended by the geometry of three-dimensional balance in the same manner as is the spinal column. Below is a graphic showing the natural three-dimensional expansion of the hand.



The graphic to the left shows how the hand is actually centered within a three-dimensional grid, and how the centering comes about through the centered wrist joint. This drawing shows the natural extension of the hand balanced through its **length** and **width**.

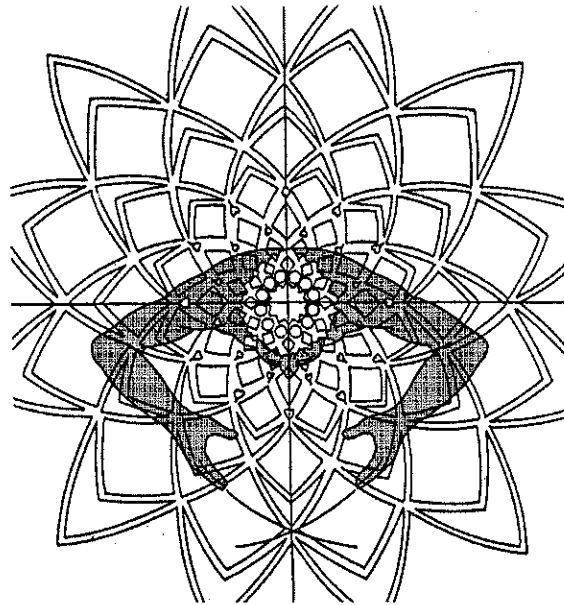
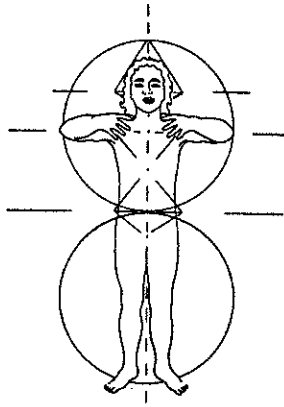
The graphic to the right is the side view of the same hand showing that the natural extension of the hand is not held rigidly in its length and width. It is extended in a spherical form allowing it to have its own suspension at the same time it is supported through the larger field of the geometry of three-dimensional balance. That is, the hand is equally expanded through the three dimensions of **length**, **width** and **depth**. This is the natural feeling of expansion of the hand.



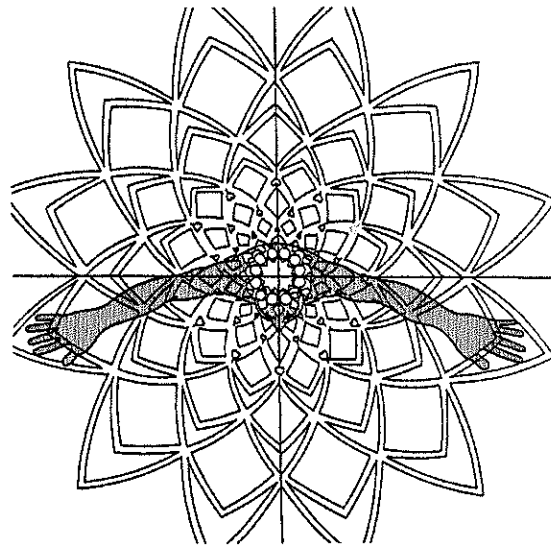
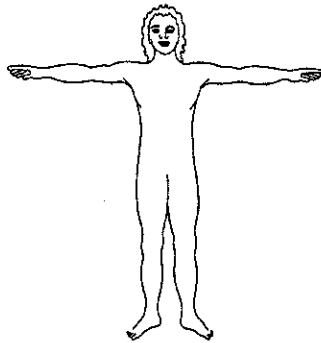
Three-Dimensional Suspension of Arms and Shoulder Girdle:

Shown below are graphics of two Connections of Unity In Motion. In the first drawing it is not so evident that the body is being suspended in space. A second look at the same Connection taken from the top shows how comfortably the body is supported by the geometry of three-dimensional space. We can also easily see from the top view how the center of the geometry is the center of the balanced polarity of the body.

The Connection of
Suspended Diamond:



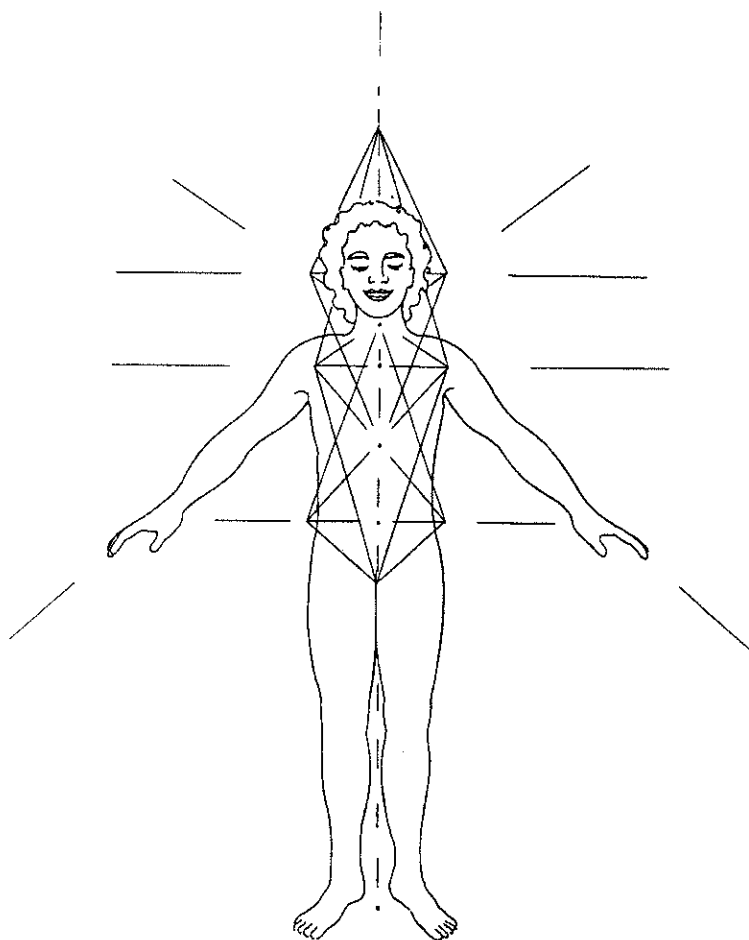
The Connection of
Expansion:



General Information About Practicing the Movements of Unity In Motion

O Point Equilibrium – The Purpose of the Study

O Point Equilibrium is the nineteen points of centering of the human body equally expanded through three dimensions – or the six directions of space: Above and below, left and right, front and back.
(see page 14 & 14)



This centering is an expression of tensional integrity in which 1: the centering of one segment of the body is the centering of all and 2: all segments move together as one unresisted whole.

This is the experience of self-equilibrium which is true balance. Without resistance, gravity is used as a means of expansion and movement becomes momentum. Momentum is omni-directional, fourth-dimensional engagement. It is our connection to the eternal moment of life.

The geometrical Movements of Unity In Motion are designed to bring the physical body into O Point Equilibrium. The unification of the physical sense of self is the freedom from structural pain and is also the unification of the mental and emotional senses of self. As neurological reflexes are redirected and old memories and emotional holding patterns are released the mind becomes the unity of three-dimensional perception and the body is released into the natural flow of energy that is balance.

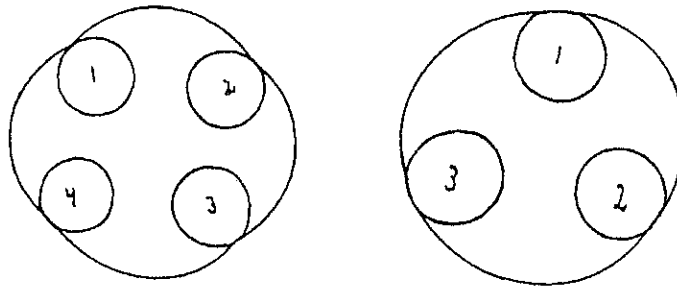
This transformation into balance comes about gradually as each Movement in its specific nature also adds to the centering of the whole.

The arrival to O Point Equilibrium is the purpose of the study of Unity In Motion.

The Path of Balance: The Path of Balance is a continual wave which guides and directs the student into the experience of three-dimensional movement. It is the frame-to-frame union of the body with the geometry of three-dimensional space. In this dynamic interaction of giving/receiving, the student gradually merges with the Path of Balance until there comes the realization that the student and the Path are one and the same.

The Connections: Connections are specific places within the Path of Balance which describe an especially clear geometric definition of the merging of the human body with the larger, universal, field of three-dimensional balance.

The Rhythm: The Movements are counted in a 4/4 rhythm (with the exception of two Movements in the last Section which are counted in 3/4 time). Most Paths are arriving to a Connection on the count of 4 and moving toward the next Connection at count 1.



Within the study we learn to count in a circular manner, so that there is a sense of circularity within the four/four and three/four rhythm. This circularity is essential as it helps the student to merge the linear sense of the count with the frame of the movement which is the circular field that is universal balance.

Practicing with the metronome: In practicing we often use a metronome set at 60 beats per minute with an accent on the first beat. The accented beat is count one and the beginning of a new Path as we go from one Connection to another. The metronome, as the steady flow of time, allows the student to expand through every frame, erasing constricted forms of movement and individual interpretations of the flow of energy.

The Breath: Breath is not separate from movement. The breath becomes natural and integrated as the flow of energy becomes integrated. There may be a tendency to hold the breath as attention is directed toward the mechanics of learning the Movements. To keep the breath flowing and release the subconscious holding, it is useful to practice at times breathing in and out with the four count rhythm of the metronome.

The Ever-Changing Center of Gravity:

While moving through the Path of Balance the spine is in constant motion, moving like a willow. The moving spine is a reflection of the 19 points of centering within the skeleton all moving together as one synergistic whole. In this freedom of movement **the center of gravity is also the center of awareness and is constantly flowing through the Seven Centers from the highest to the lowest and back again.**

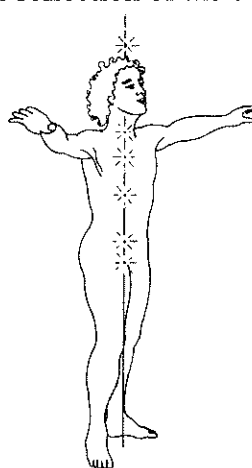
The Three Arcs of the Spine

In order for the student to sense her/himself more clearly in space, we have identified three different arcs, or expressions of three-dimensional unity within the spine. These three arcs are: The Inner Arc, the Vertical Extension and the Outer Arc.

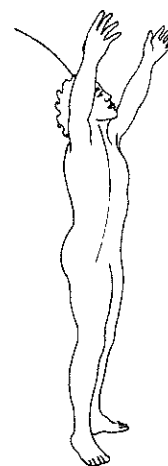
Below are examples of the three arcs. All of the Connections of Unity In Motion are definitions of one of these three specific arcs (or in a few instances, a combination of two arcs). You can see how the whole body is expressing a specific three-dimensional relationship of centering in each of the arcs. . In the Inner Arc - Connection of Foundation - the whole body is centralized in the pelvic girdle and legs. In the Vertical Extension of the Connection of Expansion the whole body is centralized in the Center of The Chest. In the Outer Arc Connection of Heaven the whole body is centralized in the Center Top of the Head. This is the reflection of the ever-changing center of gravity.



Connection of Foundation
Inner Arc Of Spine



Connection of Expansion
Vertical Extension Of Spine



Connection of Heaven
Outer Arc Of Spine

The Arcs of the spine begin in the Pelvic Floor and extend through the Center Top of the Head. In each of the Arcs all the vertebrae of the spine retain their natural formation of expansion. That is, there is no collapsing of the spine in the Inner Arc or stretching of the spine in the Outer Arc, or flattening of the spine in its natural Vertical Extension. As the body passes in and out of each of the arcs, the vertebrae adjust, each vertebra retaining its own angle of three-dimensional extension in relation to the others, respecting the natural curvature of the spine.

The graphic of the Forward Release (using Fifth Section 12 counts) on the opposite page illustrates how the spine is passing through the three arcs as it moves through the Path of Balance.

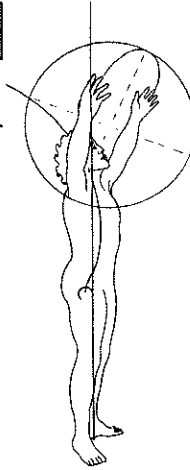
THE FORWARD RELEASE

Illustrating the
movement
through the three
arcs of the spine.

1

Count 4:
Connection of
Heaven

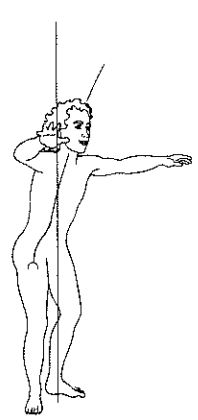
Outer Arc of
spine
moving into...



2

Count 1:
Path of
Encircling
Wave with
Descending
Springs

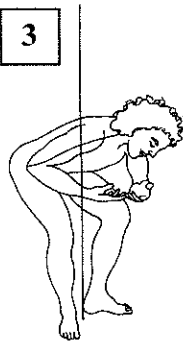
Vertical
Extension of
spine
moving into...



Count 4:
Leaving
Connection
of
Suspended
Heart

Vertical
Extension
of Spine
moving
into...

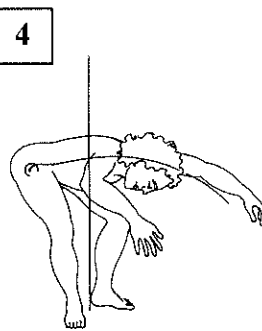
3



Count 5:
Path of
Releasing
Wave

Vertical
Extension
with touch
of inner arc
in three
higher
centers
moving
into...

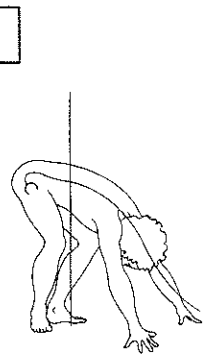
4



Count 6:
Connection
Inner/Outer
Balance

Vertical Ext.
w/touch of
Outer Arc in
three higher
centers
moving into...

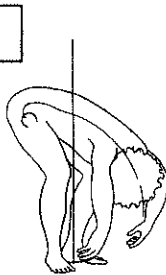
5



Count 7:
Path of
Riding
The Wave

Full Inner
Arc of
Spine
moving
into...

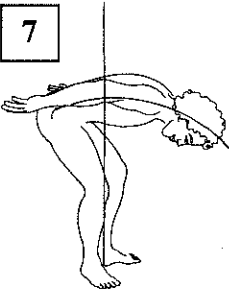
6



Count 7 1/2:
Path of
Riding The
Wave

Inner Arc
of Spine
moving
into...

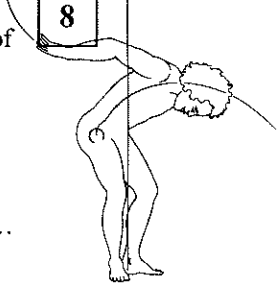
7



Count 8:
Connection of
Suspended
Boundaries.

Inner Arc of
Spine
moving into...

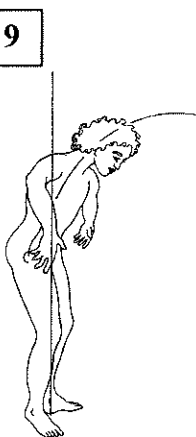
8



Count 9 1/2:
Path of
Encircling
Wave

Vertical
Extension with
slight Inner
Arc in three
higher Centers
moving into....

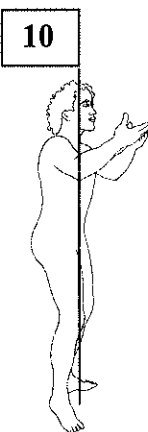
9



Count 11:
Path of
Unfolding
Wave

Vertical
Extension
of Spine
moving
into...

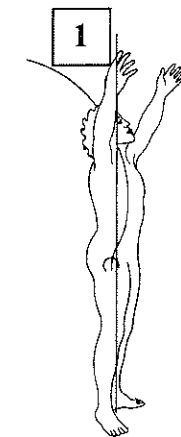
10



Count 12:
Connection
of Heaven

Outer Arc
of Spine.

1



Specific Information to Assist in Reading The Map of Balance

Following is a complete presentation of the Sections, Movements, Paths and Connections of Unity In Motion. Each Movement, although a flowing part of the whole Path of Balance, is also an individual entity and is presented here as such.

Much can be learned by studying the pictures, the names of Movements, Paths and Connections. It is an invaluable aid to students who are being taught the Movements or are learning them through the video. It also serves as a general facilitation for the visual/mental comprehension of the unity of balanced movement.

Identifying the Paths and Connections: All Connections are pictured and identified under the picture in CAPITAL LETTERS.

The one continuous Path of Balance can be seen as individual Paths that connect the Connections. The names of these individual Paths are identified by *lower case script* between the pictured Connections. Sometimes a frame within a Path will also be pictured. In this case, it is identified in *lower case script* beneath the picture.

In Sections I, II and III we have renamed individual Paths to reflect the names of one of The Ten Waves (see page 139). The recent discovery of **The Ten Waves** existing within the one continuous Path of Balance is very important. The renaming of the individual Paths to correspond with the Waves gives the student a more complete awareness of the specific energy of the Path and shows more clearly how the Path of Balance and the Connections merge with one another..

A note about the **Connection of Earth**. Throughout the study, the Connection of Earth is identified as both a Connection and as part of a Path called *Encircling Earth/Inflowing Wave*. Both these definitions of Earth are essentially the same.

The Forces of Balance: The first time a new Connection is introduced it is pictured with the “three-dimensional forces of balance”. This aids the student in identifying new Connections as they are introduced and helps to perceive the three-dimensional quality of the Connection.

The Counts: The counts have been written in below the Paths and Connections. Where there is a picture of one frame within the Path, the count that corresponds to that specific frame is underlined or circled. Counts in parentheses under the Connection indicate additional counts spent in “passing through” that particular Connection.

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SECTION 1 - GEOMETRICAL UNITY

The complete principle of balanced movement is present within each Movement of Unity In Motion, indeed within each frame of the movement. At the same time the Movements do unfold in a linear fashion. This short description of the Movements is presented in a simple linear unfolding with the understanding that each frame of movement within the study is the merging reality of form and space. Without the essential connection to the geometry of three-dimensional space the movements would have no meaning.

In this First Section, the student is introduced to the Path of Balance and specific Connections within the Path. The Path flows continuously, guiding the student into the experience of three-dimensional movement. The Connections are places within the flow of the movement where there is an especially clear relationship to the geometry of balance.. The Connections give the mind definition to the movement as well as definition of the bio-mechanical reality of balance. That is, through the Connections the student begins to define him/herself in the union with three-dimensional space. The Paths and the Connections become more and more tangible to the student through practice

First Whole Movement – *The Essential*

The Fountain Of Life - In this first Movement of the study the Path of Balance begins by taking the student through a complete expression of giving and receiving in a full opening of the Seven Centers, bringing the energy in to the center of the heart and releasing it out to the universe. In its completeness of expression this Movement is the beginning as well as the end of the whole study. As an overture introduces a symphony, this Movement invites the student to experience the whole Geometry as a continual wave of moving, spiraling energy that, by the very nature of its merging of form and space, embodies the essential feeling of the whole study.

Second Whole Movement – *The Geometry of Balance*

The Path of Balance leads the student through Connections that synchronize the right and left, above and below and front and back directions of energy within the body. Through this three-dimensional centering the student begins to gain the awareness of being the center of the movement.

Unity in Motion - The student is introduced to an essential aspect of balanced movement: synchronicity. As the Path of Balance opens the arms through the Inflowing/Outflowing Wave, at the same time engaging the spinal column in its own wavelike motion. The energy ascending/ descending through the Seven Centers of the spinal column (above and below) in synchronicity with the opening of the arms (right and left) is the essence of balanced movement in which the angles in which the arms move in space is activating the movement of each vertebra of the spinal column.

Central Heart - From the Connection of Foundation, the Path of Balance raises the energy up the spinal column to the center of the rib cage, the hands forming the Connection of Central Heart. This is a gesture that merges the human heart with the cosmic heart (the solar plexus). In this moment of central expansion the student is invited to become fully present with the centralization of the chest, throat head and crown.

Suspended Diamond - From the Connection of Foundation the Path of Balance continues to raise energy through the Centers of Solar Plexus and Chest to the opening of the Center of the Throat. This is the true horizontal suspension of the shoulder girdle and arms in relation to the vertical spinal column. Through the Path of Balance of this Movement the student learns to synchronize the movement of the arms and the spinal column in a spiral, wavelike motion thereby constantly releasing and suspending the pressure of the shoulder girdle.

The Release of Balance – A full release, opening all the Centers. The legs become actively involved in the movement as all segments of the skeleton move together through the Path of Balance in a synchronized, three-dimensional relationship, emphasizing forward release (front and back directions of space) of the spinal column.

Simple Interchanging Balance – The shape and form of the Movement expresses all segments of the skeleton moving together in a synchronized, three-dimensional relationship, transforming the stance of O Point into a constant asymmetrical interchange of balance.

Third Whole Movement – *Outer Mandala and The Three Releases*

The word “mandala” is associated with Eastern designs that are used to enhance meditation. It comes from the Sanskrit and its essential meaning is wholeness, union, connection. The mandala emphasizes the union of self (the center of being) with the periphery (all that seems to be “out there”).

Unity in Motion is the “living mandala” in which everything that is within is simultaneously without. The Inner Mandala emphasizes the center of self as it is constantly expanding and The Outer and The Lateral Mandalas emphasize the periphery as it is constantly centralized in the center of self. All three Mandalas are constantly merging through the Path of Balance as the unity of one.

Outer Mandala – The Three Releases: . Through the Path of Balance of these Movements the student learns the Connections that correspond to the full spherical path of the right and left opening of the arms (the periphery in relation to the center) synchronized with the full movement of the spine. The Path of Balance, passing through each of the Connections brings about the expansional definition of each of the Seven Centers. From the Connections of Earth, Expansion and Heaven the body is further opened into the Movements called The Three Releases. These Movements, originating from each of the three structural planes of the body (Pelvis, Chest, Head), further unify the movement of the arms, torso, neck and head with the forward release of the torso, and the springs of the legs. Through this Movement the student begins to become fully suspended by the geometry of balance.

Fourth Whole Movement – *The Full Mandala*

Outer Through Inner Mandala: In one Movement uniting all Connections into one Path, the Outer Mandala, our connection to the infinite, merges with the Path of the Inner Mandala, our inner sense of self.

Inner Through Outer Mandala. The reversal of the previous Movement. An especially effective Path for sensing the principle of gravitational transference in which the three centers above and three centers below are constantly interchanging their relationship of centering, suspended in motion by the middle Center, Center of Chest. Through the geometry of this Movement, the inner sense of self and the periphery or outer sense of self is merged with an interchanging sense of unity between above and below, as the Seven Centers constantly adjust as one whole system of motion to expansionally match in three dimensions the field of gravity.

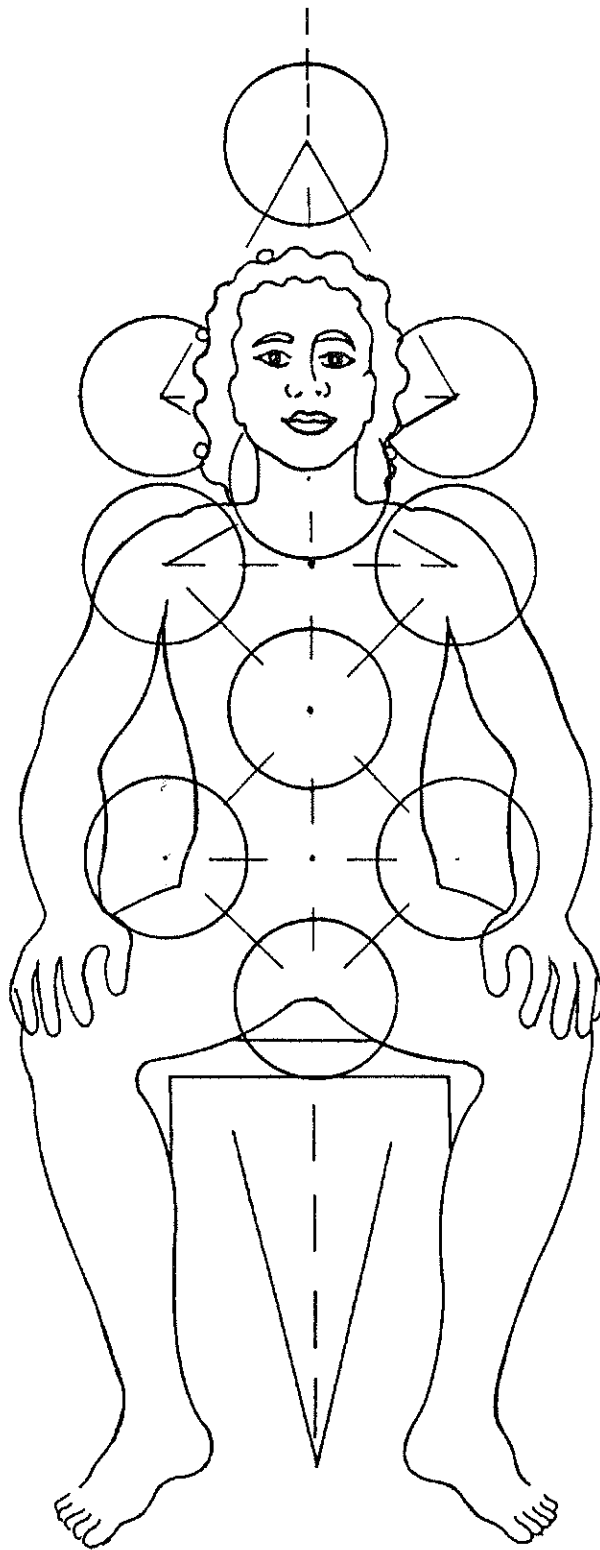
Interchanging Balance This is the full expression of the Simple Interchanging Balance of the Second Whole Movement. In this Movement the Path of Balance of the Mandala is transformed into an asymmetrical, side-to-side spiral motion of the body emphasizing the transversal union of energy of the body as the larger spiral of one arm brings about the internal lifting of the opposite foot from the ground.

Fifth Whole Movement – *The Lateral Mandala*

Moon and Around The Crown, Horizon and Above the Crown, Horizon and The Lateral Mandala, Full Lateral Mandala

While the Path of Balance describing the Outer Mandala explores the right and left periphery of motion/awareness, the Lateral Mandala is an exploration of the periphery of the front and back areas of motion/awareness. The four Movements in this series continually build upon one another exploring all the planes of the Lateral Mandala. It is important to remember that all of these planes are constantly merging the inner and the outer senses of being.

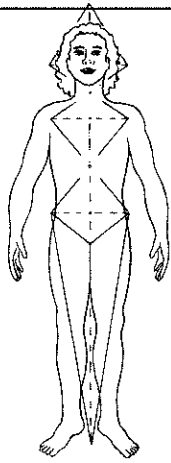
These Movements also provide clear definitions of the three horizontal planes of the body as they are united with the vertical. These three horizontal planes are: Center of the Head, Center of the Shoulder Girdle and arms and Center of the Pelvic Girdle and legs.



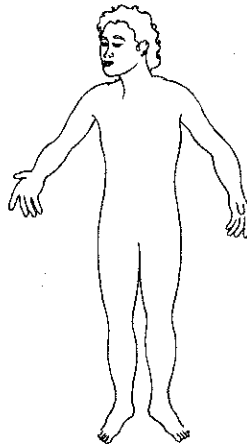
*The Movements of the First Section are
first learned while sitting in a chair.*

FIRST WHOLE MOVEMENT—THE ESSENTIAL

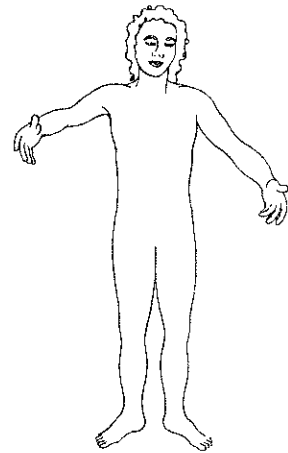
THE FOUNTAIN OF LIFE



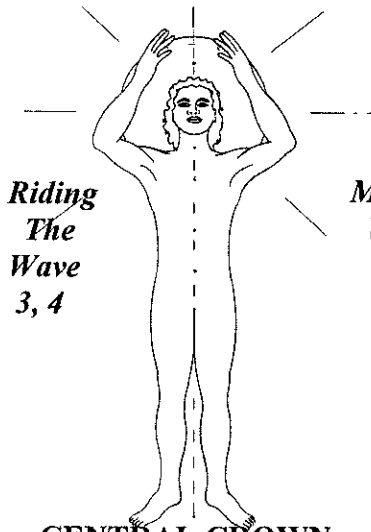
O POINT BALANCE



Initiating The Wave
1

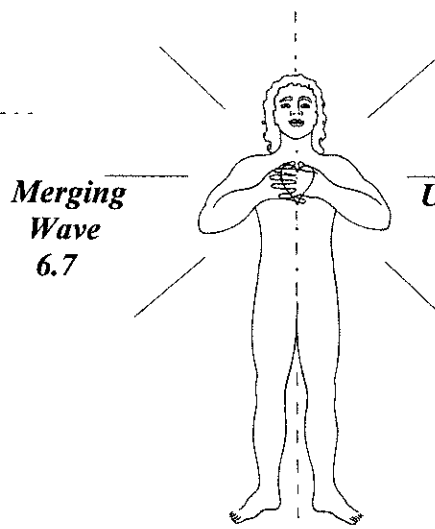


Merging Wave
2



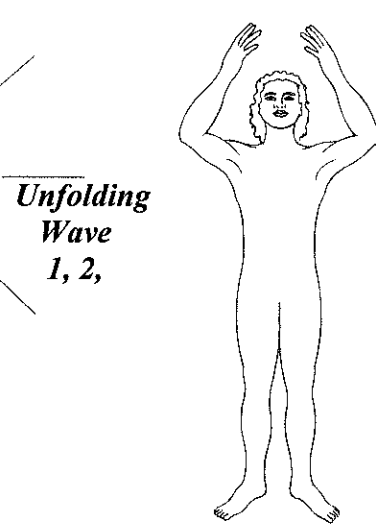
Riding The Wave
3, 4

CENTRAL CROWN
5



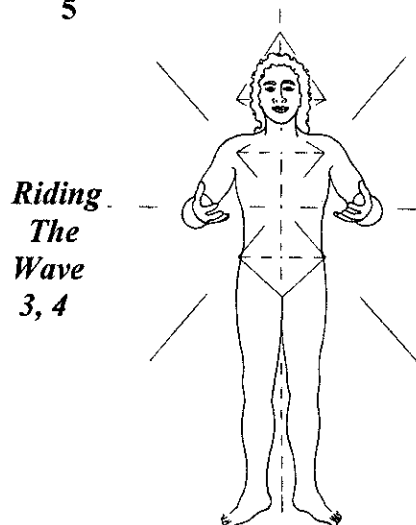
Merging Wave
6, 7

MOVING HEART
8



Unfolding Wave
1, 2,

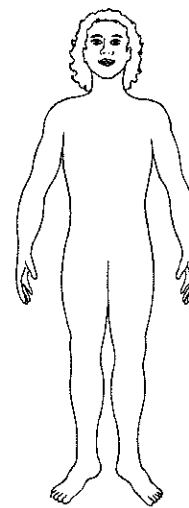
CENTRAL CROWN
2&



Riding The Wave
3, 4

MID HORIZON
5

Descending/ Ascending Wave
6, 7

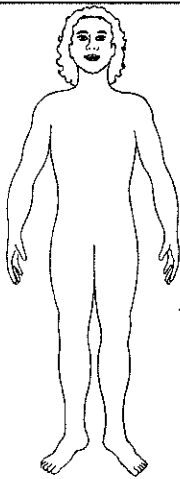


O POINT
8

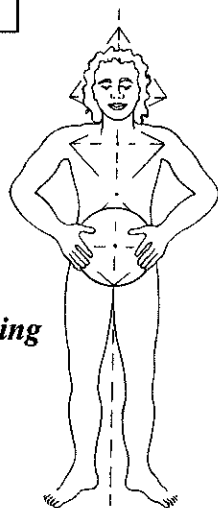
Repeat beginning with left arm

SECOND WHOLE MOVEMENT—THE GEOMETRY OF BALANCE

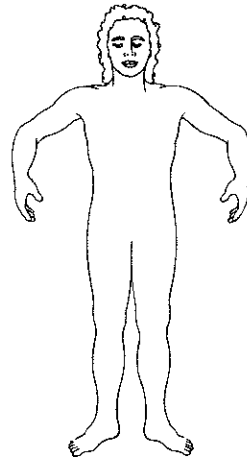
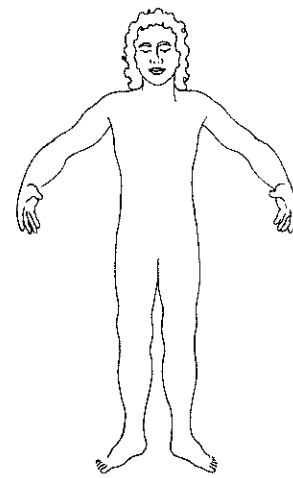
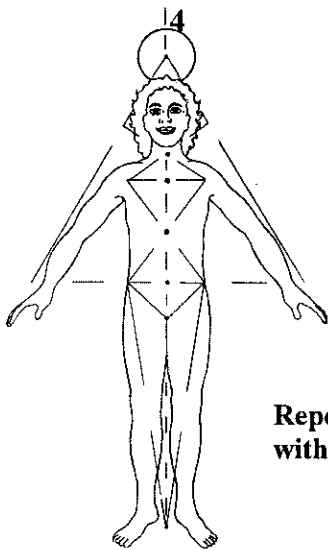
UNITY IN MOTION



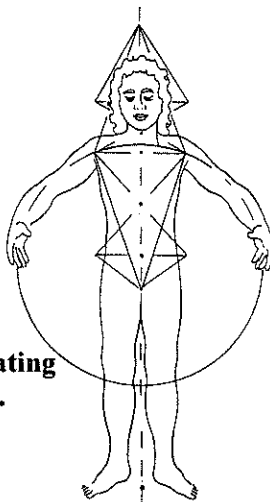
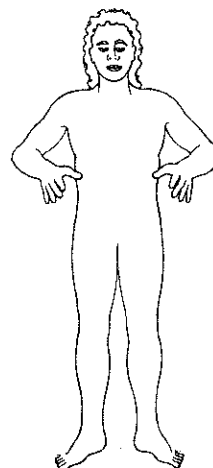
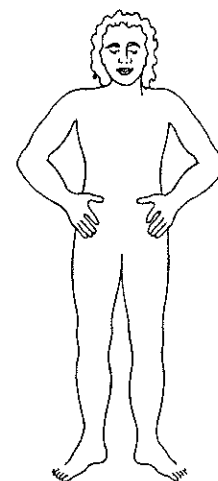
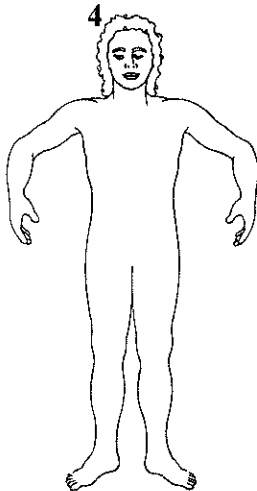
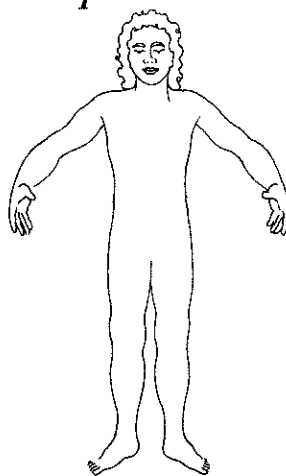
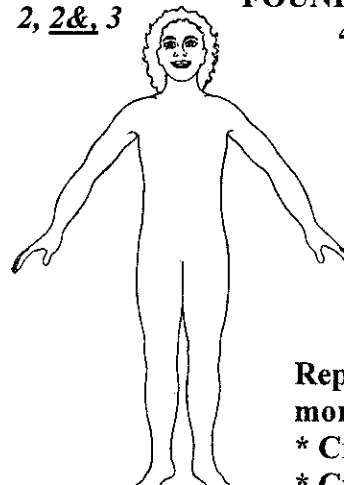
O POINT BALANCE



FOUNDATION

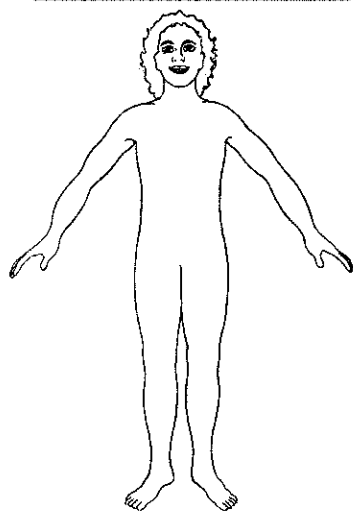
Outflowing Wave
1, 2...Outflowing Wave
...3

*CROWN

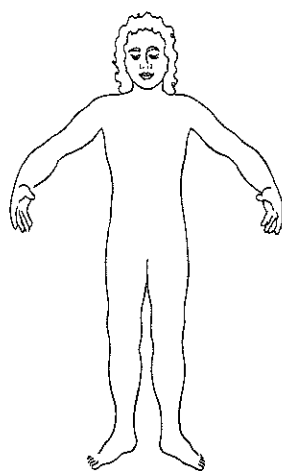
Encircling Earth
1Inflowing Wave
2, 2&, 3FOUNDATION
4Outflowing Wave
1, 2...Outflowing Wave
...3*CROWN
4

Repeat one
more time from
* Crown to
* Crown

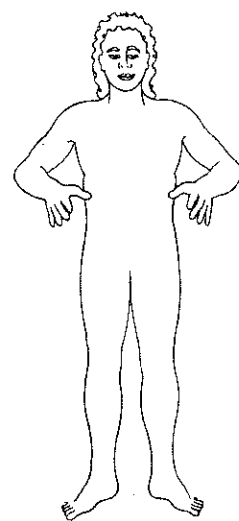
CENTRAL HEART



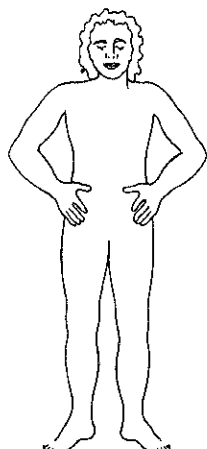
CROWN
4



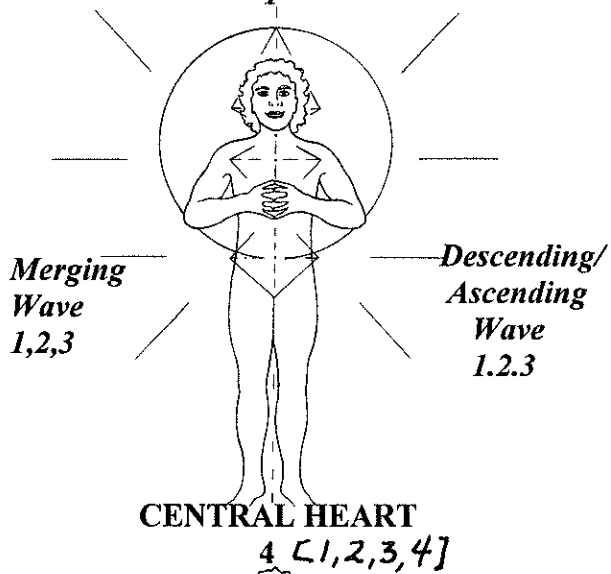
Encircling Earth
1



Inflowing Wave
2, 2&3



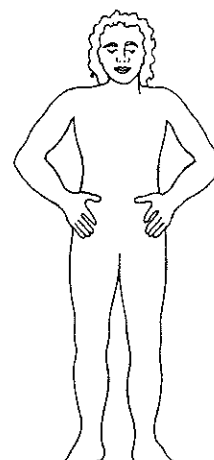
FOUNDATION
4



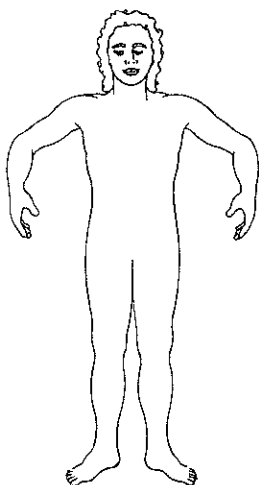
*Merging
Wave
1,2,3*

*Descending/
Ascending
Wave
1.2.3*

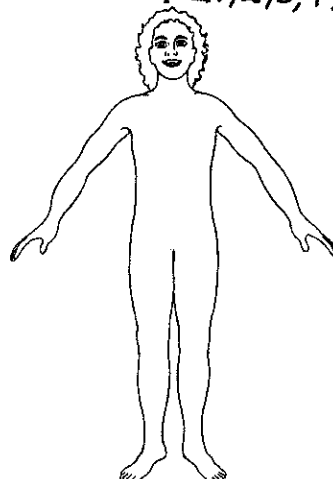
CENTRAL HEART
4 [1,2,3,4]



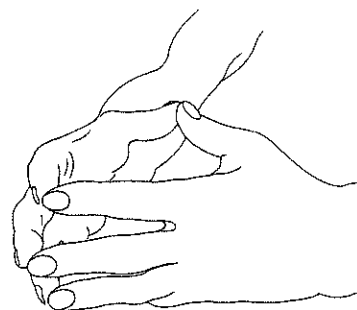
FOUNDATION
4



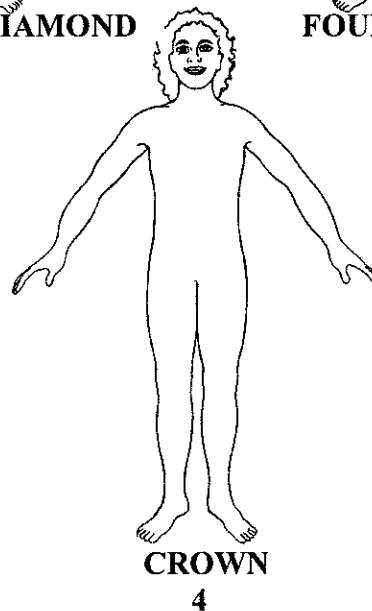
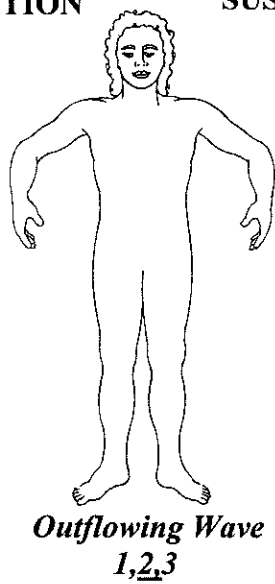
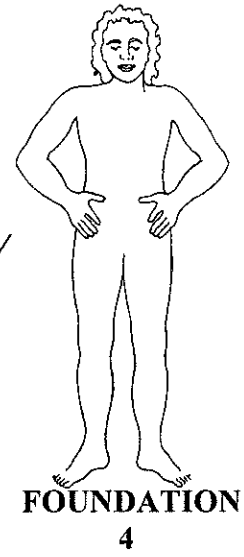
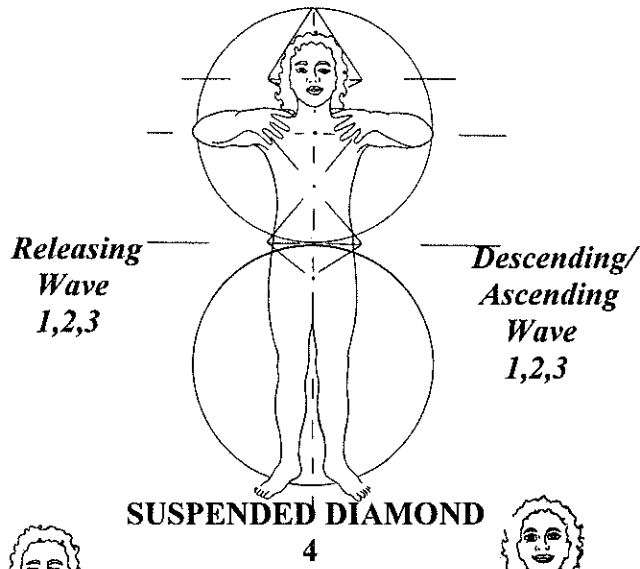
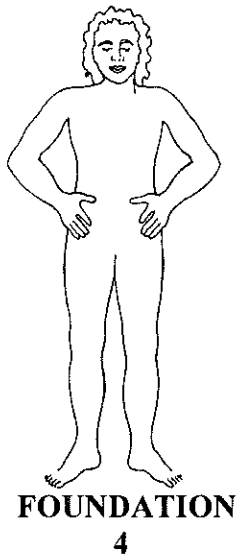
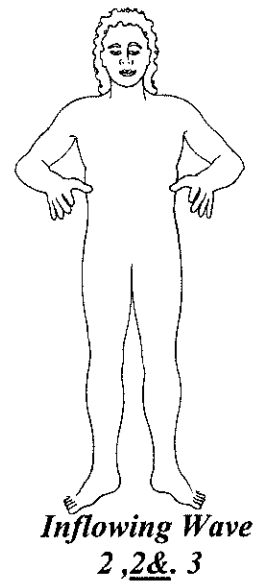
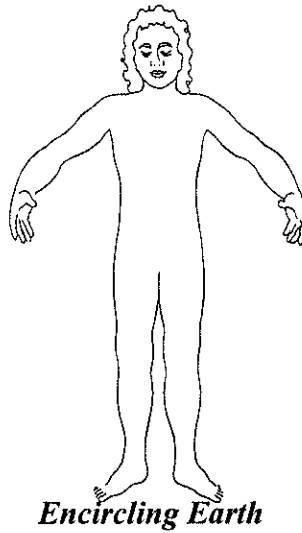
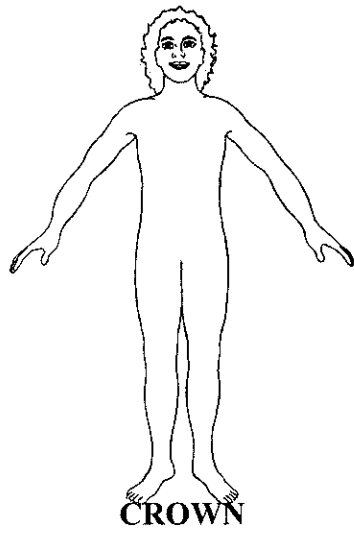
Outflowing Wave
1,2,3



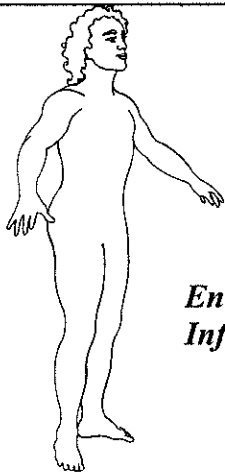
CROWN
4



SUSPENDED DIAMOND



THE RELEASE OF BALANCE



CROWN
4

*Encircling Earth/
Inflowing Wave*
1,2,3



FOUNDATION
4

Raising Foundation
1

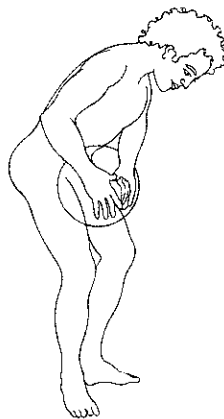
Releasing Wave
2,3,4,1



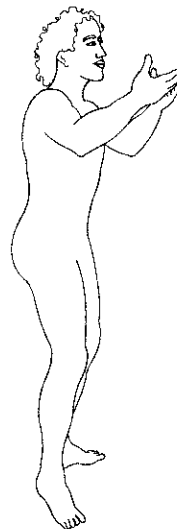
RELEASE OF BALANCE
2



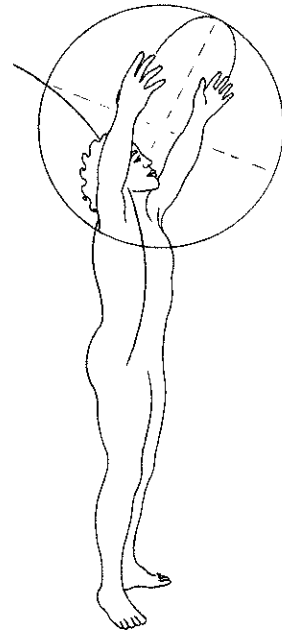
Asymmetrical Wave
3,4



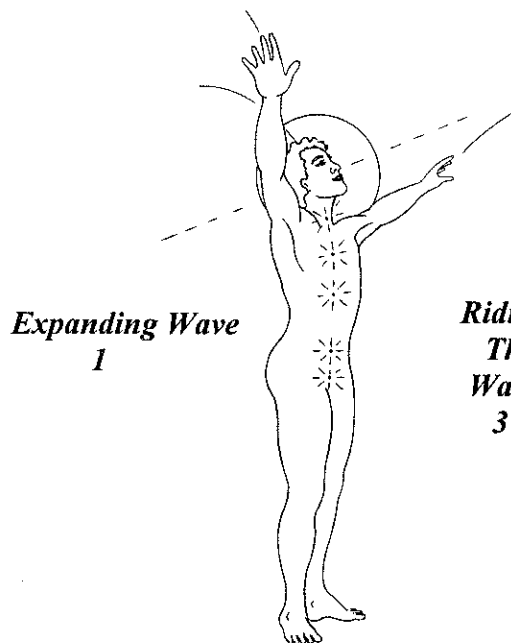
**ENTERING
FOUNDATION**
1



Unfolding Wave
2,3,1



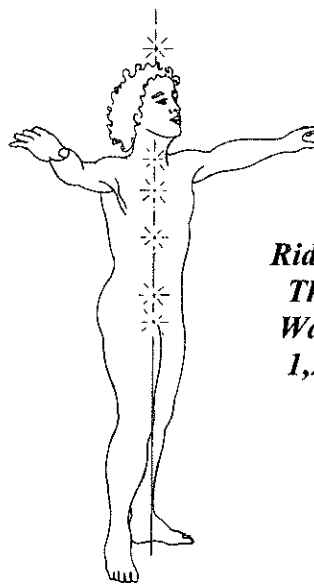
HEAVEN
4



Expanding Wave
1

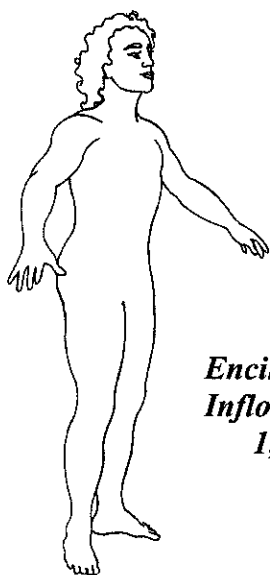
INFINITY
2

*Riding
The
Wave*
3



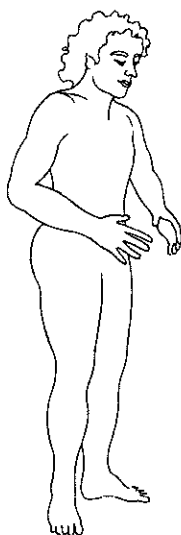
*Riding
The
Wave*
1,2,3

EXPANSION
4



*Encircling Earth/
Inflowing Wave*
1, 2, 3

MANDALA CROWN
4



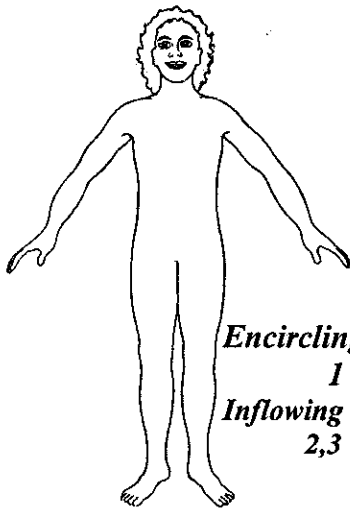
FOUNDATION
4

*Outflowing
Wave*
1,2,3



CROWN
4

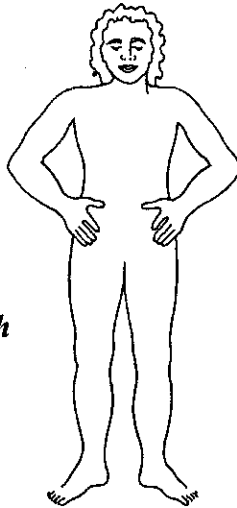
SIMPLE INTERCHANGING BALANCE



Encircling Earth
1
Inflowing Wave
2,3

CROWN

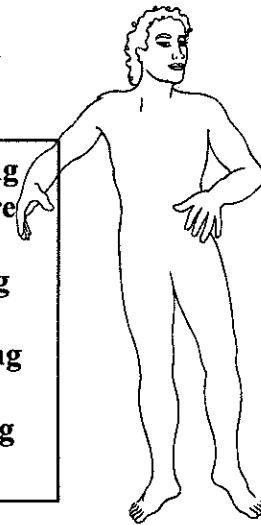
4



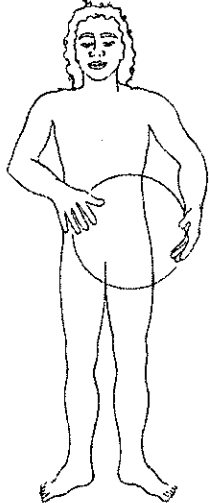
FOUNDATION

4

In all Interchanging
Balance Paths there
are three waves:
Count 1: Unfolding
Wave
Count 2: Expanding
Wave
Count 3: Encircling
Wave

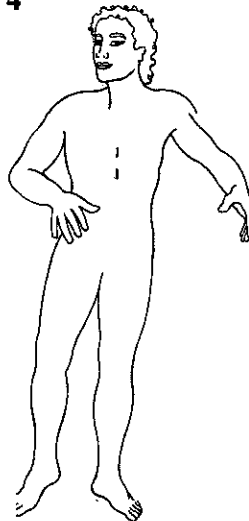


*Right Interchanging
Balance 1, 2, 3*



**ASYMMETRICAL
FOUNDATION**

4



*Left Interchanging
Balance 1, 2, 3*

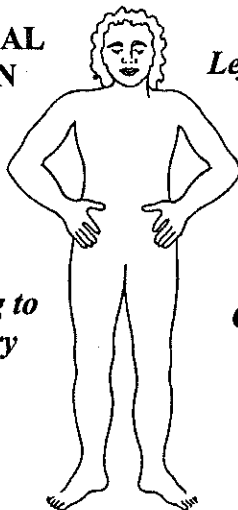


**ASYMMETRICAL
FOUNDATION**

4

Repeat
Movement
One Time
From Right
Interchanging
Balance
And
Continue
With.....

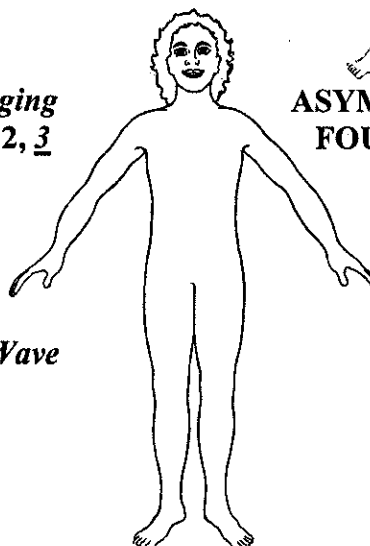
*Returning to
Symmetry*
1,2,3



FOUNDATION

4

Outflowing Wave
1,2,3

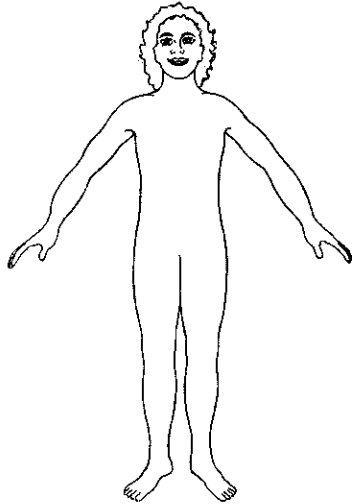


CROWN

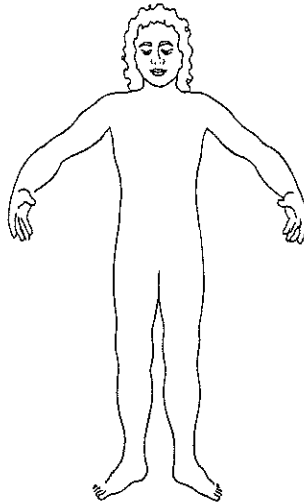
4

THIRD WHOLE MOVEMENT—OUTER MANDALA AND THE THREE RELEASES

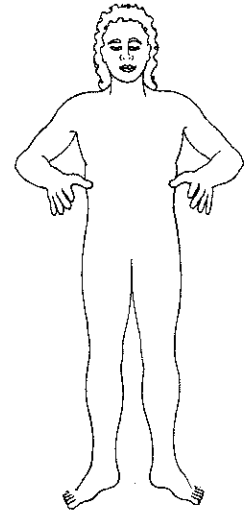
DEFINITION OF EARTH



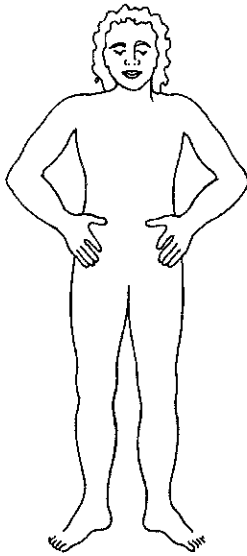
CROWN
4



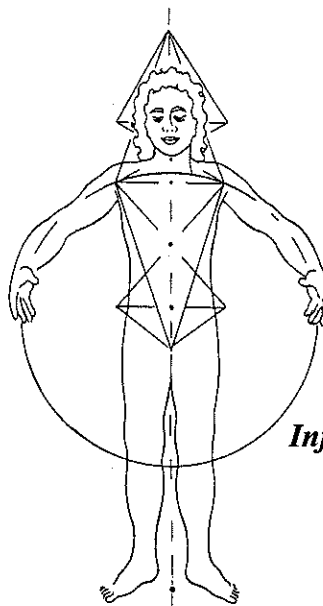
Encircling Earth
1



Inflowing Wave
2, 2&. 3



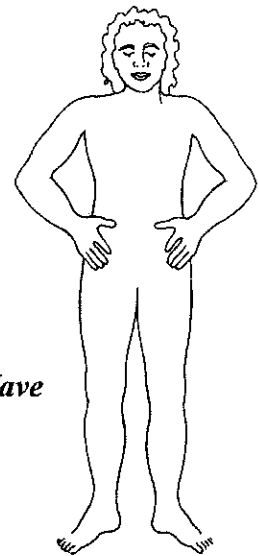
FOUNDATION
4



Unfolding
Wave
1,2

EARTH
(3) 4

Inflowing Wave
1,2,3



FOUNDATION
4

Continuing with....

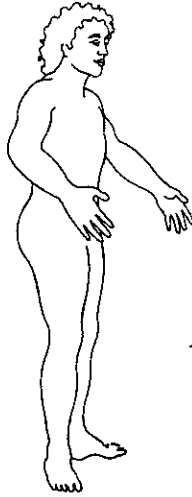
FOUNDATION RELEASE

44



*Unfolding
Wave
1,2,3*

FOUNDATION
4



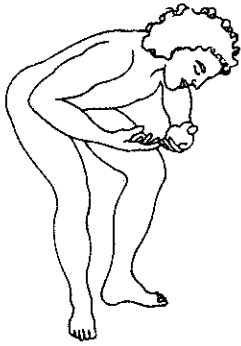
*Inflowing Wave
1,2,3*

EARTH
4

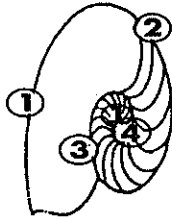


*Raising
Foundation
1*

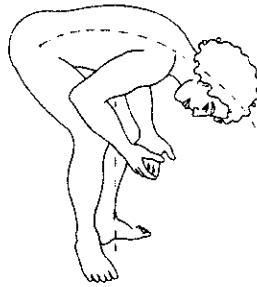
FOUNDATION
4



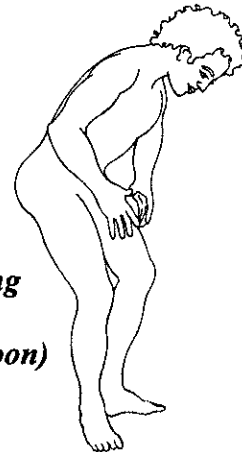
*Encircling Wave
2,3,4*



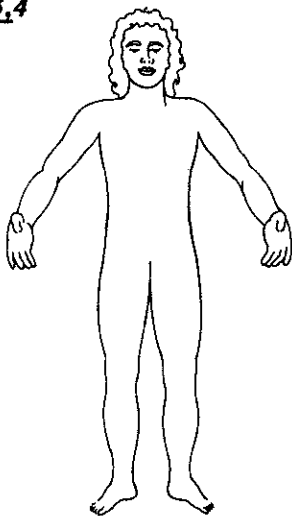
SUSPENDED BALANCE
1,2



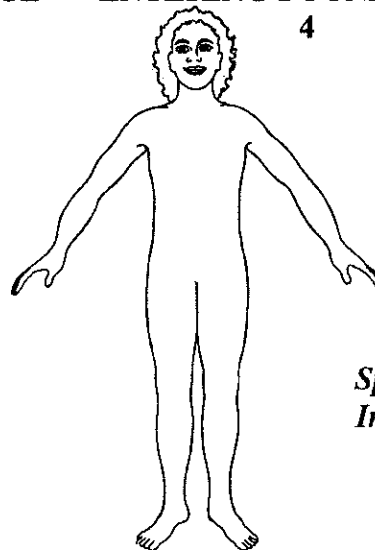
*Encircling
Wave
(The Ribbon)
3*



ENTERING FOUNDATION
4



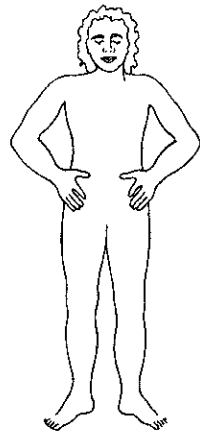
*Unfolding Self
1,2,3*



*Sphere of Earth/
Inflowing Wave
1,2,3*

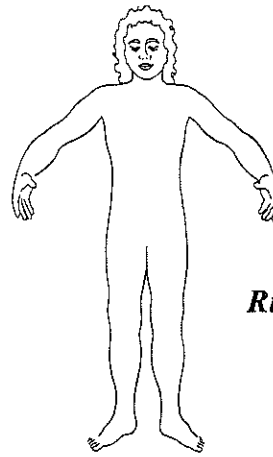
CROWN
4

EXPANSION AND MANDALA CROWN



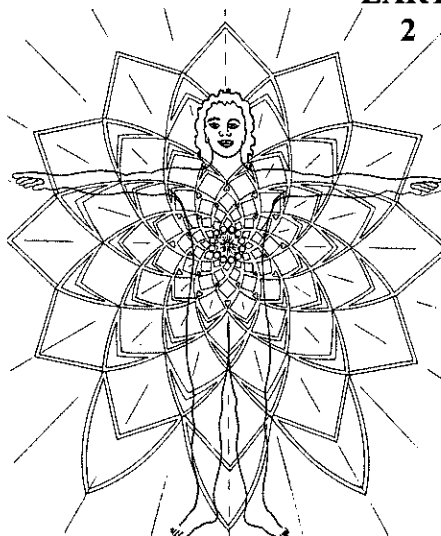
FOUNDATION
4

*Unfolding
Wave*
1

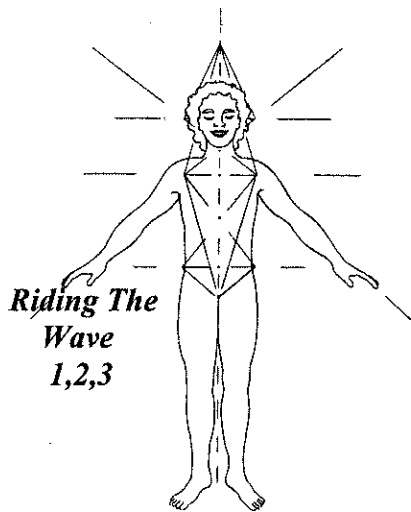


EARTH
2

Riding The Wave
3

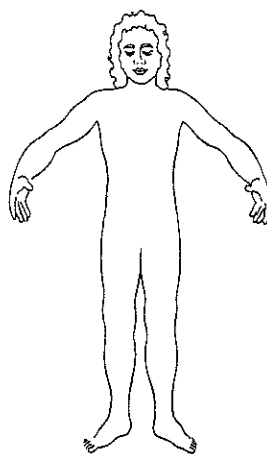


EXPANSION
4



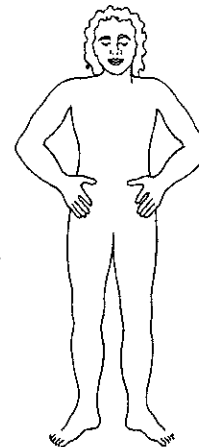
*Riding The
Wave*
1,2,3

MANDALA CROWN
4



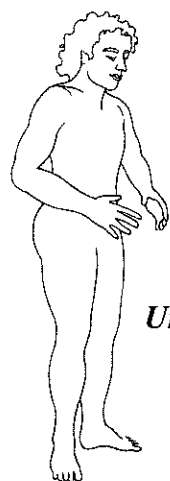
Encircling Earth
1

*Inflowing
Wave*
2,3



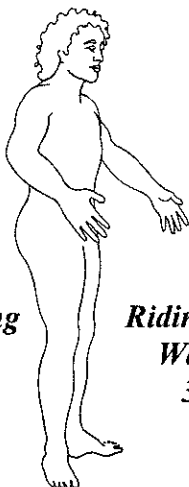
FOUNDATION
4

EXPANSION RELEASE



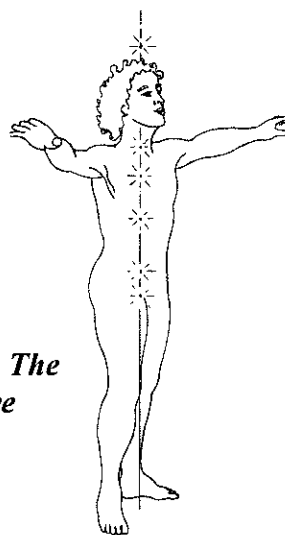
*Unfolding
Wave
1*

FOUNDATION
4



*Riding The
Wave
3*

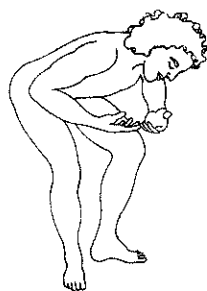
EARTH
2



EXPANSION
4

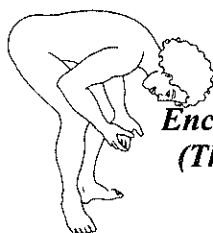


Encircling Wave



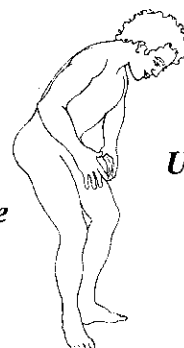
*Encircling Wave
1,2,3,4*

**SUSPENDED
BALANCE**
1,2

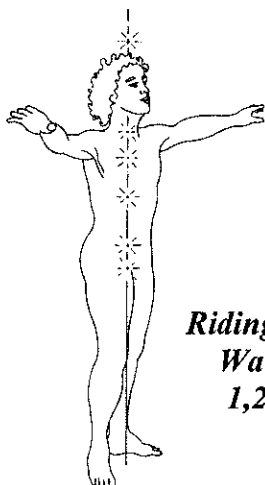


*Encircling Wave
(The Ribbon)
3*

**ENTERING
FOUNDATION**
4

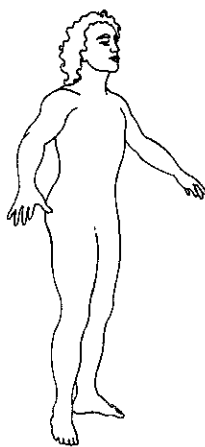


*Unfolding Heart
1,2,3*



*Riding The
Wave
1,2,3*

EXPANSION
4



MANDALA CROWN
4



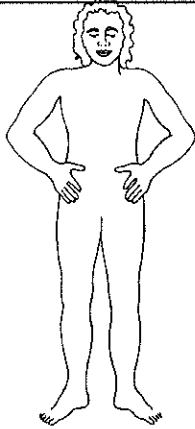
*Inflowing
Wave
2,3*

Encircling Earth
1



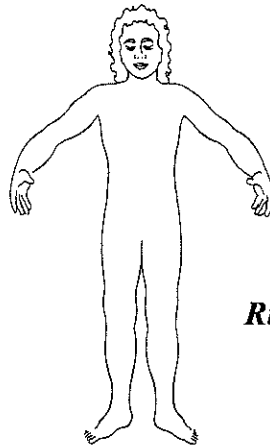
FOUNDATION
4

HEAVEN AND INFINITY



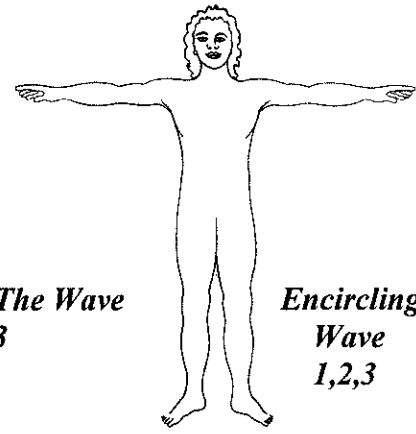
FOUNDATION

*Unfolding
Wave
1*



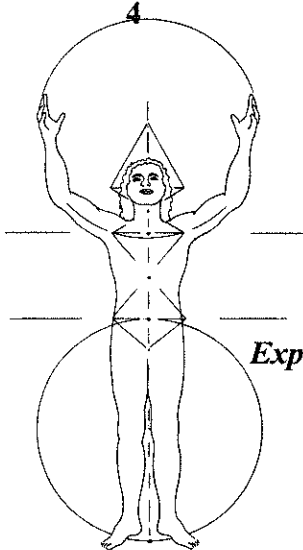
EARTH

*Riding The Wave
3*



EXPANSION

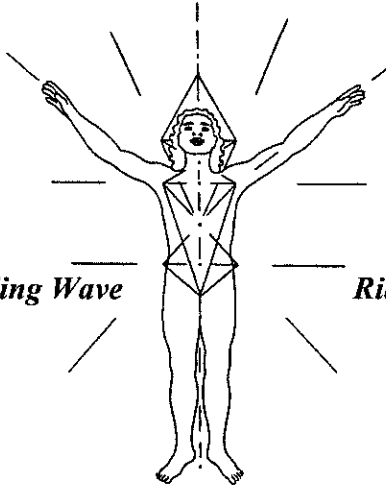
*Encircling
Wave
1,2,3*



HEAVEN

4

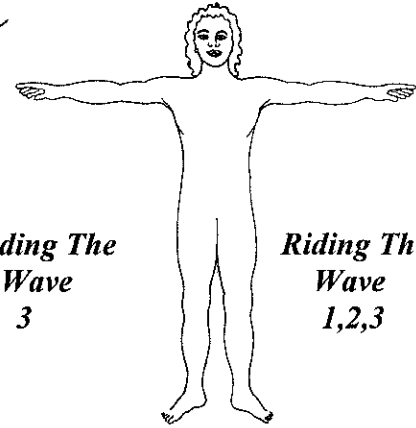
*Expanding Wave
1*



INFINITY

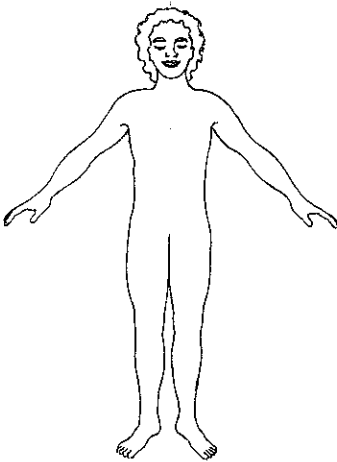
2

*Riding The
Wave
3*



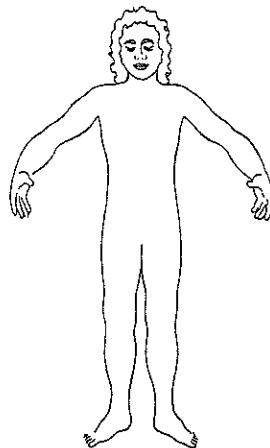
EXPANSION

*Riding The
Wave
1,2,3*



MANDALA CROWN

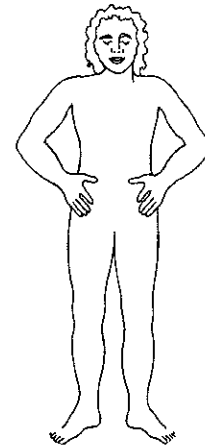
4



Encircling Earth

1

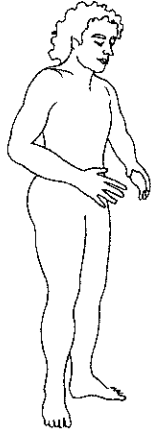
*Inflowing
Wave
2,3*



FOUNDATION

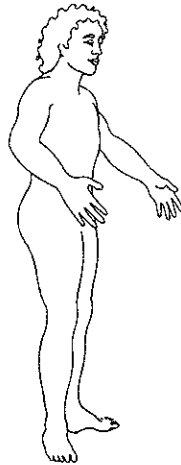
4

HEAVEN RELEASE



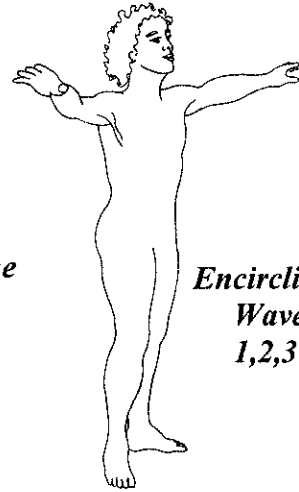
FOUNDATION
4

*Unfolding
Wave
1*



EARTH
2

*Riding The
Wave
3*

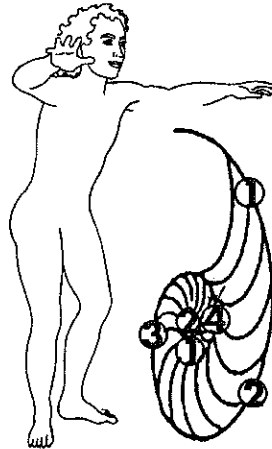


EXPANSION
4

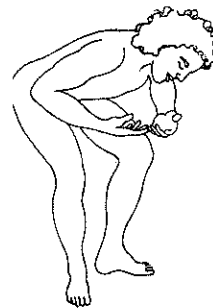
*Encircling
Wave
1,2,3*



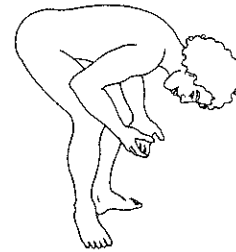
HEAVEN
4



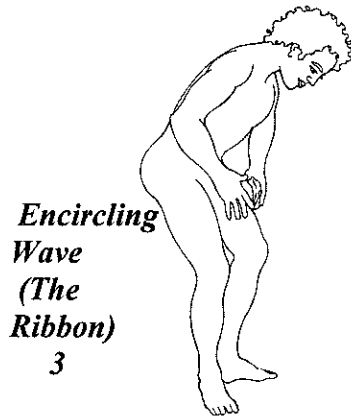
*Encircling Wave
1,2..*



*Encircling Wave
3,4*

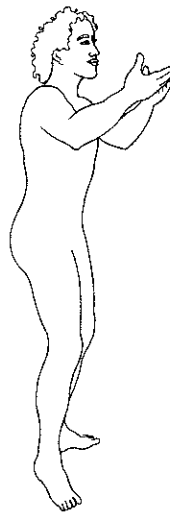


**SUSPENDED
BALANCE**
1,2

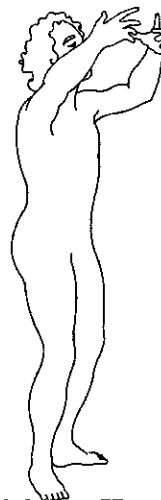


*Encircling
Wave
(The
Ribbon)
3*

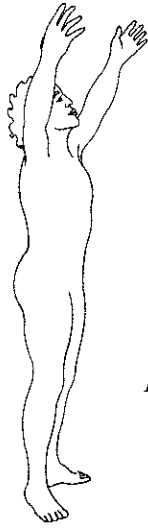
**ENTERING
FOUNDATION**
4



*Unfolding Heaven
1,2....*

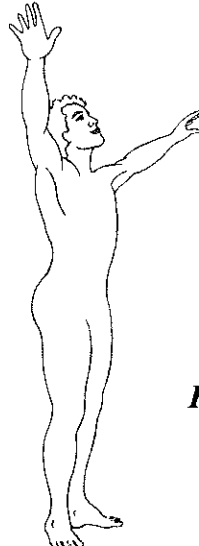


*Unfolding Heaven
3,*



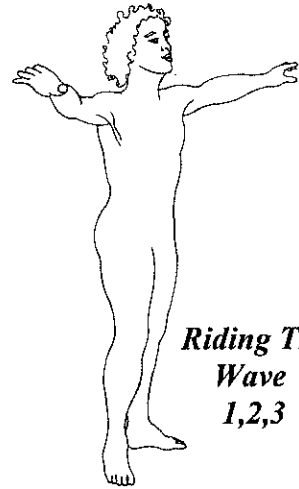
HEAVEN
4

*Expanding
Wave
1*



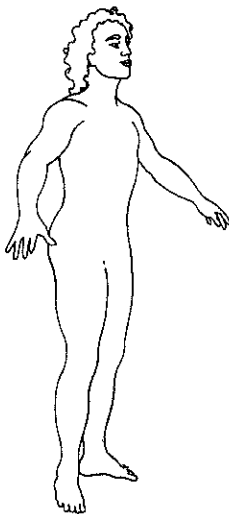
INFINITY
2

*Riding The
Wave
3*

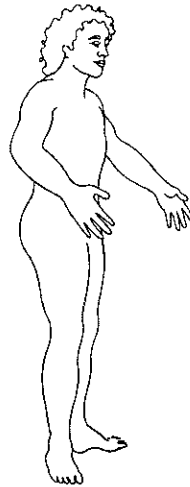


EXPANSION
4

*Riding The
Wave
1,2,3*

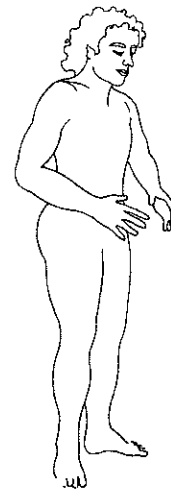


MANDALA CROWN
4



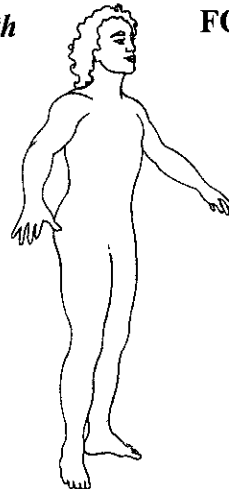
Encircling Earth
1

*Inflowing
Wave
2,3*



FOUNDATION
4

*Outflowing Wave
1,2,3*

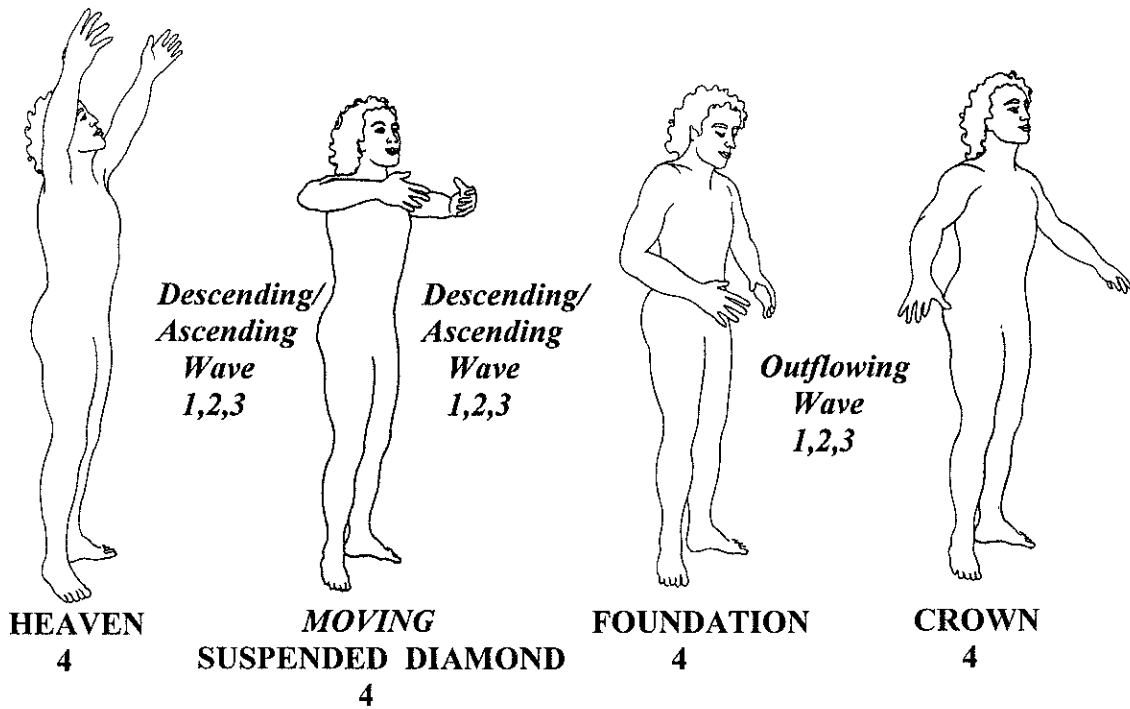
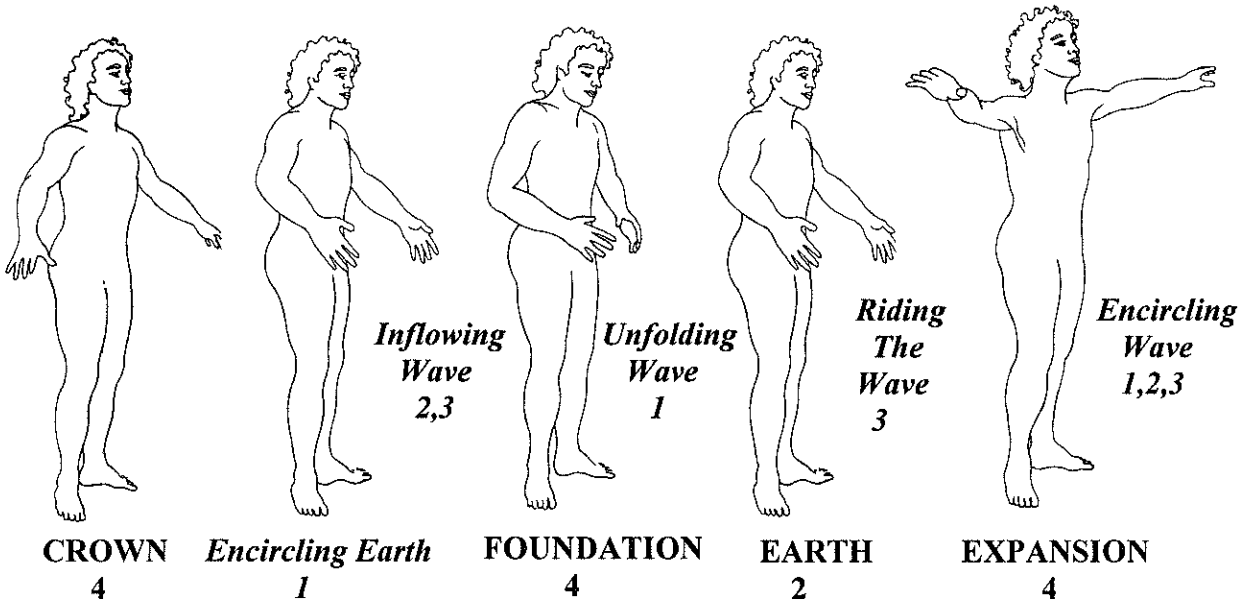


CROWN
4

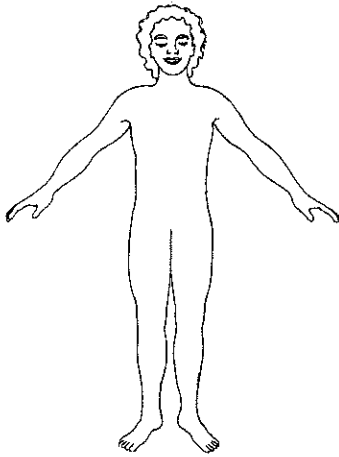
**Completion
of
Third
Whole
Movement**

FOURTH WHOLE MOVEMENT—WHOLE MANDALA

OUTER THROUGH INNER MANDALA

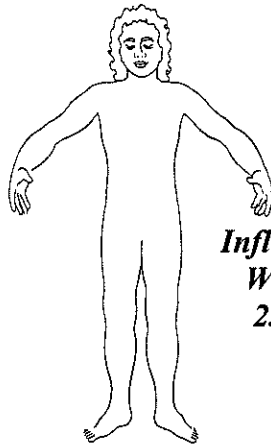


INNER THROUGH OUTER MANDALA



CROWN

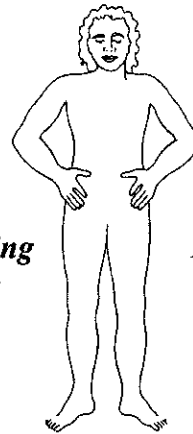
4



*Inflowing
Wave
2,3*

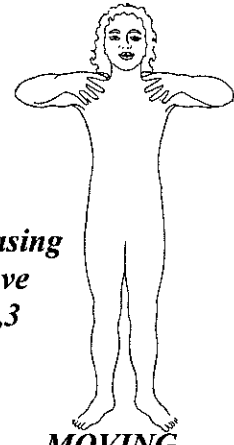
Encircling Earth

1



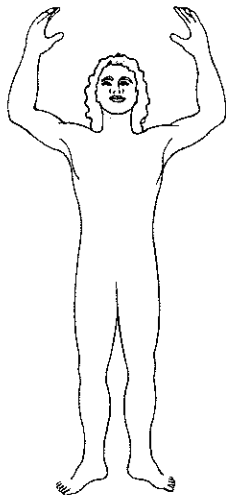
FOUNDATION

4



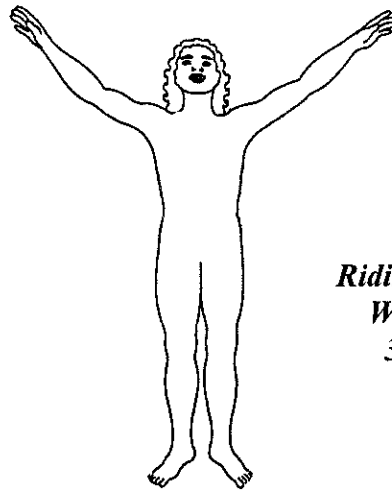
*Releasing
Wave
1,2,3*

**MOVING
SUSPENDED
DIAMOND-4**



Infinity's Gate

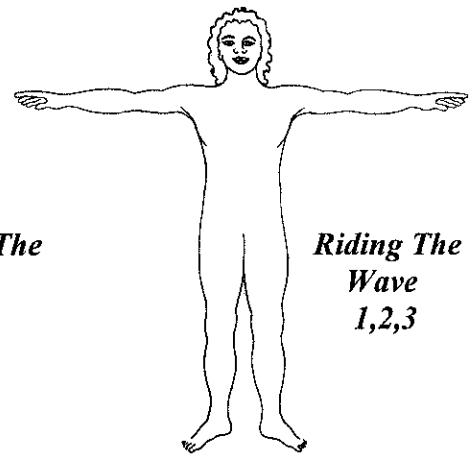
1



*Riding The
Wave
3*

INFINITY

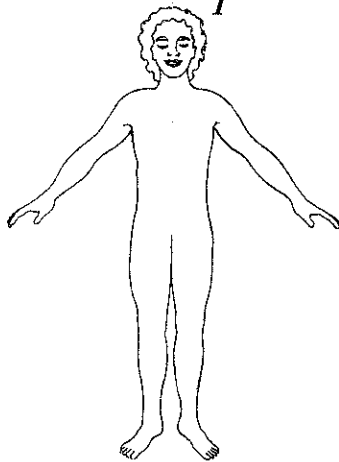
2



*Riding The
Wave
1,2,3*

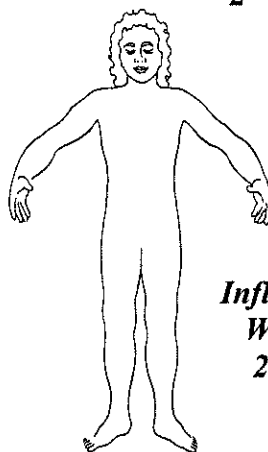
EXPANSION

4



MANDALA CROWN

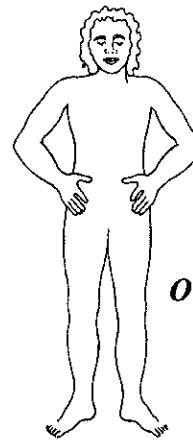
4



*Inflowing
Wave
2,3*

Encircling Earth

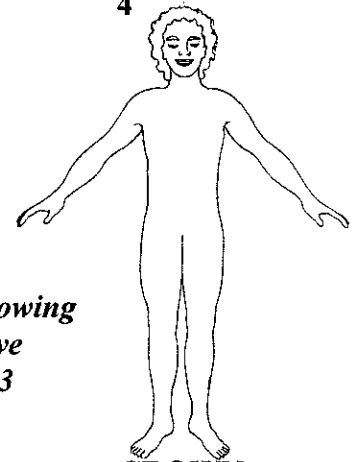
1



*Outflowing
Wave
1,2,3*

FOUNDATION

4

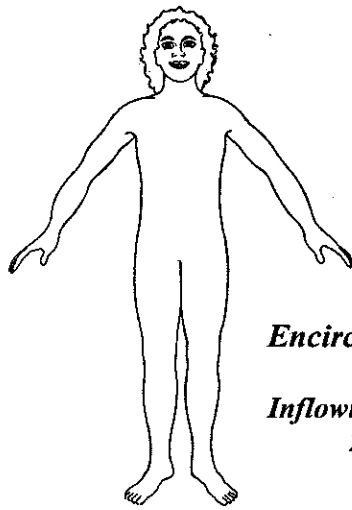


CROWN

4

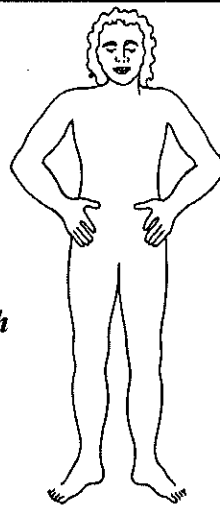
FULL INTERCHANGING BALANCE

In all Interchanging
Balance Paths there
are three waves:
Count 1: Unfolding
Wave
Count 2: Expanding
Wave
Count 3: Encircling
Wave

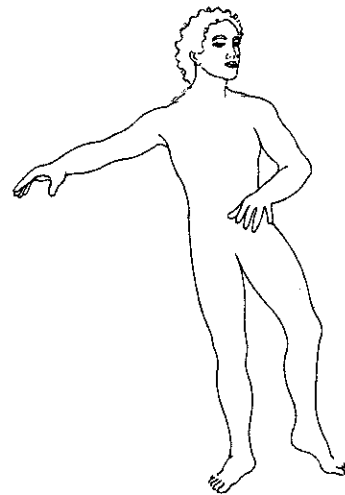


CROWN
4

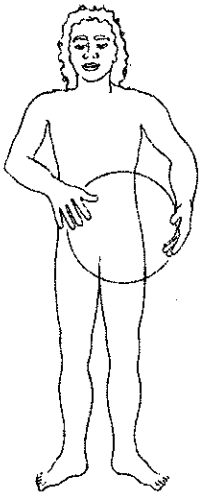
Encircling Earth
1
Inflowing Wave
2,3



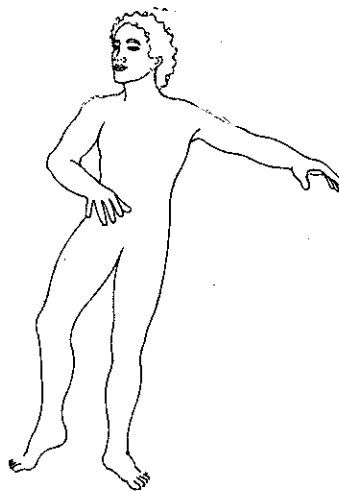
FOUNDATION



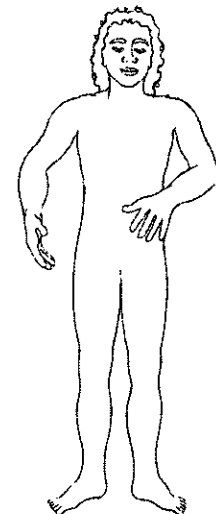
*Right Interchanging
Balance 1, 2, 3*



**ASYMMETRICAL
FOUNDATION**
4

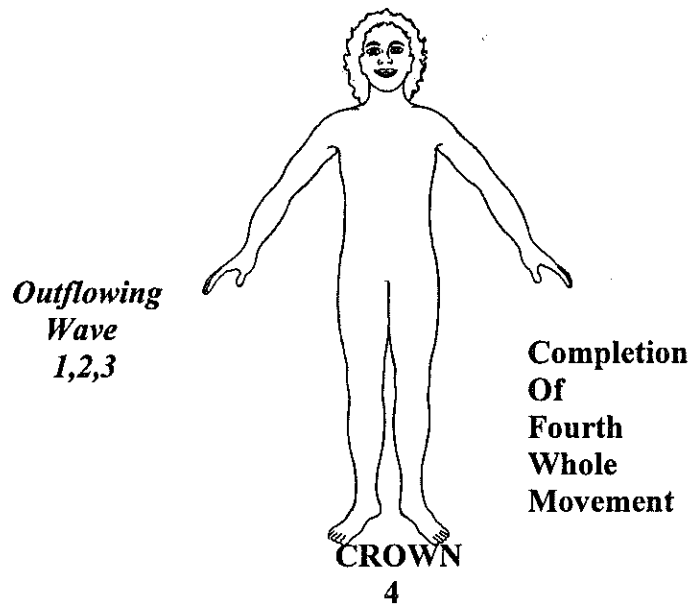
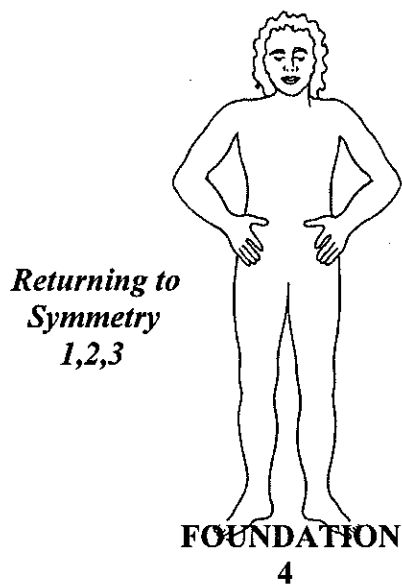


*Left Interchanging
Balance 1, 2, 3*

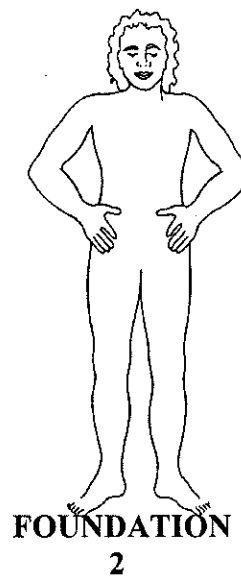
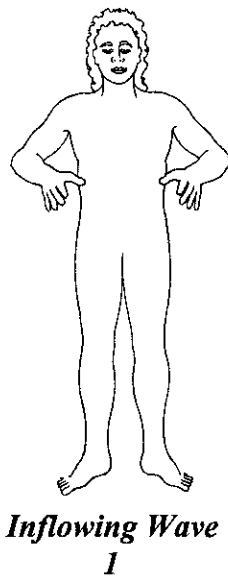
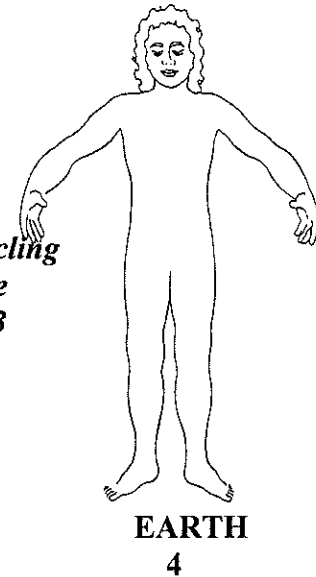
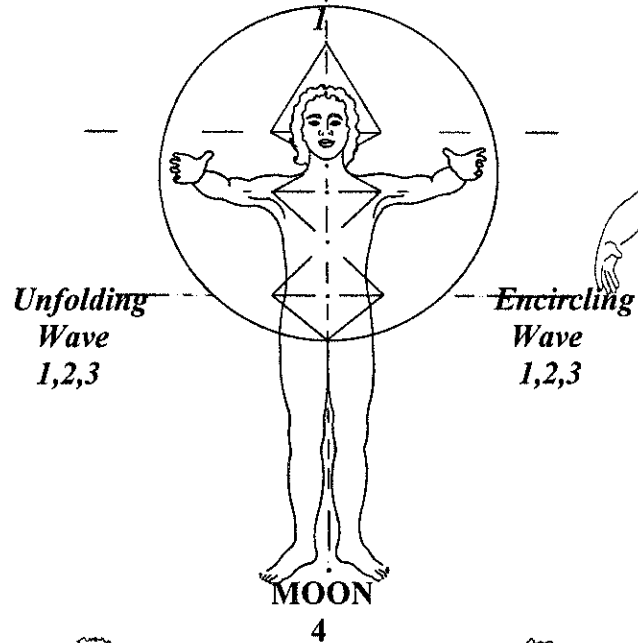
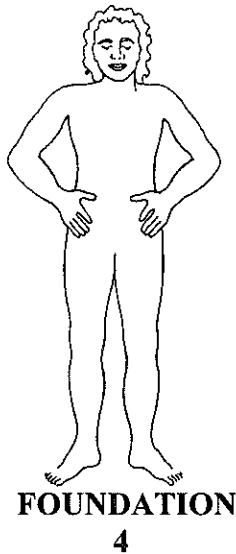
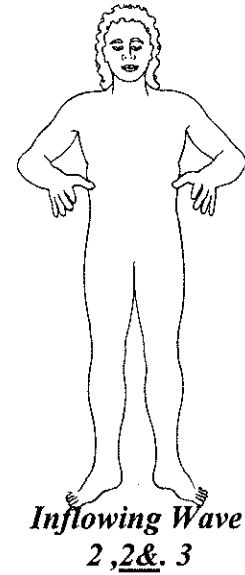
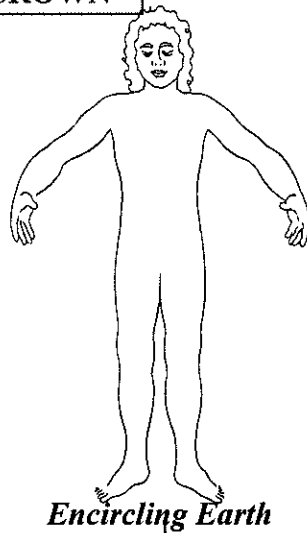
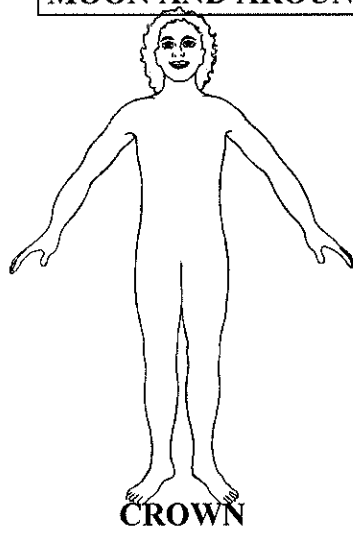


**ASYMMETRICAL
FOUNDATION**
4

**Repeat Movement
One Time From Right
Interchanging Balance
And Continue With.....**

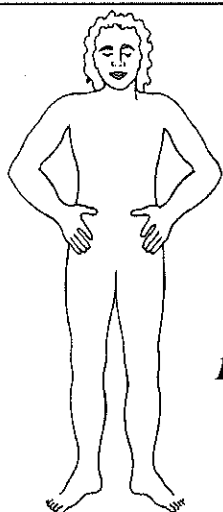


FIFTH WHOLE MOVEMENT—THE LATERAL MANDALA
MOON AND AROUND THE CROWN



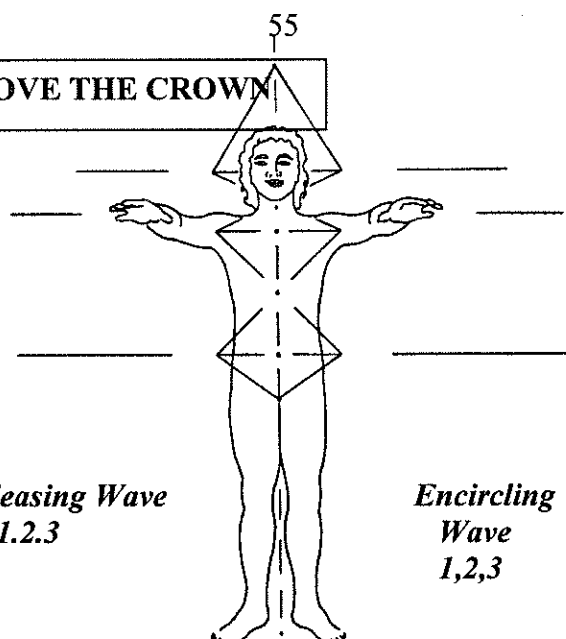
Repeat one time from Foundation to Foundation, continuing with....

HORIZON AND ABOVE THE CROWN



FOUNDATION

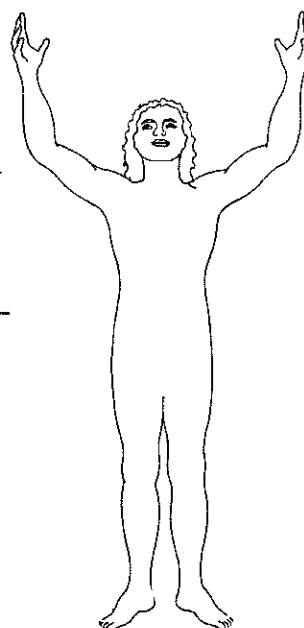
4



Releasing Wave
1,2,3

HORIZON

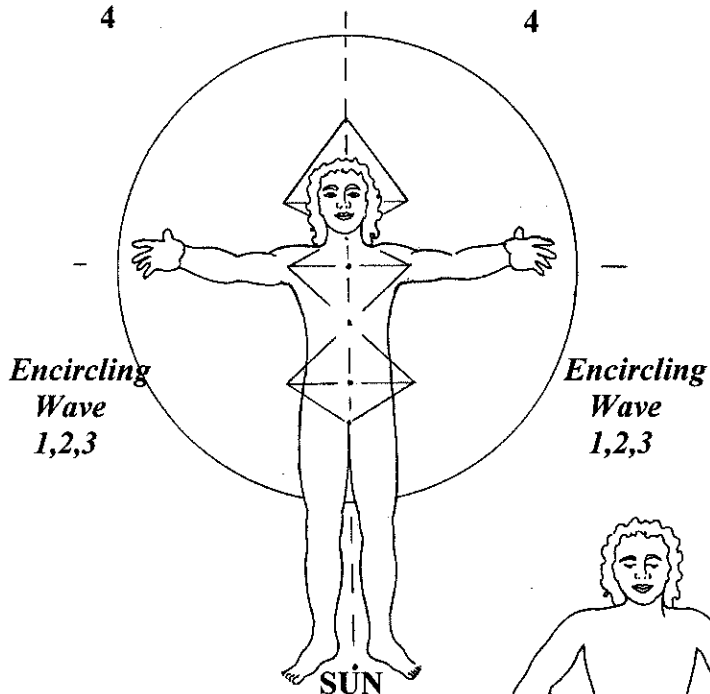
4



Encircling Wave
1,2,3

HEAVEN

4

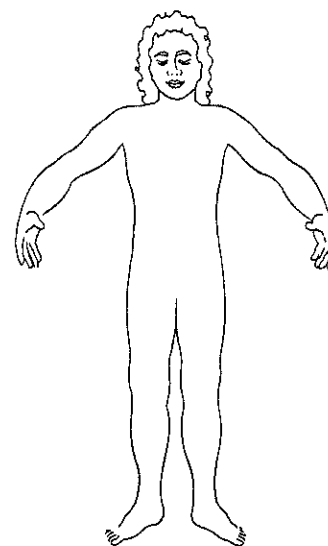


Encircling Wave
1,2,3

Encircling Wave
1,2,3

SUN

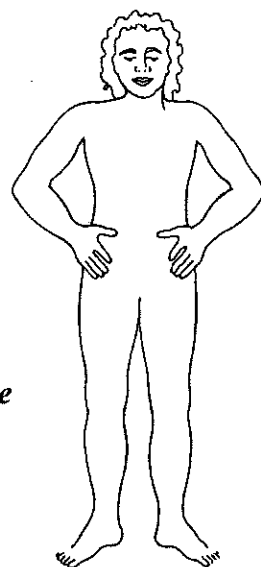
4



EARTH

4

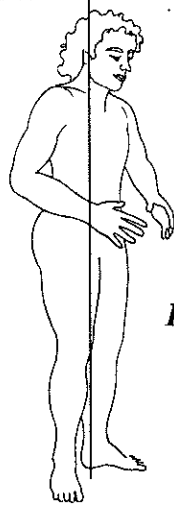
Inflowing Wave
1,2,3



FOUNDATION

4

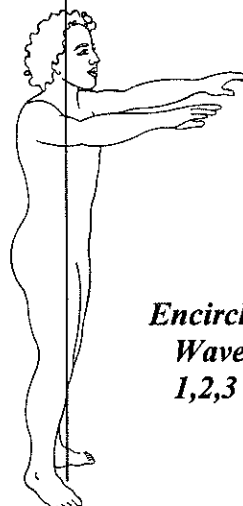
LATERAL RELEASE



*Releasing
Wave
1,2,3*

FOUNDATION

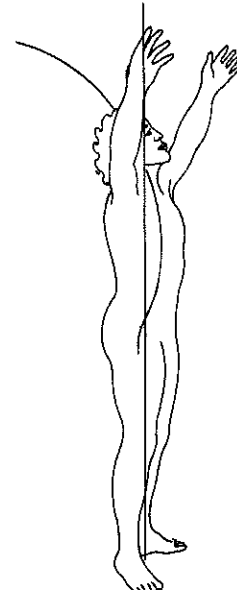
4



*Encircling
Wave
1,2,3*

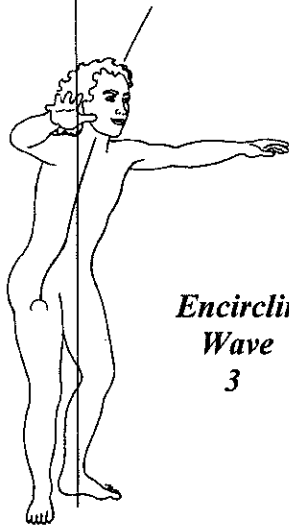
HORIZON

4



HEAVEN

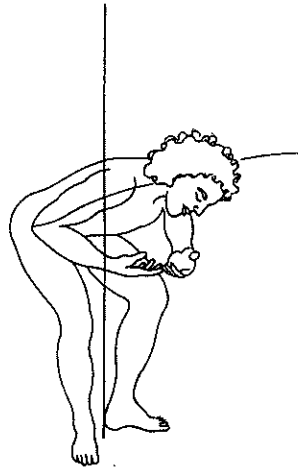
4



*Encircling
Wave
3*

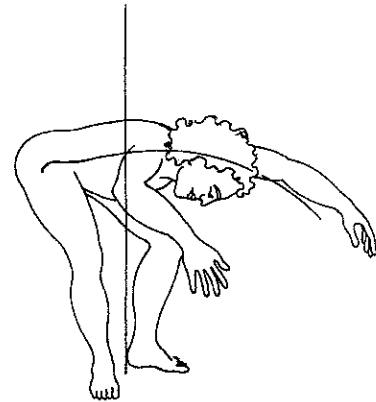
Unfolding Wave

1,2



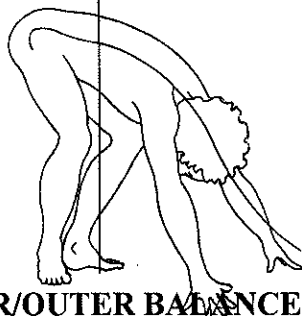
SUSPENDED HEART

4



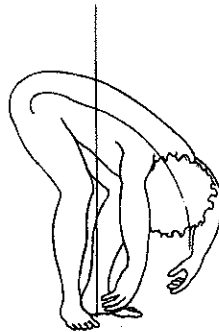
Releasing Wave

1,2,3



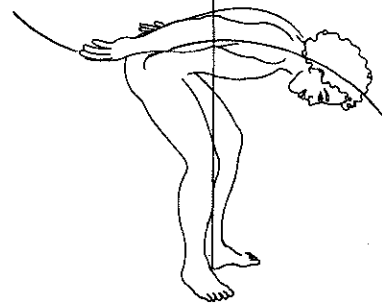
INNER/OUTER BALANCE

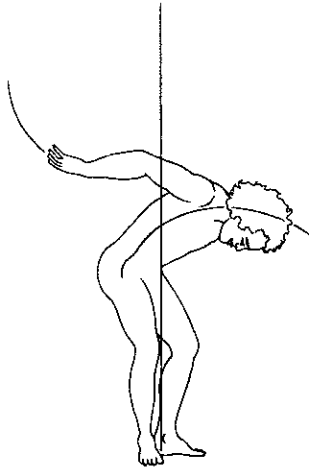
4



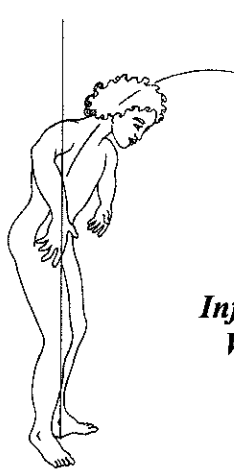
..... Riding The Wave.....

1



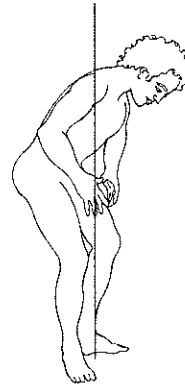


**SUSPENDED
BOUNDARIES**
2

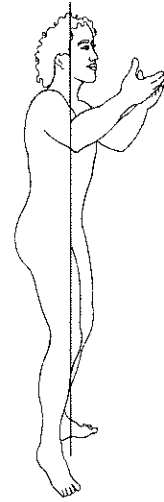


Encircling Wave
3

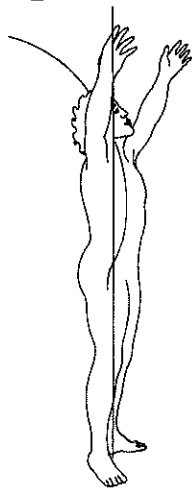
*Inflowing
Wave*
4



**ENTERING
FOUNDATION**
4&

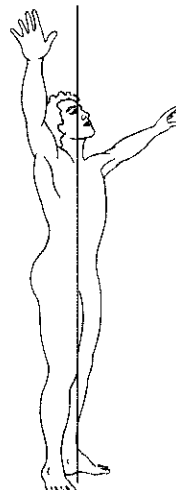


Unfolding Wave
1,2,3



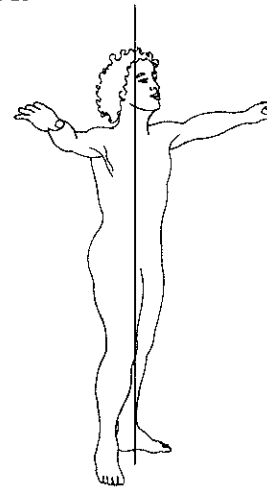
HEAVEN
4

*Expanding
Wave*
1

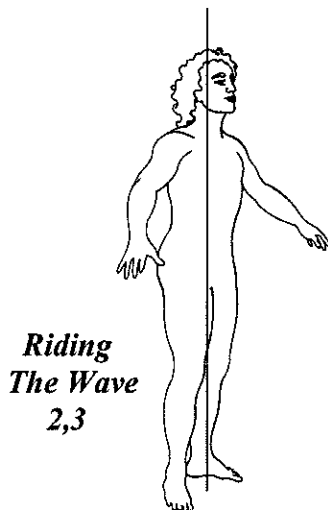


INFINITY
2

*Riding
The
Wave*
3



EXPANSION
4

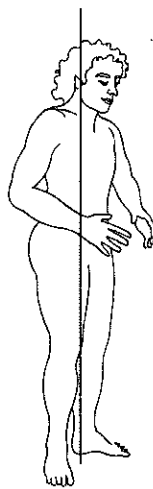


*Riding
The Wave*
2,3

MANDALA CROWN
4

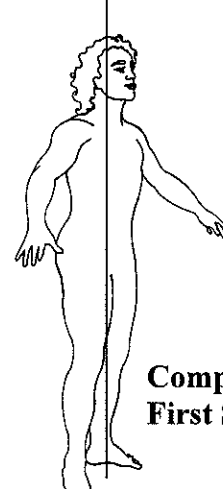
*Encircling
Earth*
1

*Inflowing
Wave*
2,3



FOUNDATION
4

*Outflowing
Wave*
1,2,3



CROWN
4

**Completion of
First Section**

SECTION II – SYMMETRICAL BALANCE

This Section expresses the unity of the six directions of space that is self equilibrium as experienced lying, naturally extended through the floor. The increased definition of these directions of symmetry within the body begins to further redefine and reveal the Seven Centers and the forces of balance, thus redirecting and transforming into balance old patterns of movement and neurological reflexes which may have been based on compensatory patterns of movement.

First Whole Movement – *Transitional Harmony*

Descending Harmony. The Path of Balance expressing the transition between standing O Point Balance and seated O Point Balance engaging the whole body in the frame to frame fusion of balanced movement.

O Point Seated - This is the definition of all the Centers suspended in three dimensions by the geometry of balance. In seated cross-legged there is a more defined perception of the symmetrical nature of balance because of the placement of the pelvis on the ground. Through this experience of simultaneous relationship of centering, the plumb line that is the center of gravity is transformed into the vertical line that is the center of expansional space.

Unity In Motion - This Movement, repeated from the First Section, expands, through learning and practice of the Path of Balance, into the simple, essential Movement that becomes a symbol for the entire study as it increasingly embodies all directions of space at once. This synchronicity of six directions is eventually understood to be an example of gravitational transference in which the center of gravity becomes the center of expansion. The union of this balance comes as a direct result of the interchanging relationship of the Seven Centers. In this interchanging relationship, the three above Centers constantly assist the centralization of the three below. Through the middle Center, the center of feeling, all Centers move in synchronicity in a constant three-dimensional relationship to the field of gravity.

0 Point to 0 Point – Arms and legs synchronized through the Path of Balance with the wave of the spine bringing the body from O Point Seated to the definition of O Point Elongation (lying down on the ground).

O Point Elongation - The Connection that is the definition of synchronicity of relationship between the nineteen centers, expressing the balanced symmetry of energy within the body as it is naturally extended through the floor.

Second Whole Movement – *The Four Directions in Perpetual Motion*

These Movements are the clear definitions of the six directions of space further expressing the unity between the nineteen centers as they are actualized through the Seven Centers through perpetual movement.

Moon: The Path of Balance within this Movement is very important as it is the clearest definition of the principle of gradational unfolding as learned through the unfolding and infolding waves of the arms uniting Neutral to Moon and Moon to Neutral.

The Connection of Moon is the balance of front & back as it relates to right & left, above & below directions of energy of the body, actualizing the opening of the Center of the Chest expanded through the center of shoulder girdle and arms.

True Side (corresponds to the Connection of Expansion) is the expansional definition of the Center of the Chest centralizing right and left as it relates to front and back and above and below. Initiating and returning to the Connection of Moon through the Path of Balance this Movement further actualizes the opening of the Center of the Chest, centralizing the unification of the three above and three below Centers.

Upper Diagonal The Path of Balance traveling from Moon to Upper Diagonal and back to Moon further centralizes the Solar Plexus and re-establishes the balanced transversal relationship of energy within the whole of the body.

Lower Diagonal The Path of Balance traveling from Moon to Lower Diagonal and back to Moon also redirects the transversal directions of the whole of the body as they become centralized at the Center of the Throat and Center of Head.

Alternate Leg Extension - The Alternate Leg Extension is the expression of the Path of Balance synchronizing all centerings as an interchanging balance between the legs.

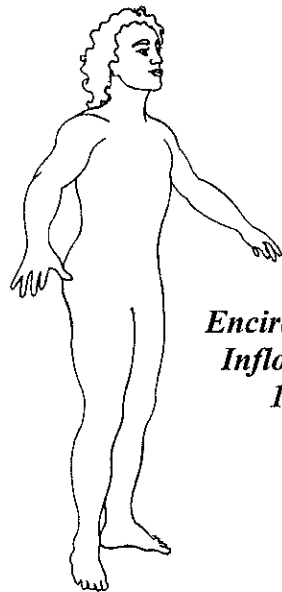
In linear thought, the Connections are the experience of the ever-expanding reality of the united Seven Centers and the Path of Balance is the direct expression of the movement/relationship between the Seven Centers. In unity, the Connection and the Path are the constant synergy between the bio-mechanical nature of the physical structure and the tensional energy that is the Geometry of Balance suspending the whole body in motion. Both perceptions are true.

Third Whole Movement - *The Cross of Space*

The Movements of **Sun**, **Horizon** and **Embracing Diamond** are three definitions of the horizontal plane. Through the Path of Balance of these Movements the horizontal plane expressed through the right and left centering of the shoulder girdle and arms (as it also relates to the right and left centering of the head and right and left centering of the pelvic girdle) is united with the vertical extension of the spinal column manifesting the "cross of space".

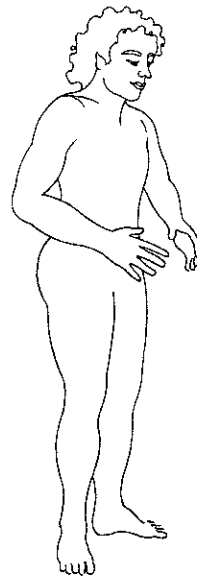
This union between the horizontal and vertical planes unites the three centers above and the three centers below merging the Seven Centers into one constant simultaneous movement. The practice of these Movements releases specifically the cervical & thoracic curvatures as well as the three-dimensional vertebrae of the spinal column.

SECOND SECTION—MOVEMENT 1—DESCENDING HARMONY



CROWN
4

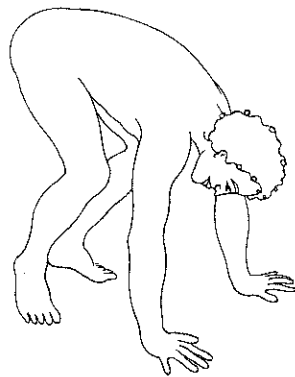
*Encircling Earth/
Inflowing Wave*
1,2,3



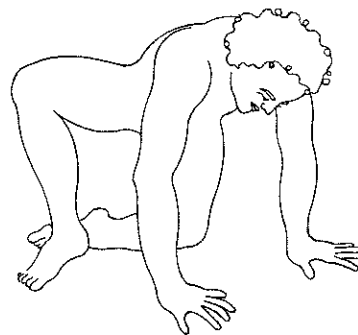
FOUNDATION
4

Raising Foundation
1

Releasing Wave
2,3,4,1



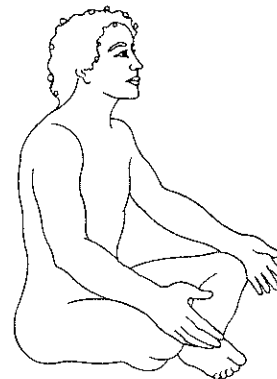
Descending Harmony.....
2,3,4



1,2,3,4

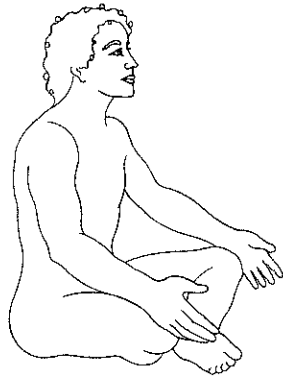


.....Descending Harmony
1,2,3,

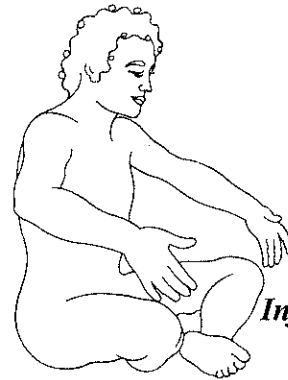


O POINT SEATED
4

SECOND SECTION—MOVEMENT 2—UNITY IN MOTION



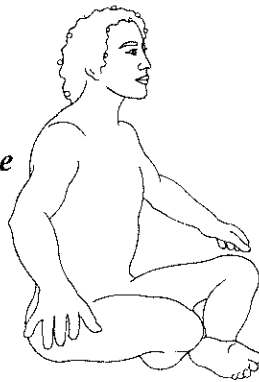
O POINT SEATED
4



Inflowing Wave
2,3
Encircling Earth/
1



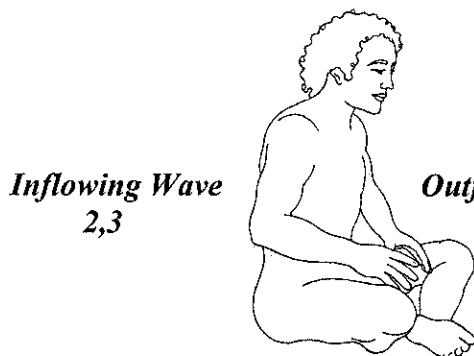
Outflowing Wave
1,2,3
FOUNDATION
4



CROWN
4

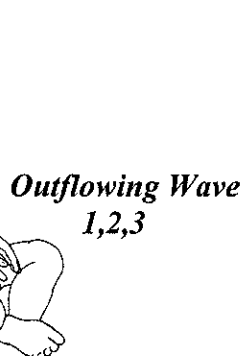


Encircling Earth/
1

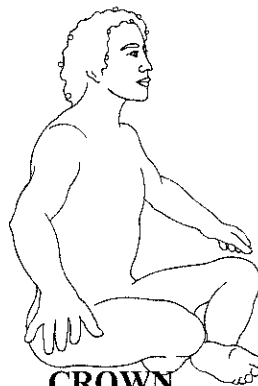


Inflowing Wave
2,3

FOUNDATION
4

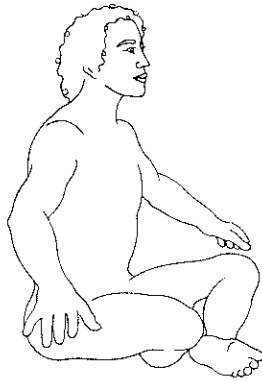


Outflowing Wave
1,2,3



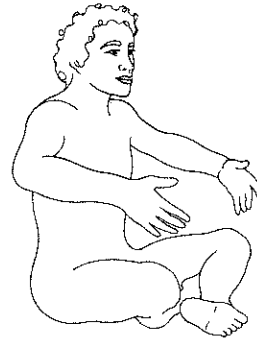
CROWN
4

SECOND SECTION—MOVEMENT 3



CROWN

4



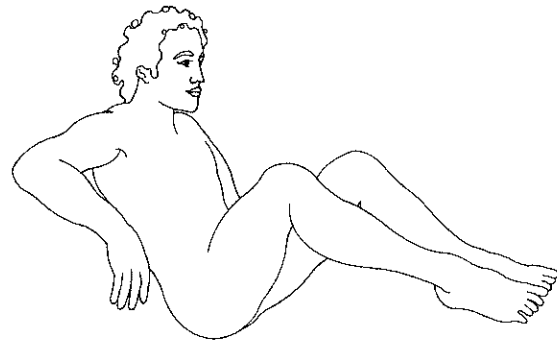
Sphere of Earth to Forward Earth

1.2



Releasing Foundation

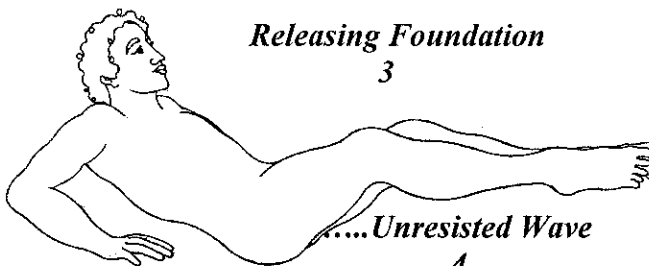
3



Unresisted Wave

4,1,2,3.....

*Supporting back with hands on floor
at count 1*



.....Unresisted Wave

4



SPINE ELONGATION
(moving Connection) 1

Sliding Into Neutral
2,3



NEUTRAL/NATURAL ELONGATION

4

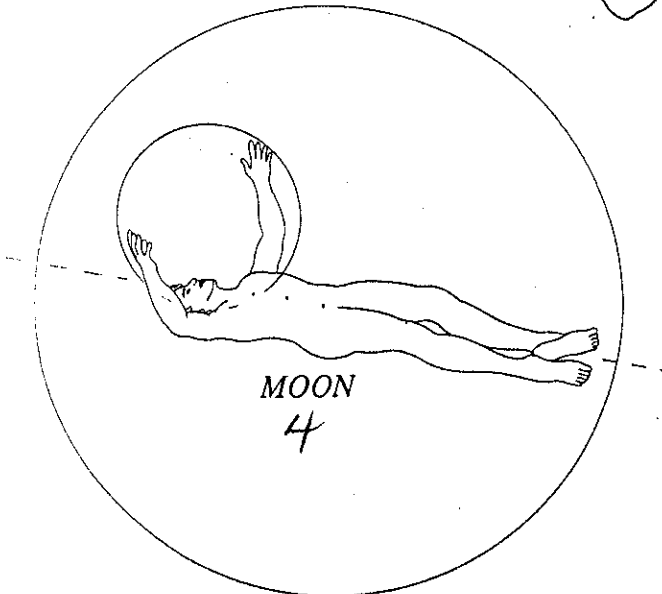
SECOND SECTION - MOVEMENT 4 MOON

Beginning in



NEUTRAL
4

Unfolding
Wave
1,2,3



MOON
4

Encircling
Wave
1,2,3,4,
Inflowing
Wave
1,2,3



Completing in

NEUTRAL
4

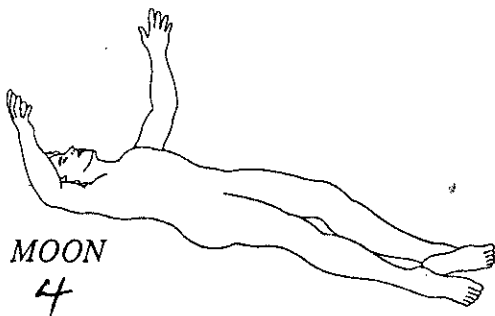
SECOND SECTION - MOVEMENT 5 - TRUE SIDE (Expansion)

Beginning in



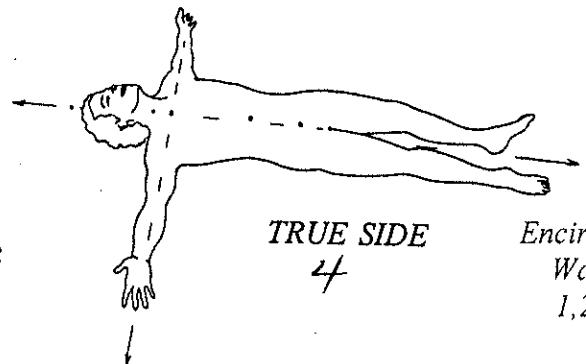
NEUTRAL
4

Unfolding
Wave
1,2,3



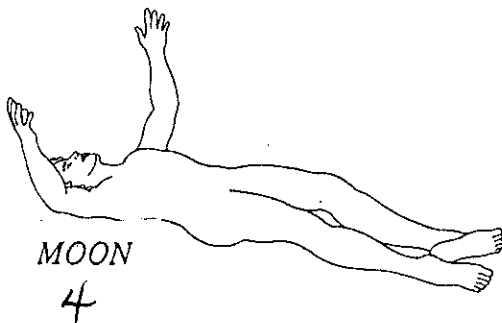
MOON
4

Expanding
Wave
1,2,3,4,1,2,3



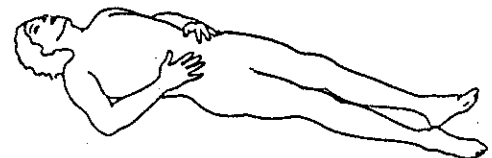
TRUE SIDE
4

Encircling
Wave
1,2,3



MOON
4

Encircling
Wave
1,2,3,4
Inflowing
Wave
1,2,3



Completing in

NEUTRAL
4

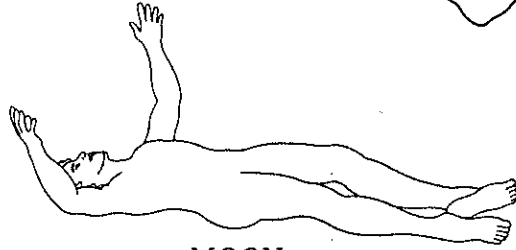
SECOND SECTION - MOVEMENT 6 - UPPER DIAGONAL (Infinity)

Beginning in



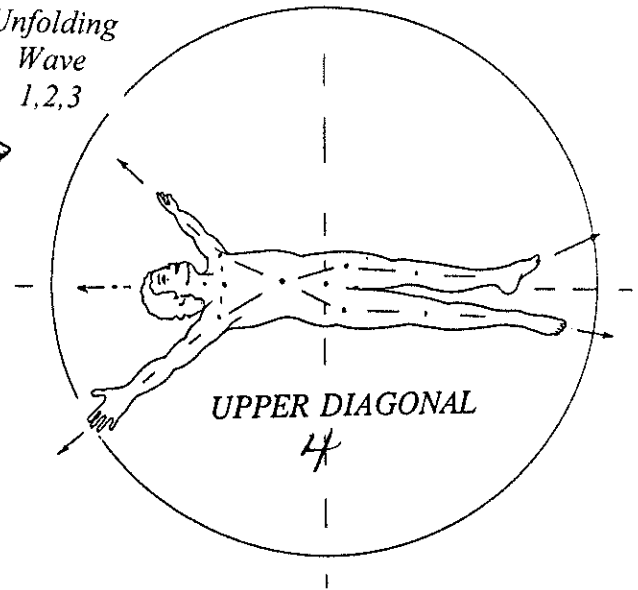
Unfolding
Wave
1,2,3

NEUTRAL
4



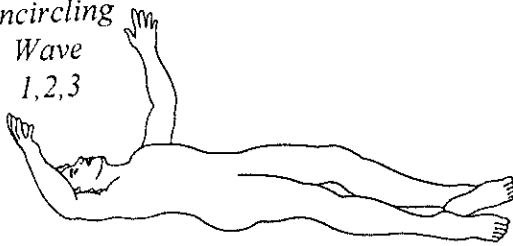
MOON
4

Expanding
Wave
1,2,3,4,1,2,3



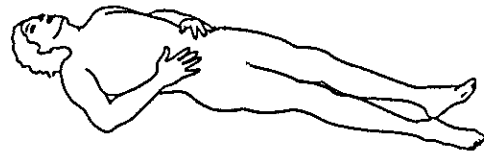
UPPER DIAGONAL
4

Encircling
Wave
1,2,3



MOON
4

Encircling
Wave
1,2,3,4
Inflowing
Wave
1,2,3



Completing in NEUTRAL
4

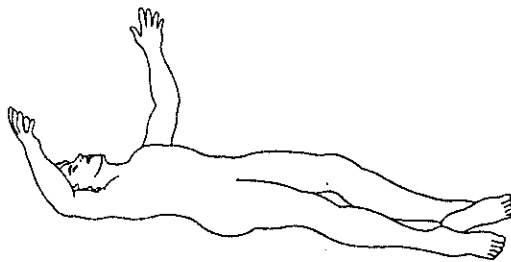
SECOND SECTION - MOVEMENT 7 - LOWER DIAGONAL (Crown)

Beginning in



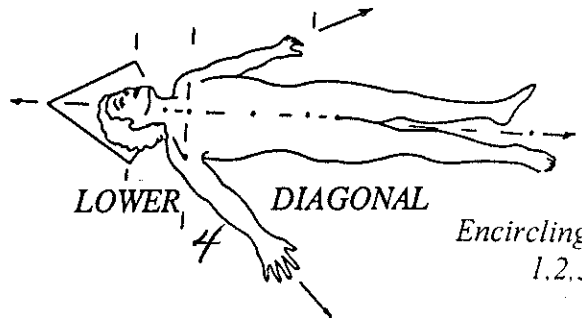
NEUTRAL
4

Unfolding
Wave
1,2,3



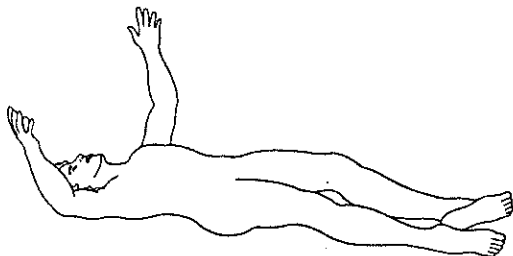
MOON
4

Expanding
Wave
1,2,3,4,1,2,3



LOWER
4
DIAGONAL

Encircling Wave
1,2,3



MOON
4

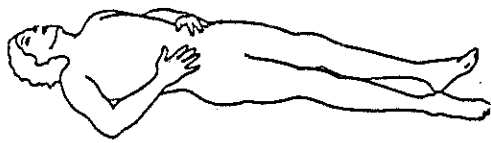
Encircling Wave
1,2,3,4
Inflowing Wave
1,2,3



Completing in NEUTRAL
4

SECOND SECTION - MOVEMENT 8 - ALTERNATE LEG EXTENSION

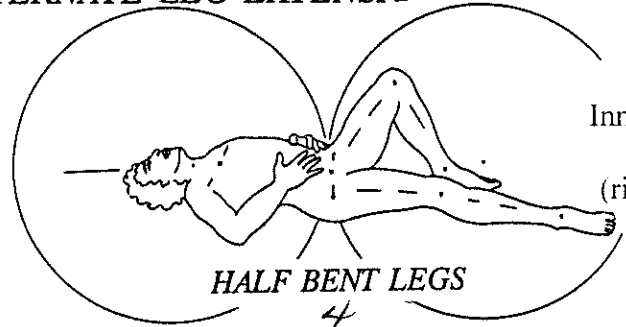
Beginning in



NATURAL ELONGATION

4

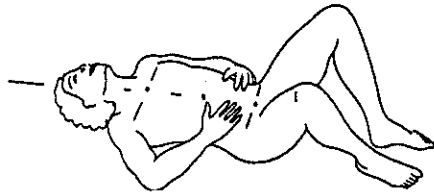
Inner/Outer
Wave
(left leg)
1.2.3



HALF BENT LEGS

4

Inner/Outer
Wave
(right leg)
1.2.3



NATURAL BENT LEGS

4

Inner/Outer
Wave
(left leg)
1.2.3



HALF LEG EXTENSION

4

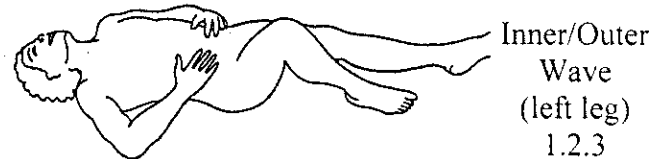
Inner/Outer
Wave
(right leg)
1.2.3



NATURAL ELONGATION

4

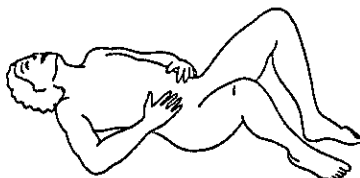
Inner/Outer
Wave
(right leg)
1.2.3



HALF BENT LEGS

4

Inner/Outer
Wave
(left leg)
1.2.3



NATURAL BENT LEGS

4

Inner/Outer
Wave
(right leg)
1.2.3



HALF LEG EXTENSION

4

Inner/Outer
Wave
(left leg)
1.2.3



NATURAL ELONGATION

4

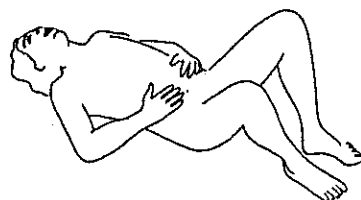
Inner/Outer
Wave
(left leg)
1.2.3



HALF BENT LEGS

4

Inner/Outer
Wave
(right leg)
1.2.3



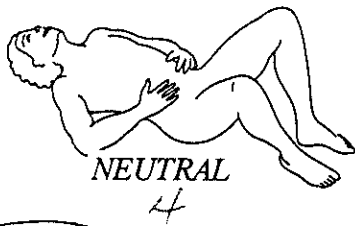
Completing in

NATURAL BENT LEGS

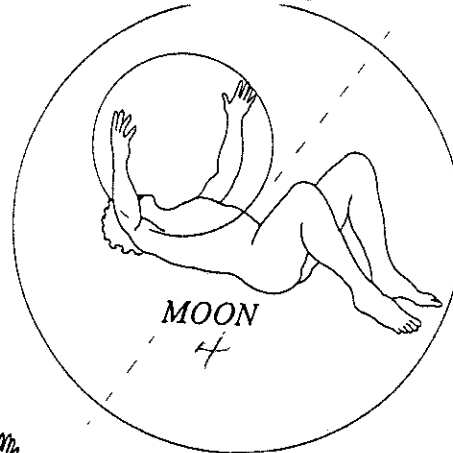
4

SECOND SECTION - MOVEMENT 9 · SUN/Natural Bent Legs

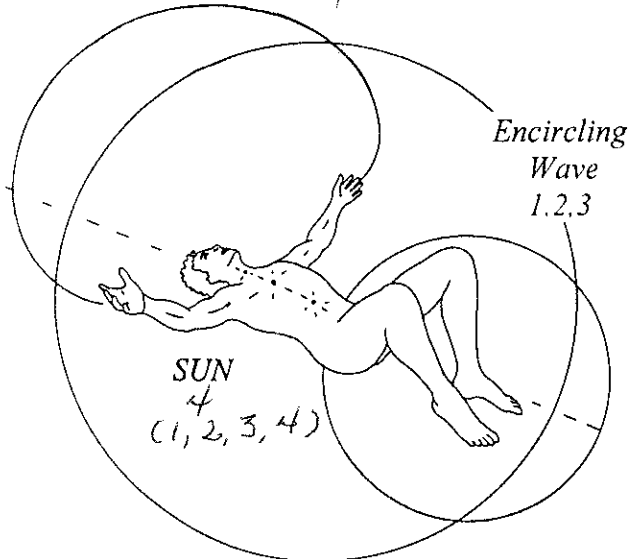
Beginning in



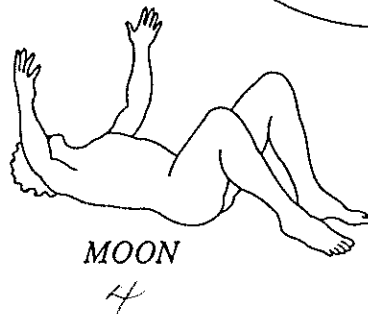
Unfolding
Wave
1,2,3



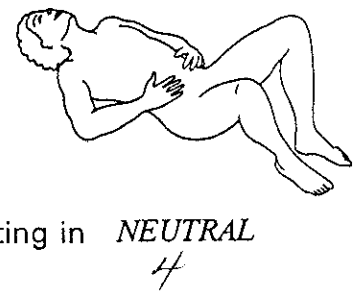
Expanding
Wave
1,2,3,4



Encircling
Wave
1,2,3



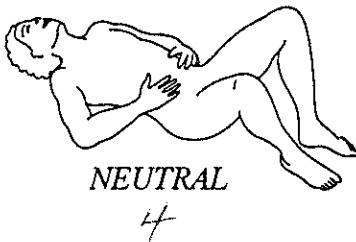
Encircling
Wave
1,2,3,4
Inflowing
Wave
1,2,3



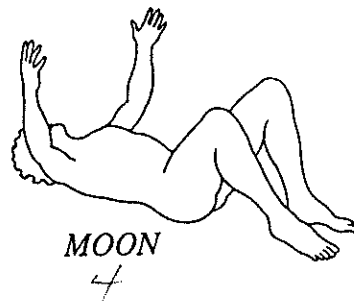
Completing in

SECOND SECTION - MOVEMENT 10 · HORIZON

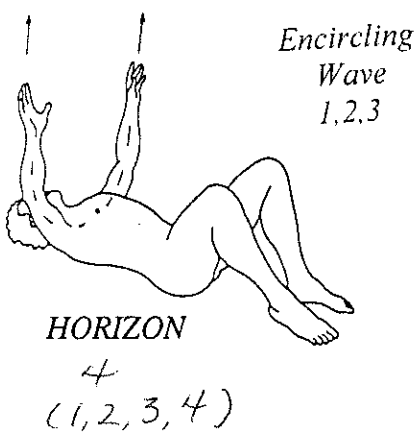
Beginning in



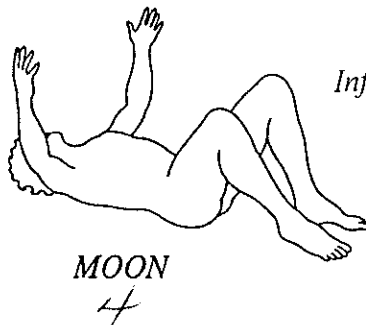
Unfolding
Wave
1,2,3



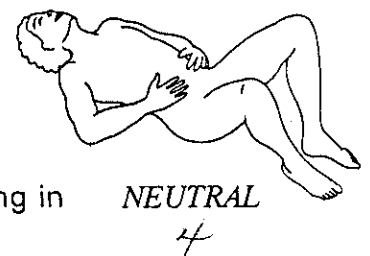
Releasing
Wave
1,2,3,4



Encircling
Wave
1,2,3



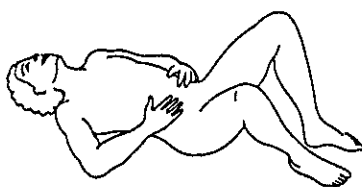
Encircling
Wave
1,2,3,4
Inflowing
Wave
1,2,3



Completing in

SECOND SECTION - MOVEMENT 11 - SUSPENDED DIAMOND

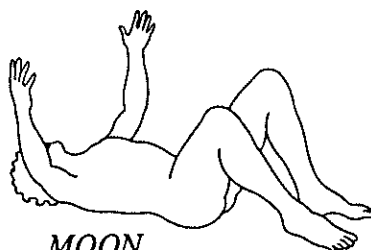
Beginning in



NEUTRAL

4

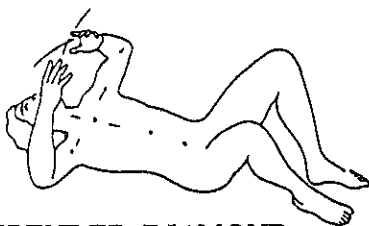
Unfolding
Wave
1,2,3



MOON

4

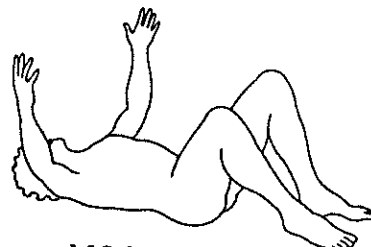
Encircling
Wave
1,2,3



SUSPENDED DIAMOND

4 (1,2,3,4)

Unfolding
Wave
1,2,3

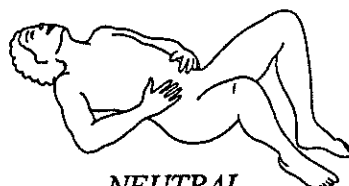


MOON

4

Encircling
Wave
1,2,3,4
Inflowing
Wave
1,2,3

Completing in



NEUTRAL

4

COMPLETION OF SECOND SECTION

SECTION III - ASYMMETRICAL BALANCE

In this Section we begin to connect, through asymmetrical movement, the transversal planes (right arm/left leg, left arm/right leg). These transversal connections are essential as it is through the transversal planes that the vertebrae of the spinal column in their unity with all segments of the skeleton can begin to find their own three-dimensional suspension. The transversal connections are essential because they allow us to stand vertically and walk in the natural suspension of balance.

First Whole Movement - *Transversal Unions*

Diamond, Moon Diamond and Embracing Diamond: Through the Path of Balance of these three Movements the transversal connections between spine, legs/arms and head become reinstated. This is the unification of energy in which asymmetry and symmetry become one and the same.

Second Whole Movement - *Expanding The Seven Centers*

Bridge, Criss Cross, Crown Heart , Face Release, Embracing Heart Within these Movements, the union between the transversal directions of the body becomes increasingly united through the Path of Balance. In this union, the Seven Centers come into clearer awareness revealing the central points of omni-directional expansion within the body.

Third Whole Movement – *Transversal Spirals*

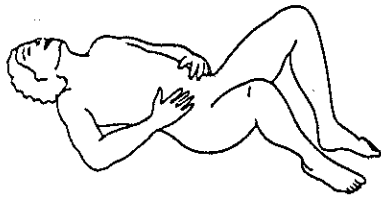
Side Rolling, Through the Path of Balance each vertebra of the spine extends through its natural spiral sense of motion, reinstating the full range of movement that exists within the asymmetrical expansion of the body.

Asymmetrical Elongation, Also called “The Inner Engine” the Path of Balance of this Movement utilizes all six directions of space to facilitate the continual merging between symmetry and asymmetry existing within the Geometry of Balance. Through this Movement the kinesthetic energy that the body creates through the motion regenerates and empowers the whole body.

****All following movements begin with left leg and right arm,
when repeated start with right leg and left arm****

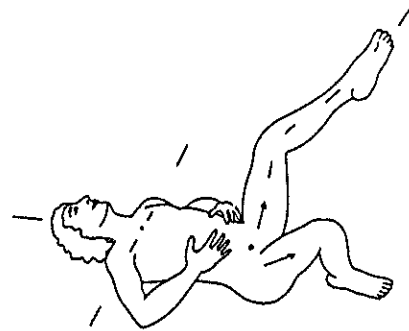
THIRD SECTION - MOVEMENT 1 - DIAMOND

Beginning in



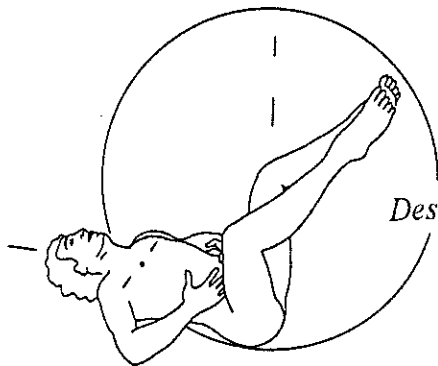
NATURAL BENT LEGS
4

*Unfolding
Wave
left leg
1.2.3*



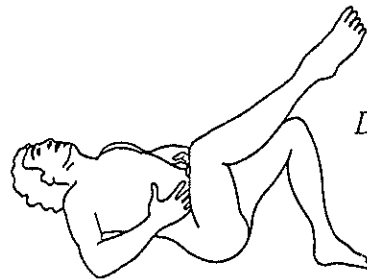
HALF DIAMOND LEGS
4

*Unfolding
Wave
right leg
1.2.3*



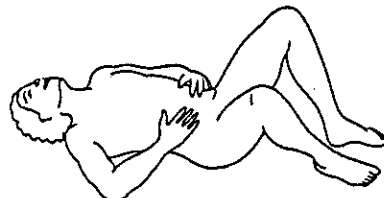
DIAMOND
4

*Descending/Ascending
Wave
left leg
1.2.3*



HALF NATURAL BENT LEGS
4

*Descending/Ascending
Wave
right leg
1.2.3*



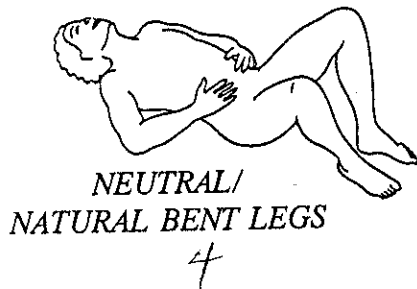
Completing in

NATURAL BENT LEGS
4

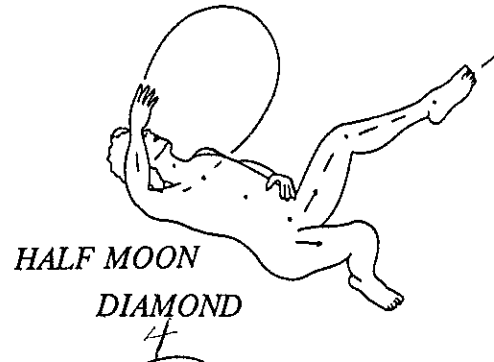
REPEAT ENTIRE MOVEMENT BEGINNING WITH RIGHT LEG

THIRD SECTION - MOVEMENT 2 - MOON DIAMOND

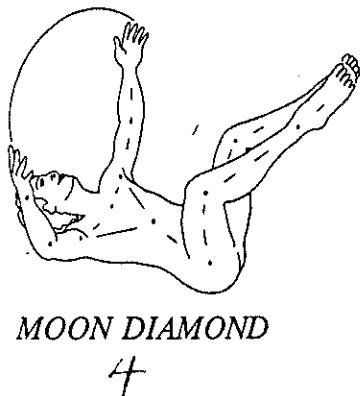
Beginning in



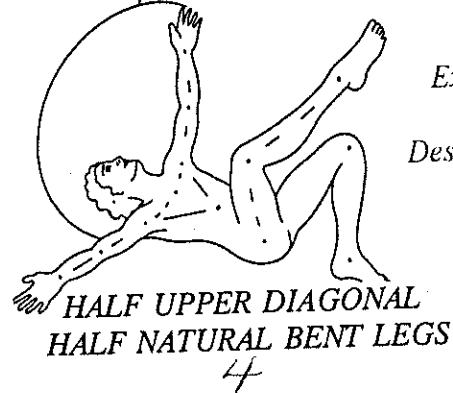
Unfolding
Wave
right arm
left leg
1.2.3



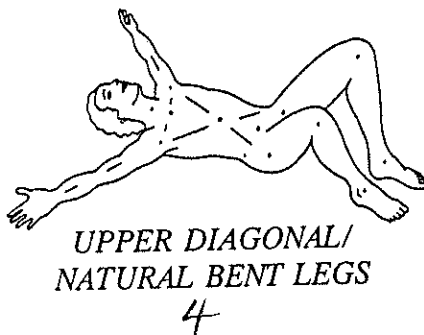
Unfolding
Wave
left arm
right leg
1.2.3



Expansional
Wave
right arm
Descending/Ascending
Wave
left leg
1,2,3



Expansional Wave
left arm
Descending Ascending
Wave
right leg
1.2.3

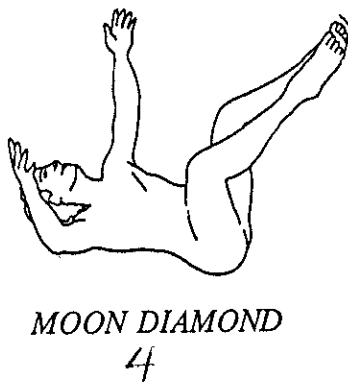


Repeating with:

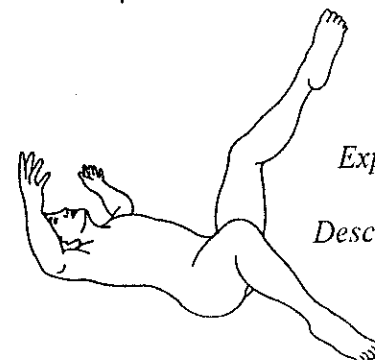
Encircling Wave
left arm
Unfolding Wave
right leg
1.2.3



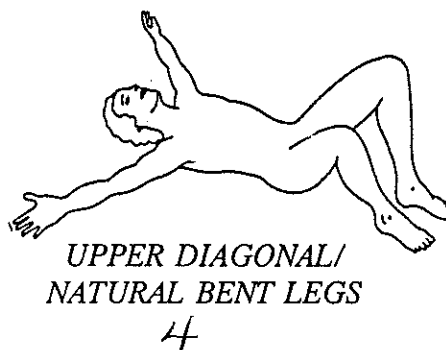
Encircling Wave
right arm
Unfolding Wave
left leg
1.2.3



Expansional Wave
left arm
Descending/Ascending
Wave
right leg
1.2.3



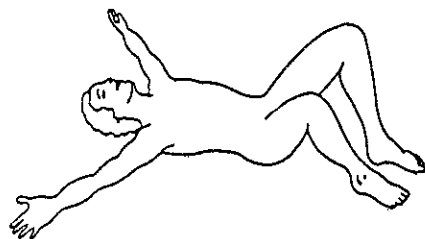
Expansional Wave
right arm
Descending/Ascending
Wave
left leg
1.2.3



Completing in

THIRD SECTION - MOVEMENT 3 - EMBRACING DIAMOND

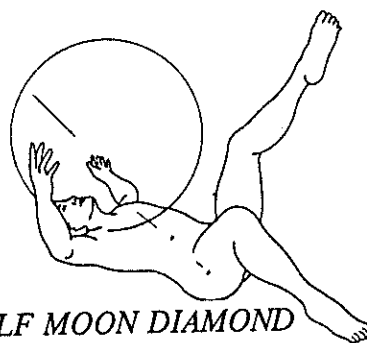
Beginning in



UPPER DIAGONAL/
NATURAL BENT LEGS

4

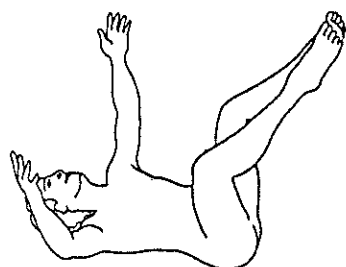
Encircling Wave
right arm
Unfolding Wave
left leg
1.2.3



HALF MOON DIAMOND

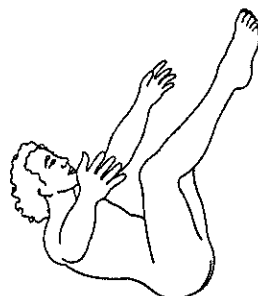
4

Encircling Wave
left arm
Unfolding Wave
right leg
1.2.3



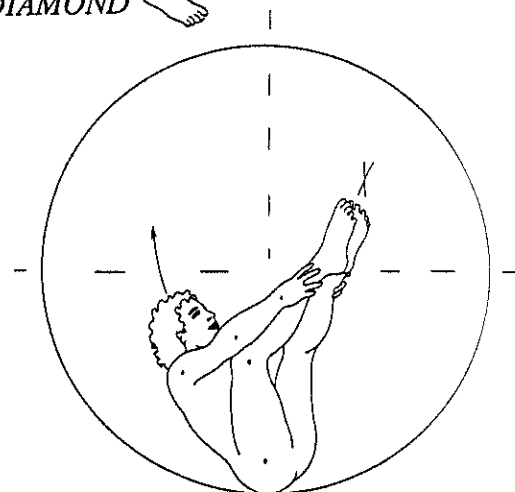
MOON DIAMOND

4



Encircling Diamond
Wave

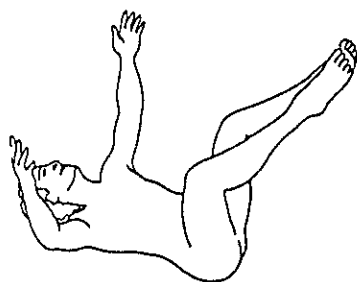
1.2.3



EMBRACING DIAMOND

4

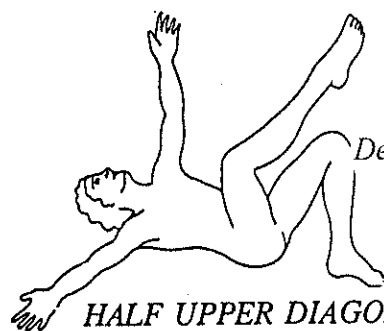
Merging
Wave
1.2.3



MOON DIAMOND

4

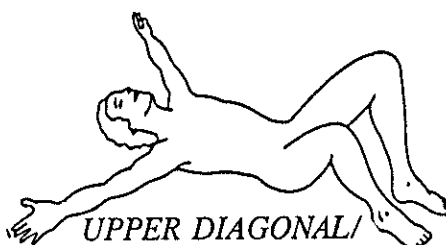
Expanding Wave
right arm
Descending/Ascending
Wave
left leg
1.2.3



HALF UPPER DIAGONAL/
HALF NATURAL BENT LEGS

4

Expanding Wave
left arm
Descending/Ascending
Wave
right leg
1.2.3



UPPER DIAGONAL/
NATURAL BENT LEGS

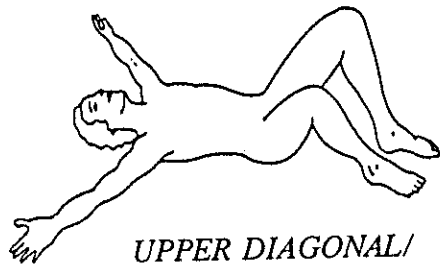
4

Completing in

Repeat entire Movement starting with left arm, right leg.

THIRD SECTION - MOVEMENT 4 - BRIDGE

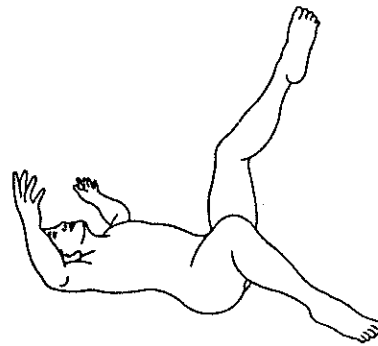
Beginning in



UPPER DIAGONAL/
NATURAL BENT LEGS

4

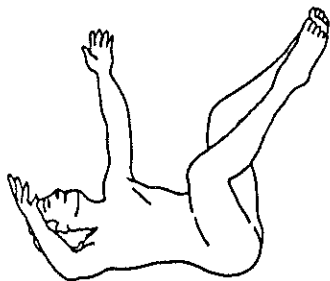
Encircling Wave
right arm
Unfolding Wave
left leg
1,2,3



HALF MOON DIAMOND

4

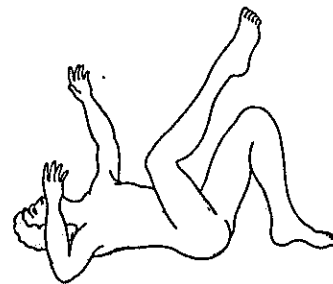
Encircling Wave
left arm
Unfolding Wave
right leg
1,2,3



MOON DIAMOND

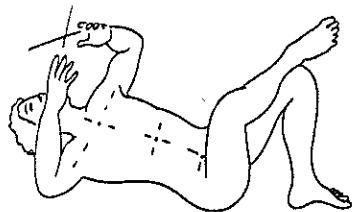
4

Encircling Wave
right arm
Descending/Ascending
Wave
left leg



1,2,3

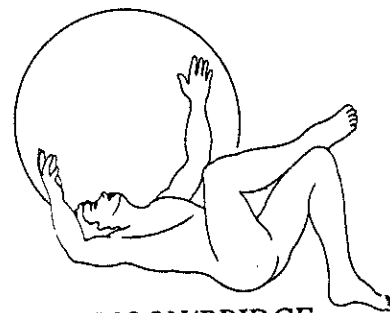
joining the
movement with
Encircling Wave
left arm
Descending/Ascending
Wave
right leg
4,1,2,3



SUSPENDED DIAMOND/
BRIDGE

4

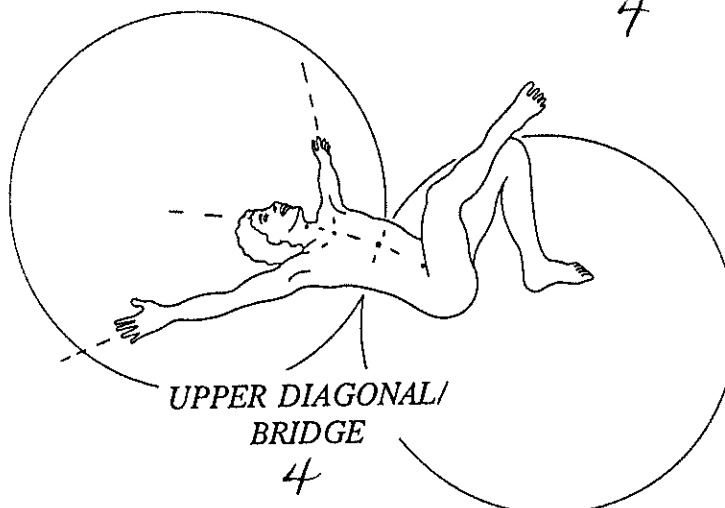
Unfolding Wave
1,2,3



MOON/BRIDGE

4

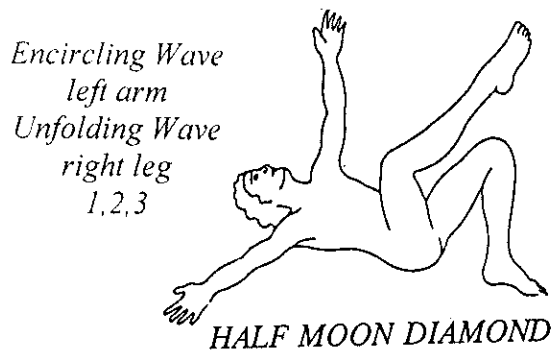
Expanding Heart
Wave
1,2,3



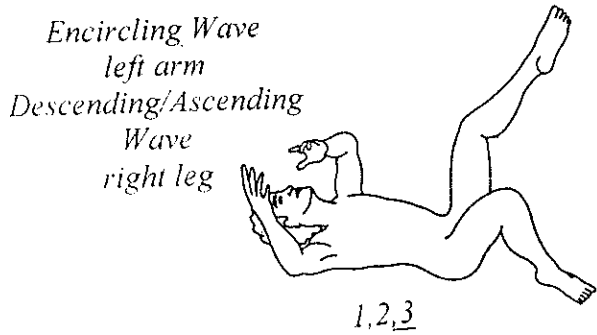
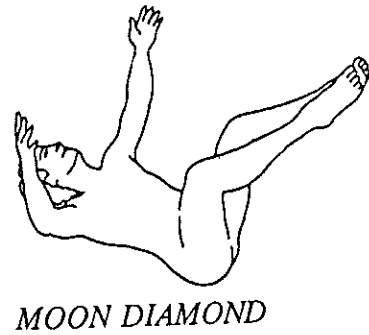
UPPER DIAGONAL/
BRIDGE

4

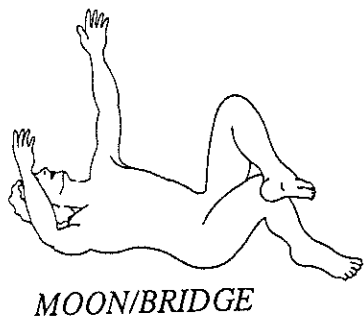
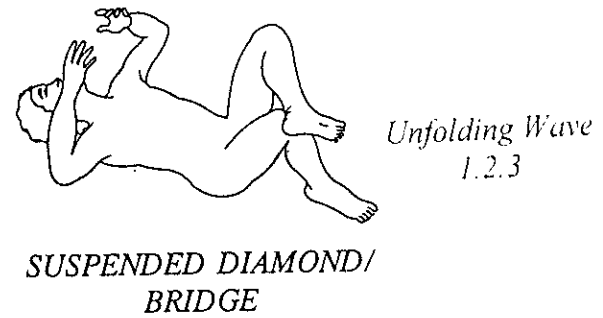
Repeating with:



Encircling Wave
right arm
Unfolding wave
left leg
1,2,3

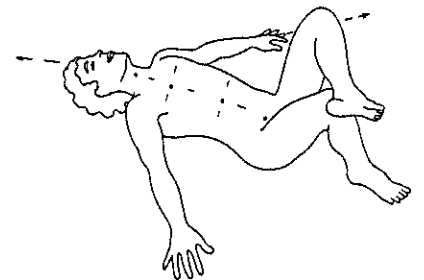


joining the
movement with
Encircling Wave
right arm
Encircling Wave
left leg
4, 1,2,3



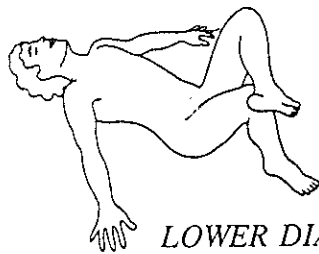
Expanding Wave
1,2,3

Completing in



THIRD SECTION - MOVEMENT 5 - CRISS CROSS

Beginning in



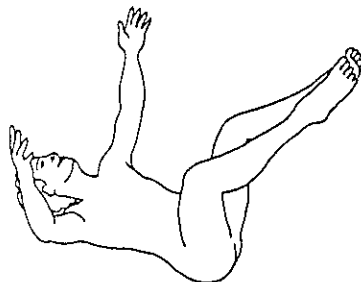
LOWER DIAGONAL/
BRIDGE

Unfolding Wave
right arm
Encircling Wave
left leg
1,2,3



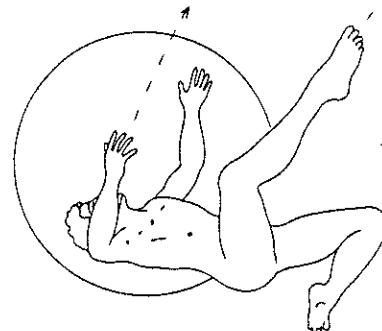
HALF MOON DIAMOND

Unfolding Wave
left arm
Encircling Wave
right leg
1,2,3



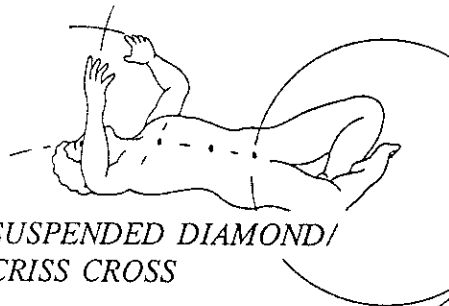
MOON DIAMOND

Encircling Waves
right arm
left leg
1,2,3



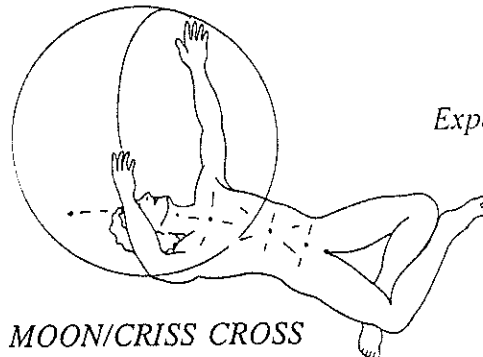
HALF SUSPENDED DIAMOND/
HALF CRISS CROSS

Encircling Waves
left arm
right leg
1,2,3



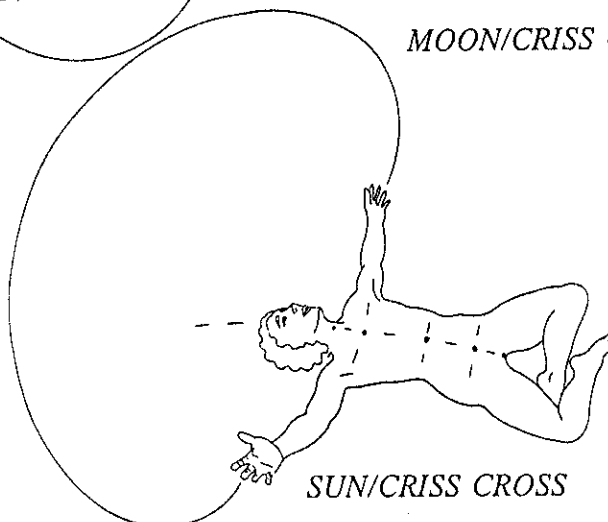
SUSPENDED DIAMOND/
CRISS CROSS

Unfolding Wave
1,2,3



MOON/CRISS CROSS

Expansional Wave
1,2,3

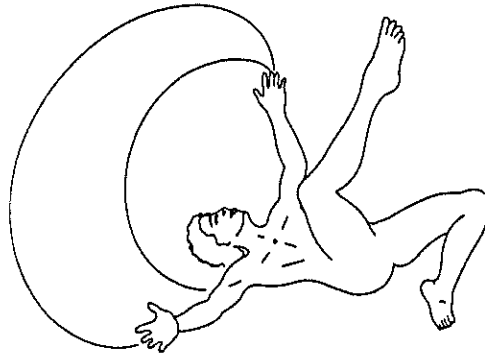


SUN/CRISS CROSS

Repeat Criss Cross
Continuing with...

THIRD SECTION - MOVEMENT 6 - CROWN HEART/CRISS CROSS

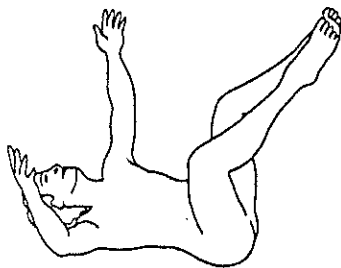
Encircling Wave
left arm
Unfolding Wave
right leg
1,2,3



HALF DIAMOND MOON

4

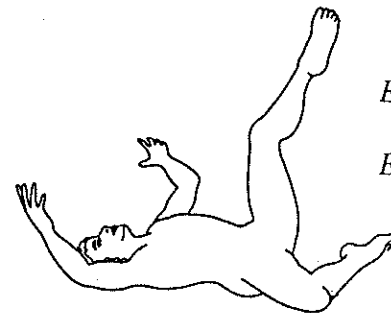
Encircling Wave
right arm
Unfolding Wave
left leg
1,2,3



DIAMOND MOON

4

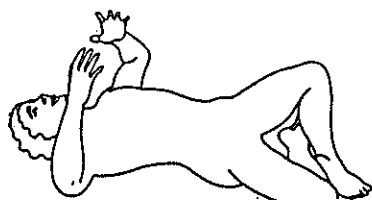
Encircling Wave
left arm
Encircling Wave
right leg
1,2,3



HALF SUSPENDED DIAMOND
HALF CRISS CROSS

4

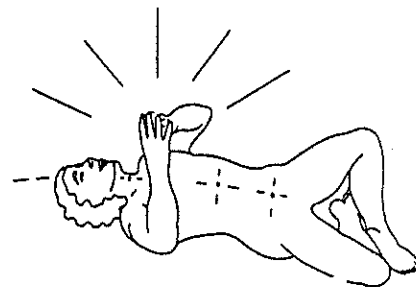
Encircling Wave
right arm
Encircling Wave
left leg
1,2,3



SUSPENDED DIAMOND/
CRISS CROSS

4

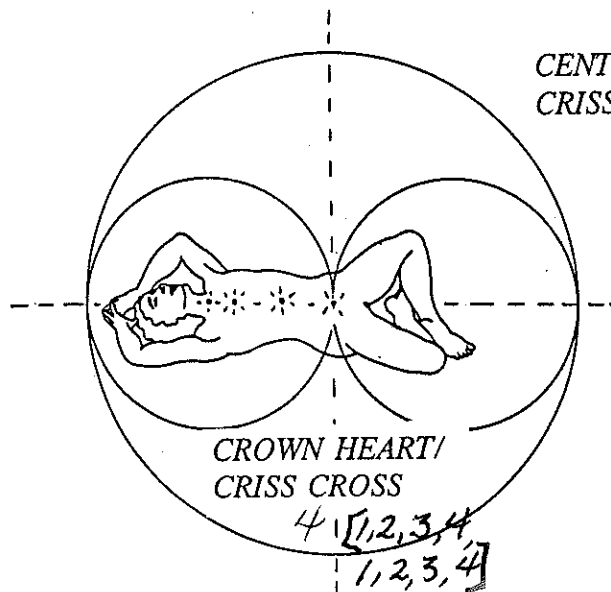
Encircling Wave
1,2,3



CENTRAL HEART/
CRISS CROSS

4

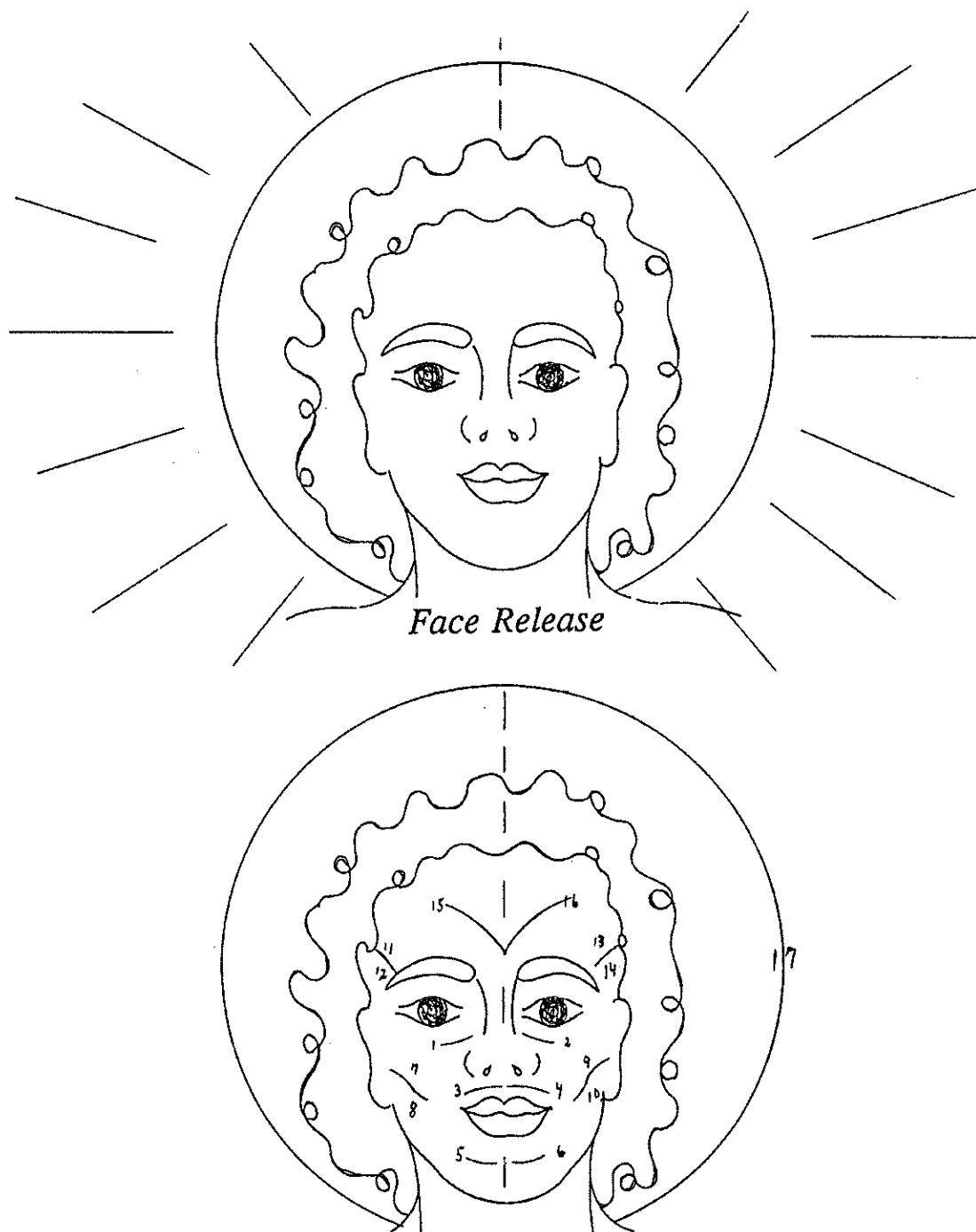
Merging Wave
1,2,3,4,1,2,3



CROWN HEART/
CRISS CROSS

4 [1,2,3,4]
1,2,3,4

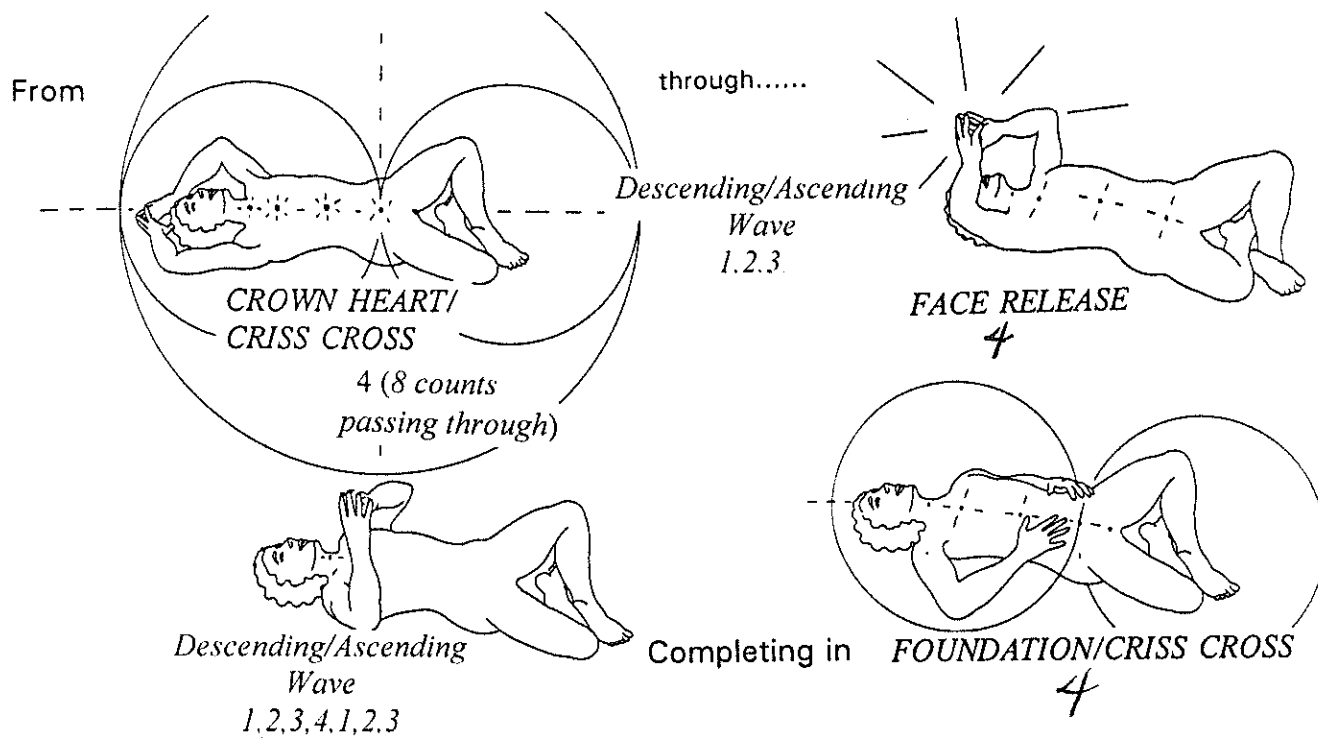
Interconnecting
to next Movement



As all of the Movements of Unity In Motion begin to release the directions of the skeleton, fascia and muscles of the body and as the essential form of the spinal column becomes revealed, all the muscles in the face also become naturally redefined. All forms of stress and physical and emotional pain that have been stored within the consciousness of each individual being become released through the seventeen polarities of the face.

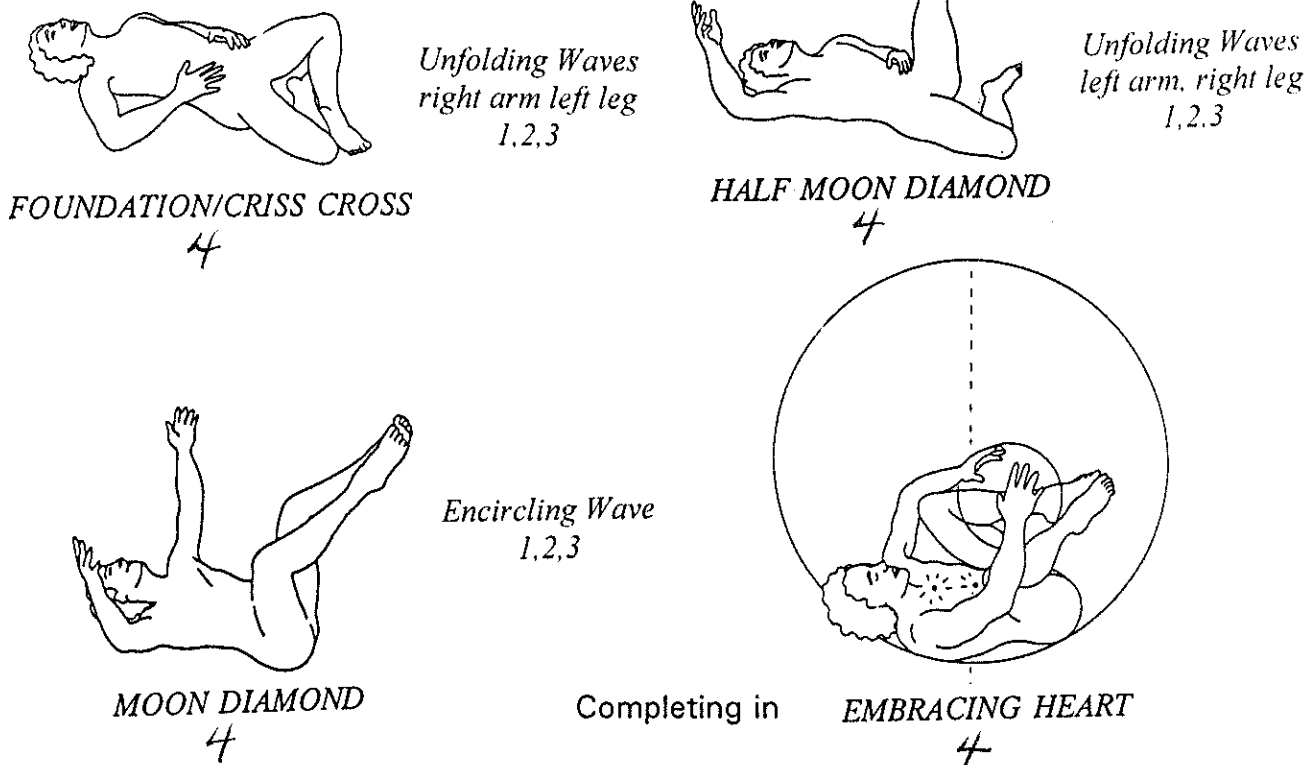
The seventeen polarities of the face are: 1 and 2: the symmetrical release of the upper cheeks of the face. 3 and 4: the release of the upper lip. 5 and 6: the release of the chin defining the form of the jaw. 7 and 8: the release of the right upper and lower mandible. 9 and 10: the release of the left upper and lower mandible. 11 and 12: the release of the upper and lower right temple. 13 and 14: the release of the upper and lower left temple. 15 and 16: the release of the right and left side of the forehead and 17: the release/expansion of the entire face at once.

THIRD SECTION - MOVEMENT 7 - FACE RELEASE/CRISS CROSS



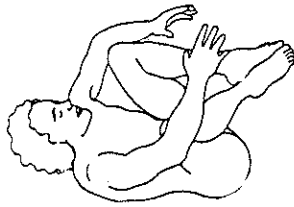
THIRD SECTION - MOVEMENT 8 - EMBRACING HEART

Beginning in



THIRD SECTION - MOVEMENT 9 - SIDE ROLLING

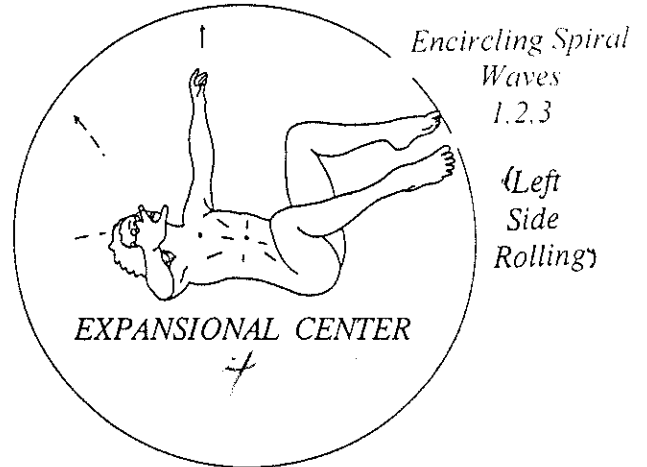
Beginning in



Releasing Wave
1.2.3

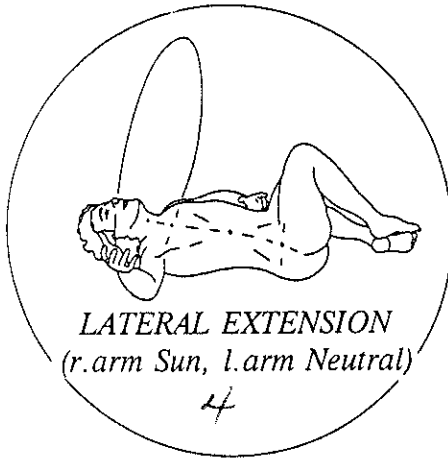
EMBRACING HEART

4



EXPANSIONAL CENTER

4

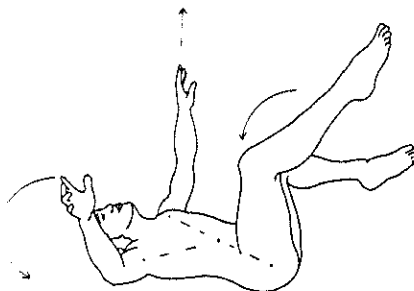


LATERAL EXTENSION
(r.arm Sun, l.arm Neutral)

4



Encircling Waves
1.2.3

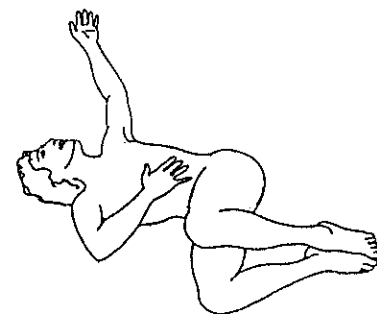


ASYMMETRICAL CENTER

4

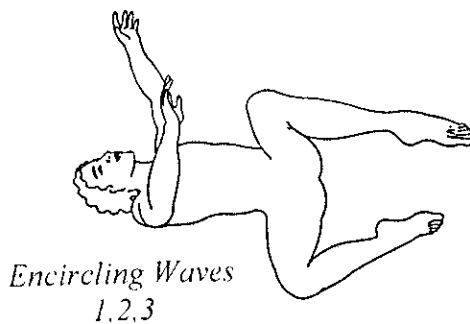
(Right
Side
Rolling)

Encircling Spiral
Waves
1.2.3

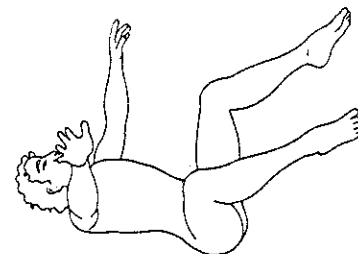


LATERAL EXTENSION
(l arm Sun, r. arm Neutral)

4



Encircling Waves
1.2.3

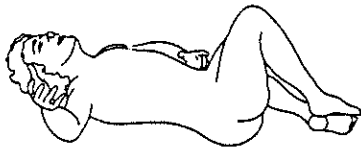


ASYMMETRICAL CENTER

4

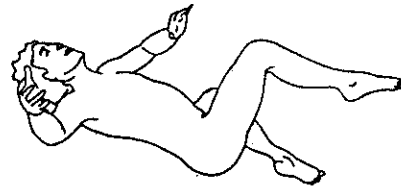
Repeating with:

(Left
Side
Rolling)



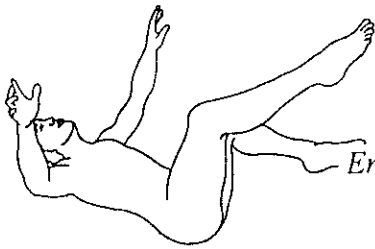
LATERAL EXTENSION
Encircling Spiral (r. arm Sun, l arm Neutral)
Waves
1,2,3

4



Encircling Waves
1,2,3

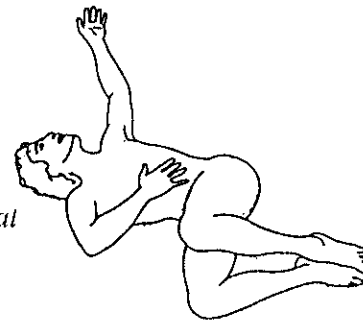
(Right
Side
Rolling)



Encircling Spiral
Waves
1,2,3

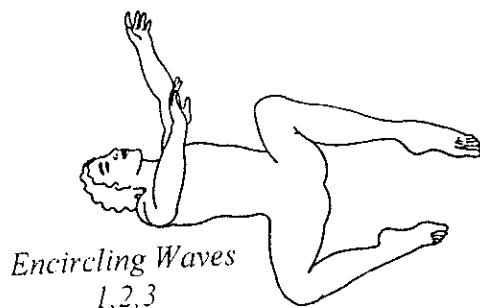
ASYMMETRICAL CENTER

4

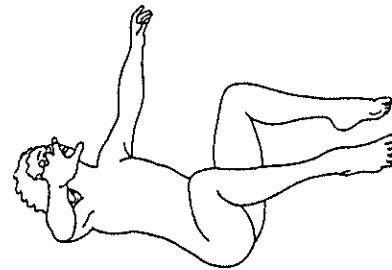


LATERAL EXTENSION
(l. arm Sun, r. arm Neutral)

4



Encircling Waves
1,2,3

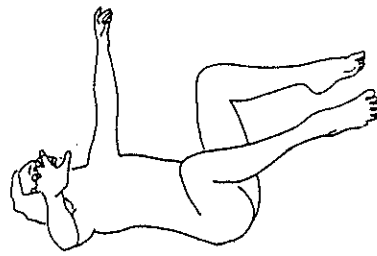


Completing in *EXPANSIONAL CENTER*

4

THIRD SECTION - MOVEMENT TEN - ASYMMETRICAL ELONGATION

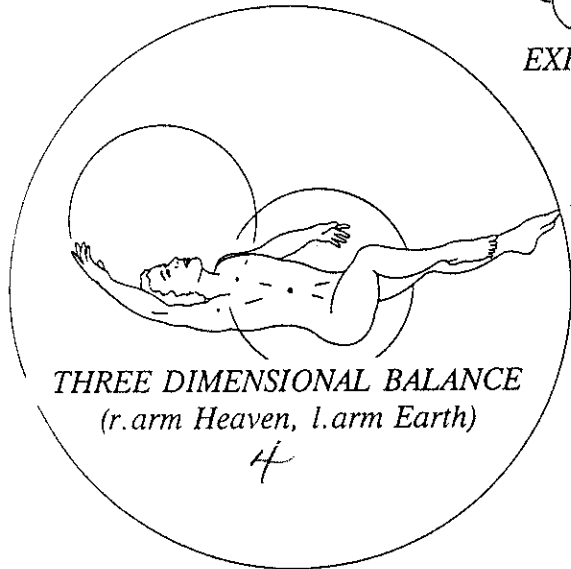
Beginning in



EXPANSIONAL CENTER

4

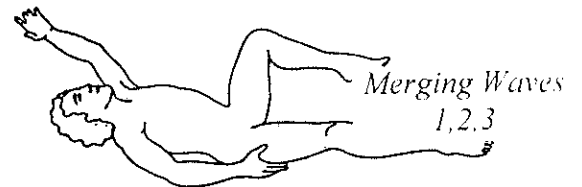
Merging Waves
1,2,3



THREE DIMENSIONAL BALANCE
(r. arm Heaven, l. arm Earth)

4

Merging Waves
1,2,3



THREE DIMENSIONAL BALANCE
(l. arm Heaven, r. arm Earth)

4

Merging Waves
1,2,3



THREE DIMENSIONAL BALANCE
(l. arm Heaven, r. arm Earth)

4

Merging Waves
1,2,3

Merging Waves
1,2,3



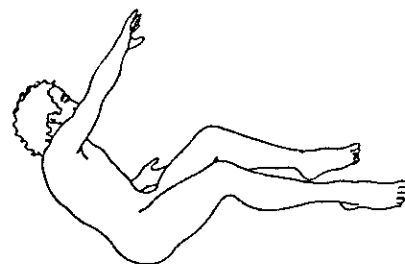
THREE DIMENSIONAL BALANCE
(r. arm Heaven, l. arm Earth)

4

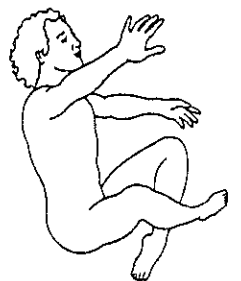


THREE DIMENSIONAL BALANCE
(r. arm Heaven, l. arm Earth)

4



Encircling Wave
1, ②, 3, 4



Riding The Wave
①, 2



Encircling Wave
3



Completing in O POINT EQUILIBRIUM
Seated
4

COMPLETION OF THIRD SECTION

Section IV – The Geometry of Self

In this Section the student cumulatively becomes the experience of the softness and strength of balance. Now, as all prior mental, structural and energetic definitions begin to blend with the whole movement that is the Geometry of Balance, we become increasingly accurate in our matching of gravity with expansion. This is the Path of Balance as our moving center of gravity connecting and expanding us internally and externally, with the natural movement of life.

First Whole Movement - *The Flower of Life*

Seated: Unity In Motion, Seated Full Mandala (Outer/Inner, Inner/Outer), Moon and Around the Crown, Horizon and Above the Crown, Lateral Mandala, Leg Release - This series of Movements are a synthesis of the First Section Movements. They are here unified into the one seamless Path of Balance that allows us to experience the reality of our own individual self as The Flower of Life. All mysteries regarding the nature of our existence and the reality of balance gradually dissolve as we begin to experientially perceive our communion with Universe.

Second Whole Movement – *Exalted Self*

Interchanging Wave, Crowning the Earth, Deity, Leg Release - Further unification that reveals the dimensions of motion within the spinal column and the natural planes of its curvatures. The subtle feeling of the Path of Balance uniting these Movements gives the student an especially direct experience of the exalted nature of our true Self being suspended and moved by the Geometry of Balance.

Third Whole Movement – *Suspended Balance*

Suspended Spirals and Rolling Spirals. As the geometry of three-dimensional space matches the geometry that is the internal relationship of our bodies in motion, we merge with the geometrical spirals that support and sustain us in balance.

Fourth Whole Movement – *Merging With Three Dimensions*

Full Rolling Mandala, Simple Rolling Mandala, Infinite Rolling. As the Path of Balance releases our bodies into the spirals of unresisted momentum we further experience how the inner and outer sense of self is one universal movement.

Fifth Whole Movement - *Strength and Softness*

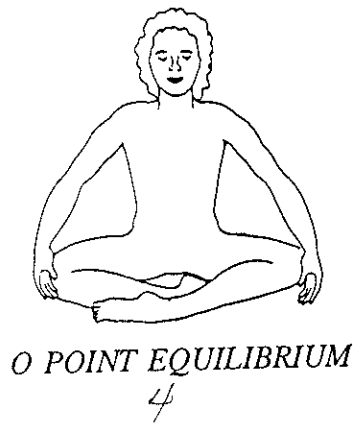
Zen/Salutation, Descending/Ascending Balance, Full Body Rolling. The Path of Balance of this Movement teaches us to use the natural centered weight of the body to strengthen all muscles and to yield within the skeleton so that the fascia, ligaments and muscles becomes one simultaneous sense of movement. From this communion with unity we experience strength without hardness. We experience suppleness without tightness. We experience how strength and softness are one and the same.

Sixth Whole Movement - *Ascending Harmony*

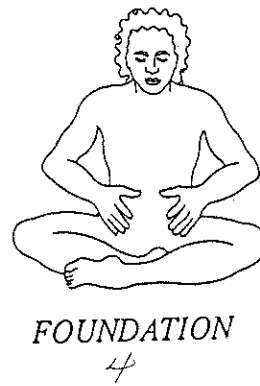
In this transitional Movement the Path of Balance teaches us to allow the field of gravity to support and suspend the ever-changing center of weight of our bodies assisting us in a frame-to-frame graceful ascent to standing O Point Balance.

SECTION FOUR - MOVEMENT 1 - UNITY IN MOTION

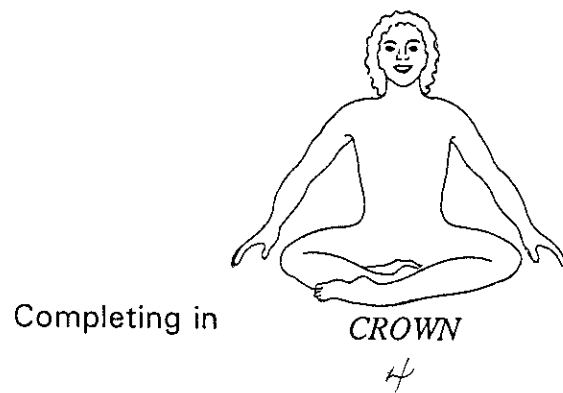
Beginning in



Natural
Engagement/
Inflowing
Wave
1, 2, 3

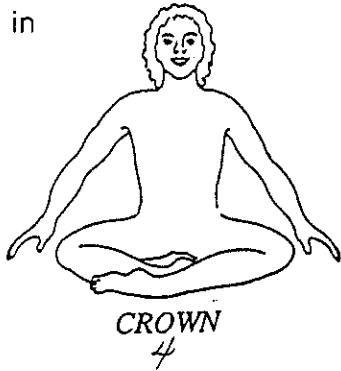


Outflowing
Wave
1, 2, 3

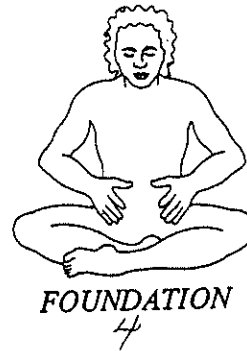


SECTION FOUR - MOVEMENT 2 - SEATED MANDALA (Outer/Inner)

Beginning in



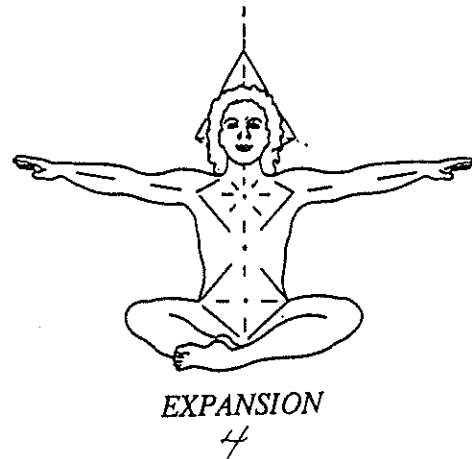
Sphere of Earth/
Inflowing
Wave
1, 2, 3



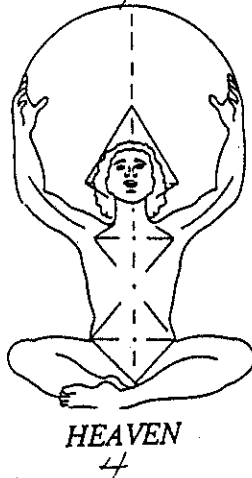
Unfolding
Mandala
1, 2, 3



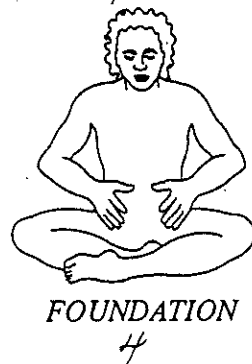
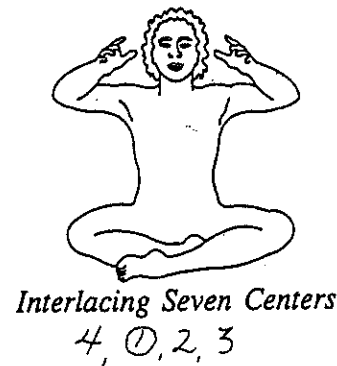
Riding
The
Wave
1, 2, 3



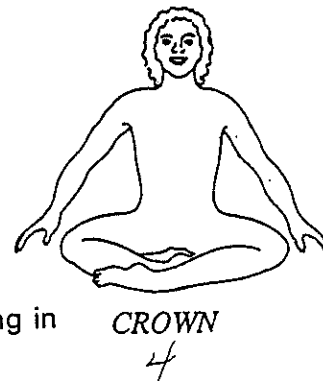
Unfolding
Heaven
1, 2, 3



Entering Crown
1, 2, 3



Outflowing
Wave
1, 2, 3



Completing in

SECTION FOUR - MOVEMENT 3 - SEATED MANDALA (Inner/Outer)

Continuing from
CROWN with

4



Sphere of Earth/

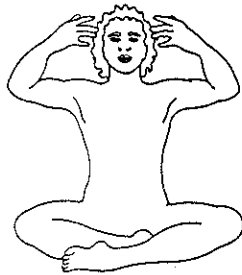
1

Inflowing
Wave
2, 3



FOUNDATION

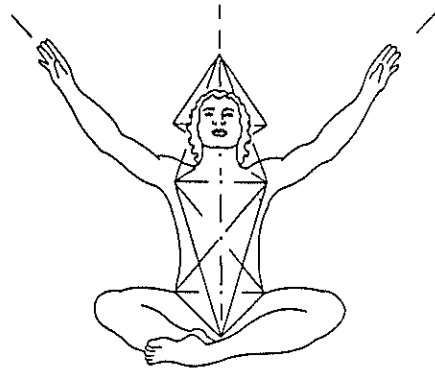
4



Opening Through Centers

1, 2, ③

Infinity/s
Gate
4, 1



INFINITY

2

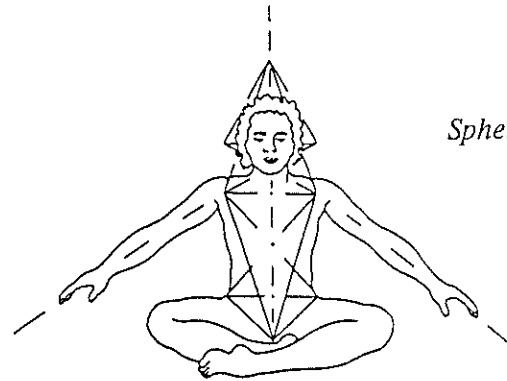
Infinite
Expansion
3



EXPANSION

4

Balanced
Navigation
1, 2, 3



MANDALA CROWN

4

Sphere of Earth/

Inflowing
Wave
1, 2, 3

Interconnecting
to next Movement
through.....



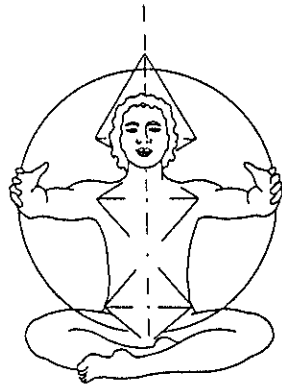
FOUNDATION

4

SECTION FOUR - MOVEMENT 4 - MOON and AROUND THE CROWN

Continuing from
FOUNDATION with

Gradational
Unfolding
1, 2, 3



MOON EQUILIBRIUM

4

Around
The
Crown
1



EARTH

2

Inflowing
Wave
3



FOUNDATION

4

Repeating
with
Gradational
Unfolding
1, 2, 3



MOON EQUILIBRIUM

4

Around
The
Crown
1



EARTH

2

Inflowing
Wave
3

Interconnecting
to next Movement
through.....

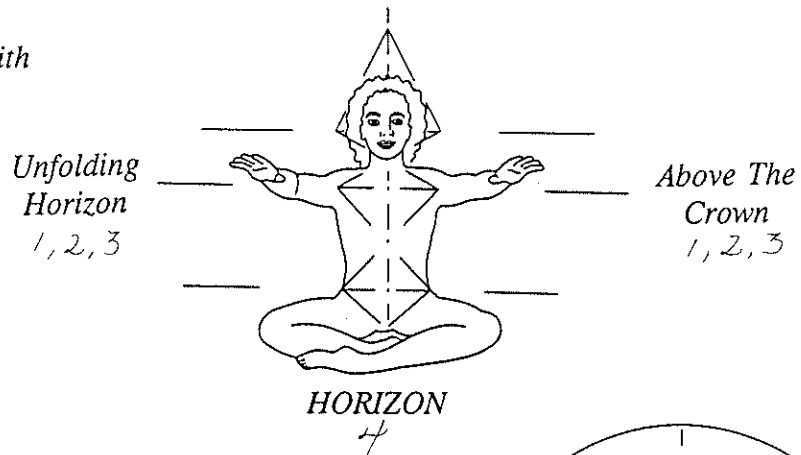


FOUNDATION

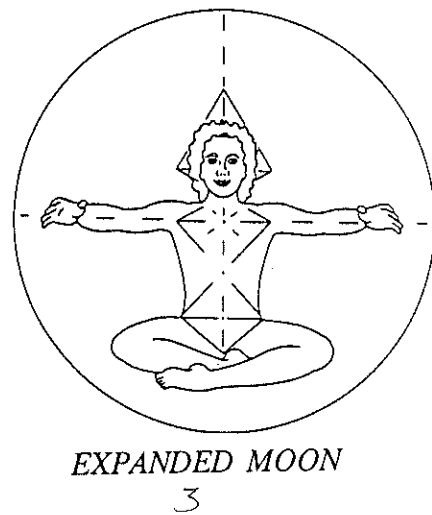
4

SECTION FOUR - MOVEMENT 5 - HORIZON, ABOVE THE CROWN and LATERAL MANDALA

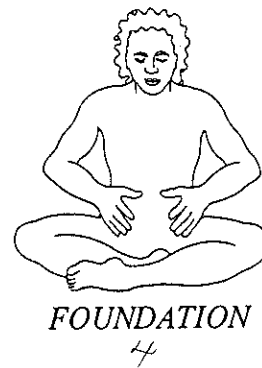
Continuing from
FOUNDATION with



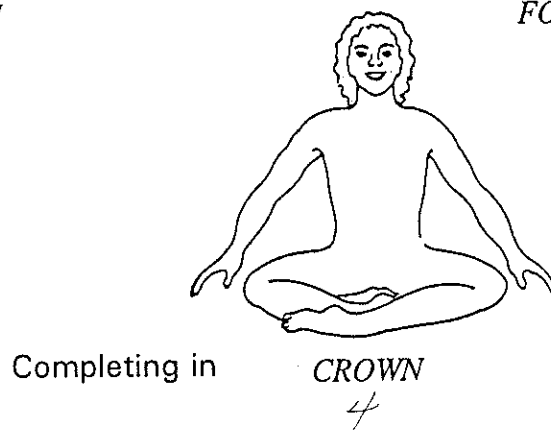
Lateral
Mandala
1, 2



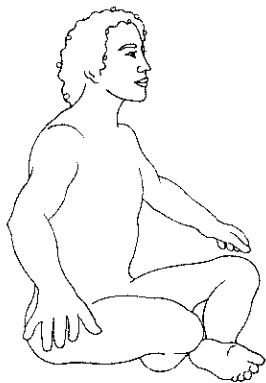
Inflowing
Wave
3



Outflowing
Wave
1, 2, 3



SECTION FOUR—MOVEMENT 6. LEG RELEASE



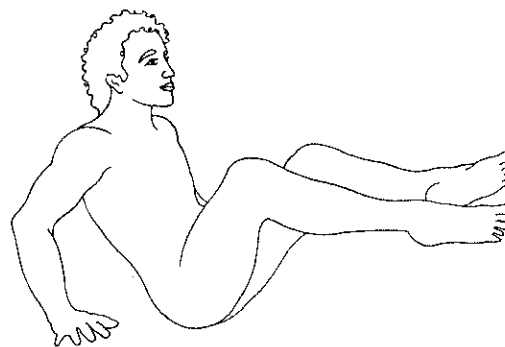
CROWN
4



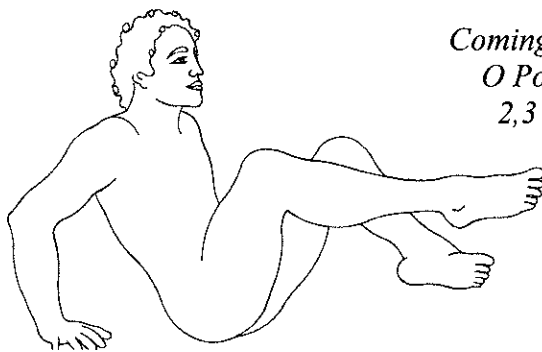
Encircling Forward Earth
1,2



Releasing Pelvis and Legs
3,4



Reversing Legs
1.....



Reversing Legs
2,3, 4, 1

Coming Into
O Point
2,3



O Point
4

SECTION FOUR - MOVEMENT 7- INTERCHANGING WAVE

Beginning in



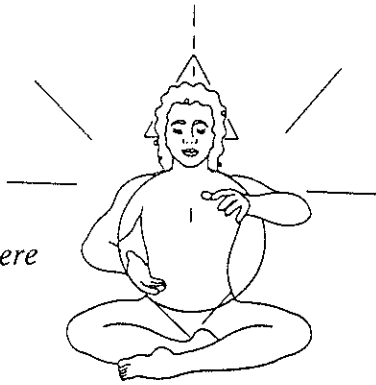
O POINT

Inflowing
Wave
1, 2, 3FOUNDATION
4Interchanging
Wave
1, 2, 3CROWN (R. arm)
OPEN FOUNDATION (L. arm)
4Interchanging
Wave
1, 2, 3ASYMMETRICAL FOUNDATION
4Interchanging
Wave
1, 2, 3CROWN (L. arm)
OPEN FOUNDATION (R. arm)
4Interchanging
Wave
1, 2, 3ASYMMETRICAL FOUNDATION
4Interchanging
Wave
1, 2, 3CROWN (R. arm)
OPEN FOUNDATION (L. arm)
4Interchanging
Wave
1, 2, 3ASYMMETRICAL FOUNDATION
4Interchanging
Wave
1, 2, 3CROWN (L. arm)
OPEN FOUNDATION (R. arm)
4Interchanging
Wave
1, 2, 3Interconnecting
to next Movement
through.....ASYMMETRICAL FOUNDATION
4

SECTION FOUR - MOVEMENT 8 - CROWNING THE EARTH

Continuing from
ASYMMETRICAL
FOUNDATION with

Expanding the Sphere
1, 2, 3



CROWNING THE EARTH
4

Reversing
The
Sphere
1, 2, 3



CROWNING THE EARTH
4

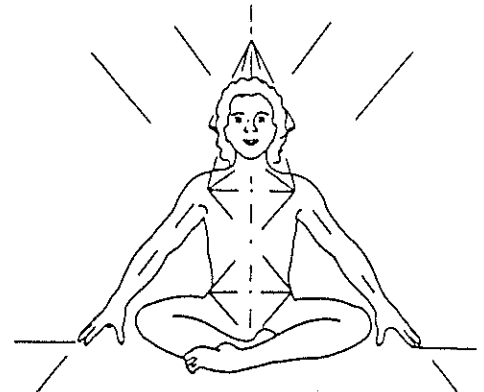
Releasing the Sphere
1, 2, 3



FOUNDATION
4

Outflowing Wave
1, 2, 3, 4, 1

Interconnecting
to next Movement
through.....



ELEVATIONAL CROWN
2 [+ 3, 4]

SECTION FOUR - MOVEMENT - DEITY

Continuing from
ELEVATIONAL
CROWN with

Expanded
Inflowing
Wave

1, 2, 3



FOUNDATION

4

Gradational
Unfolding

1, 2, 3



MOON EQUILIBRIUM

4

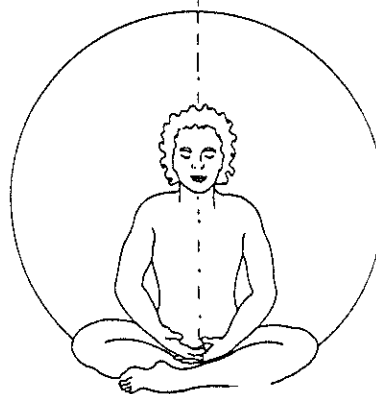


Expanded Around The Crown

1, 2, ③, 4

Infolding
Centers

1, 2, 3



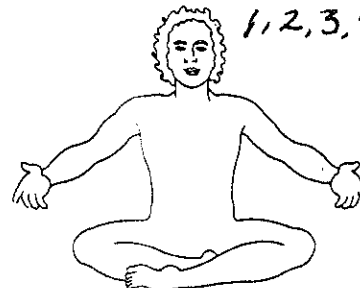
DEITY

4 [1, 2, 3, 4,
1, 2, 3, 4]



Opening Through Centers

1, ②, 3, 4



Circle of Deity

1, ②, 3



Completing in

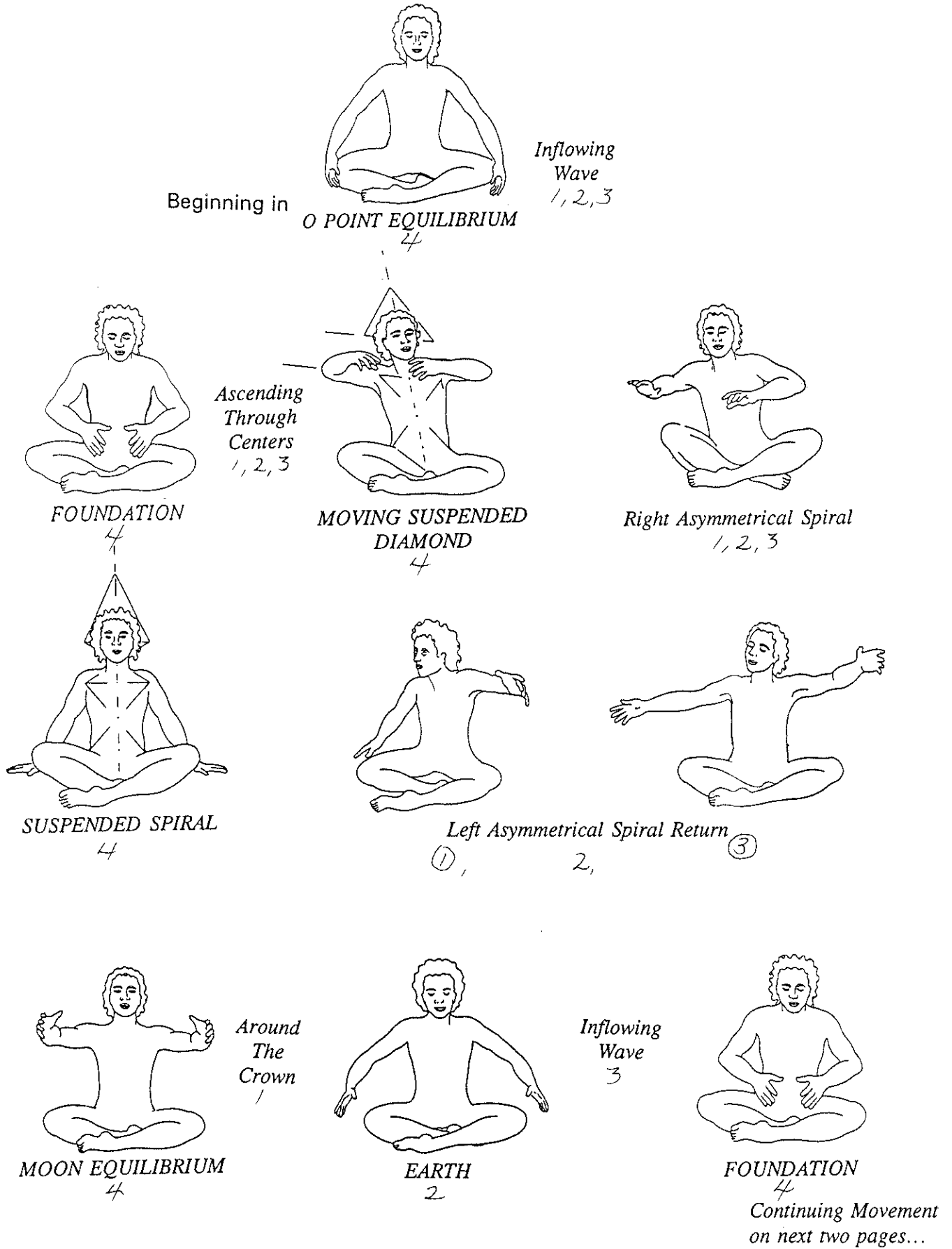
O POINT EQUILIBRIUM

4

**SECTION FOUR
MOVEMENT 10
LEG RELEASE**

Release legs as in
MOVEMENT 6 on Page 88
ending with
opposite leg in front
O Point

SECTION FOUR - MOVEMENT // · SUSPENDED SPIRALS



SECTION FOUR - MOVEMENT /2- SUSPENDED SPIRALS (Continued)

Repeating with:

Ascending
Through
Centers
1, 2, 3



MOVING SUSPENDED
DIAMOND

4



Left Asymmetrical Spiral

①, 2, 3



SUSPENDED SPIRAL

4



Right Asymmetrical Spiral Return

①,

2,

③



MOON EQUILIBRIUM

4

Around
The
Crown
1



EARTH

2

Inflowing
Wave
3



FOUNDATION

4

Continuing with:

*Outflowing
Wave
1, 2, 3*



*CROWN
4*

*Sphere of Earth/
1*



*Symmetrical Spiral
②, 3, 4, 1, 2*



*Symmetrical Return
1, 2, 3*

*SUSPENDED SPIRAL
3 [+4]*



*MOON EQUILIBRIUM
4*

*Around
The
Crown
1*



*EARTH
2*

*Inflowing
Wave
3*



*FOUNDATION
4*

*Interconnecting to the
next Movement through...*

SECTION FOUR - MOVEMENT /3 - ROLLING SPIRALS

Beginning in

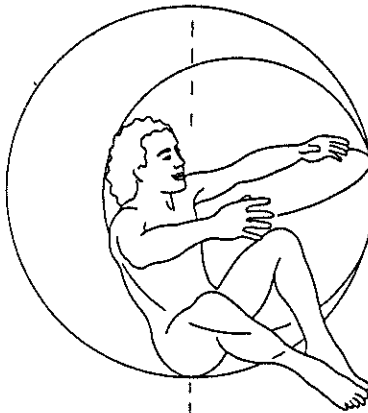


FOUNDATION

4

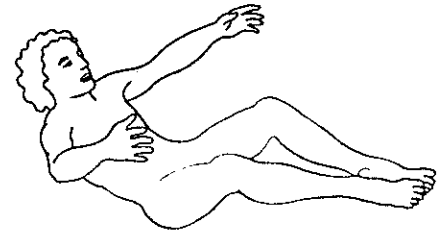
Gradational
Unfoldingwith Leg
Release

2, 3



SEATED MOON/DIAMOND

4



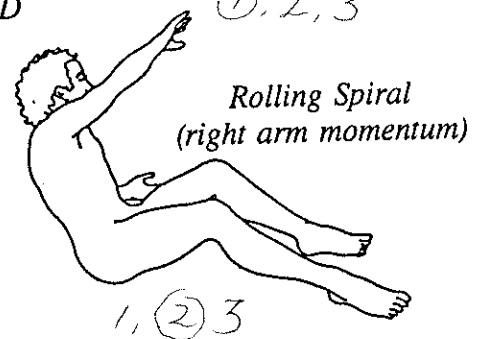
Vertebra by Vertebra

①, 2, 3

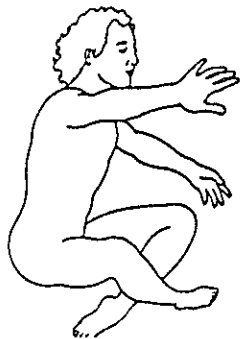


HIGH INFINITY

4

Rolling Spiral
(right arm momentum)

1, ② 3



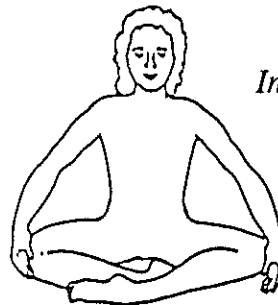
Inner Engagement

4



Inner Spirals

1



SEATED O POINT

2

Inflowing
Wave

3

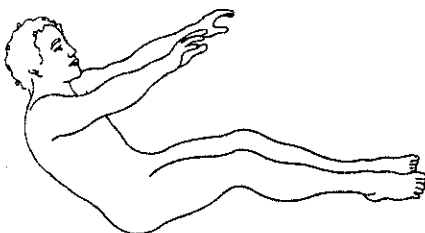


FOUNDATION

4

First Repeat: Repeat entire Movement this time returning with left arm momentum

Second Repeat: Symmetrical Rolling Spiral: Repeat Movement to High Infinity and from there return through the center through Central Crown to.....



Central Rolling Spiral

1, 2, 3



MOON

4

Around The
Crown

1



EARTH

2



FOUNDATION

4

SECTION FOUR - MOVEMENT 14 - FULL ROLLING MANDALA

Beginning in



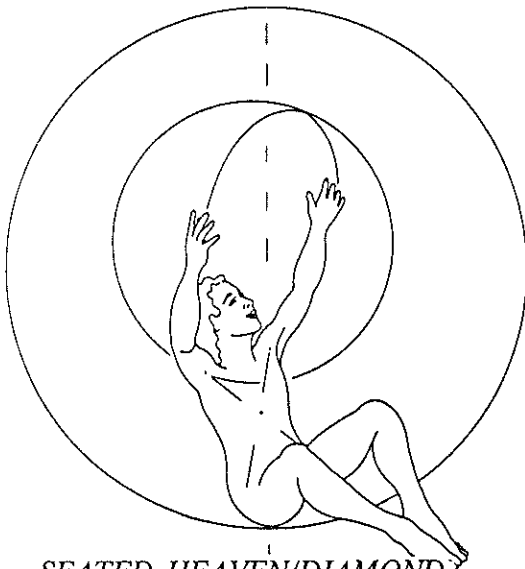
FOUNDATION

4

Gradational
Unfolding
1, 2, 3Above the Crown/
Unfolding Legs
1, 2, 3

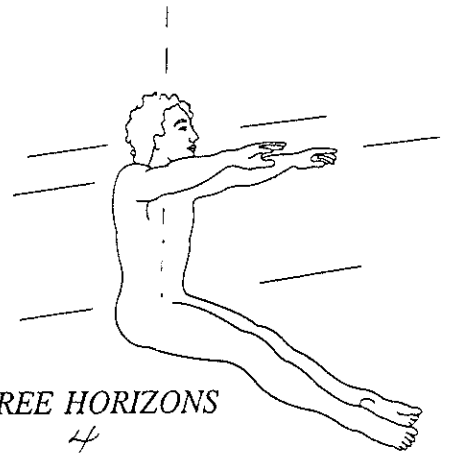
MOON EQUILIBRIUM

4



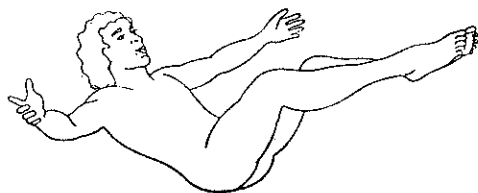
SEATED HEAVEN/DIAMOND

4

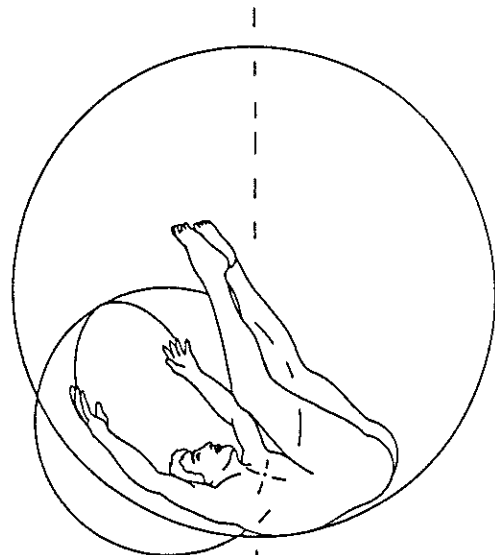
Entering Crown/
Interlacing Centers/
Leg Extension
1, 2, 3

THREE HORIZONS

4

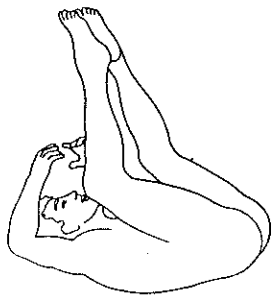
(Back) Rolling Mandala
(arms touching Earth & Sun)

1, 2, 3

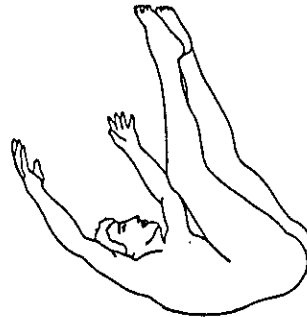


SUSPENDED HEAVEN/DIAMOND

4

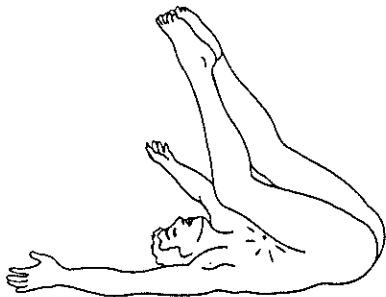


Infolding/Unfolding Diamond
1, ②, 3

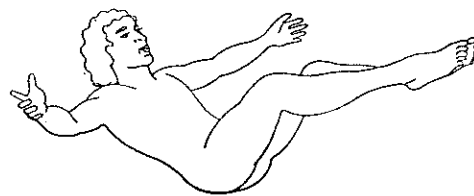


Rays of the Heart
4+

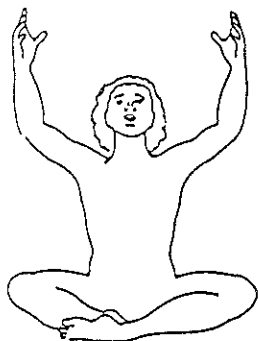
SUSPENDED HEAVEN/DIAMOND
4



Return Rolling Mandala
arms touching INFINITY...



...SUN
②, 3



HEAVEN
4

Rays of the Heart
4+



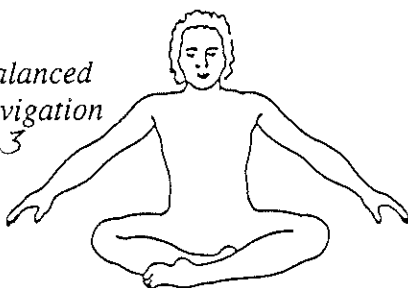
INFINITY
1

Infinite Expansion
1+



EXPANSION
2

Balanced Navigation
3

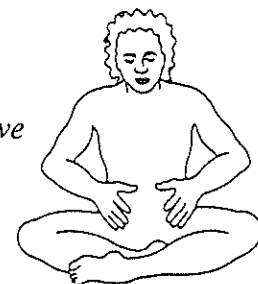


MANDALA CROWN
4

Inflowing Wave
2, 3



Sphere of Earth/
1



FOUNDATION
4

Interconnecting to the next Movement...

SECTION FOUR - MOVEMENT 15 · SIMPLE ROLLING MANDALA

Beginning in

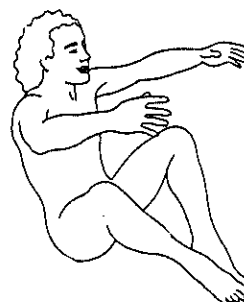


FOUNDATION

4

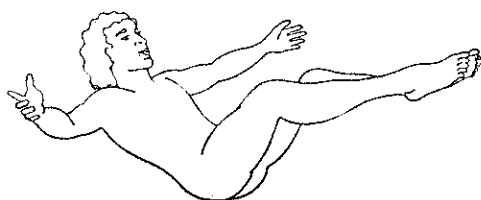
Gradational
Unfolding
/with Leg
Release

2, 3

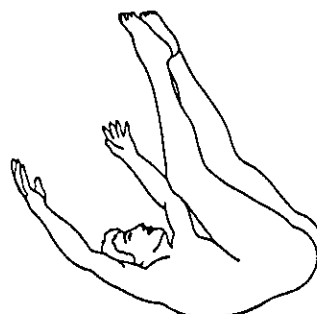


SEATED MOON DIAMOND

4

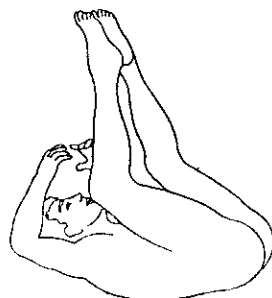
(Back) Rolling Mandala
(arms touch Sun

/ ② 3



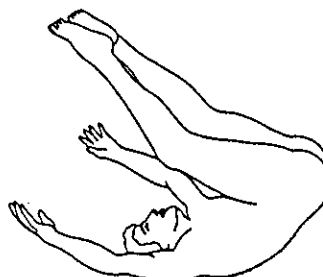
SUSPENDED HEAVEN/DIAMOND

4



Infolding/Unfolding Diamond

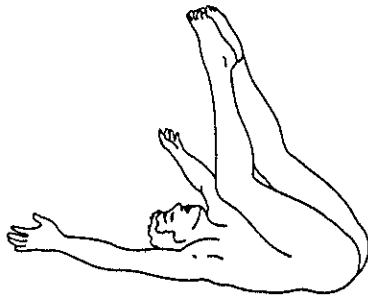
/ ② 3



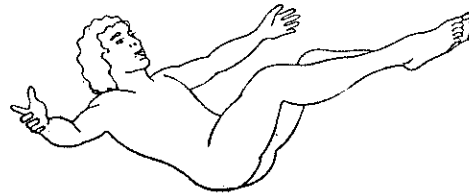
SUSPENDED HEAVEN/DIAMOND

4

Rays
of the
Heart



*Return Rolling Mandala
arms touching INFINITY...*
1



and ...SUN
2, ③



MOON EQUILIBRIUM
4

*Around
the Crown*
1



EARTH
2

Inflowing Wave
3



FOUNDATION
4

*Interconnecting to
the next Movement...*

SECTION FOUR - MOVEMENT 16 - INFINITE ROLLING MANDALA

Beginning in

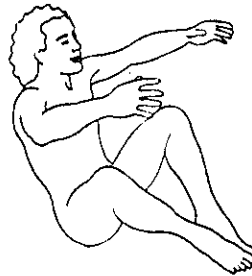


FOUNDATION

4

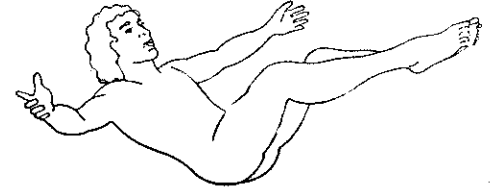
Gradational
Unfolding
1with Leg
Release

2, 3

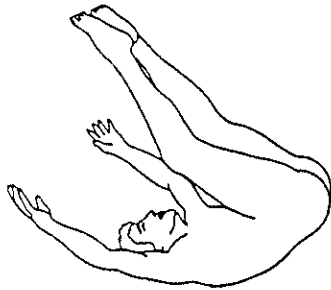


SEATED MOON/DIAMOND

4

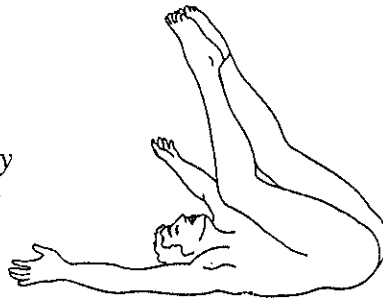
(Back) Infinite Rolling
(Arms touching Sun)

1, ②, 3

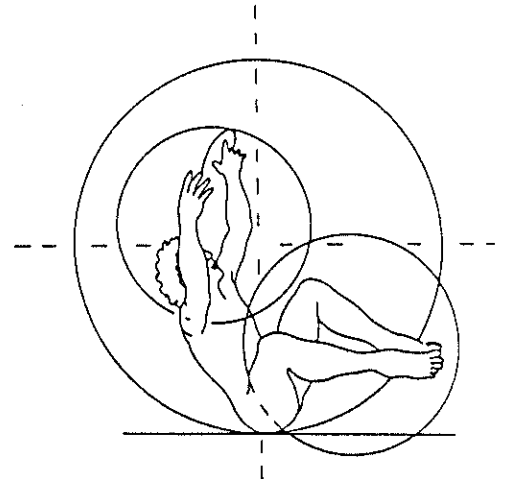


SUSPENDED HEAVEN/DIAMOND

4

Circle
of
Infinity
4+(Return) Infinite Rolling
(Arms touch Infinity)

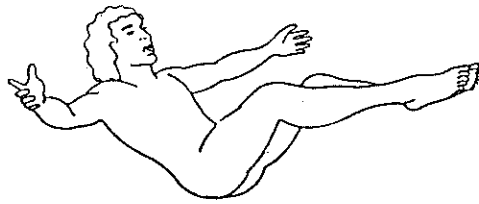
①, 2, 3



SUSPENDED HEAVEN/DIAMOND

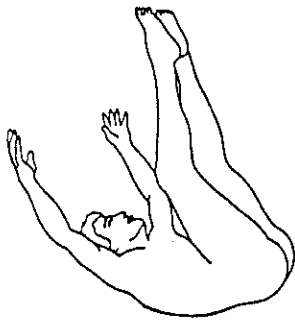
4

Repeat
Infinite
Rolling
Three
More
Times
Continuing
With:



(Back) Infinite Rolling
(Arms touch Earth & Sun)

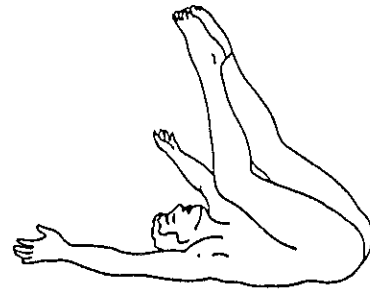
1 ② 3



SUSPENDED HEAVEN/DIAMOND

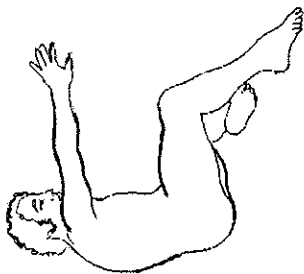
4

Circle
of
Infinity
4+



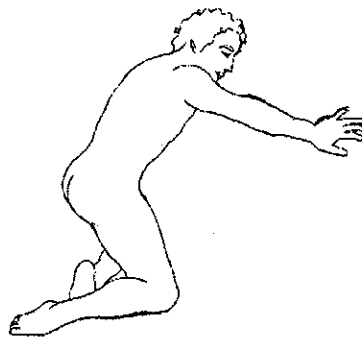
(Return) Infinite Rolling
(Arms touch Infinity)

① 2 3

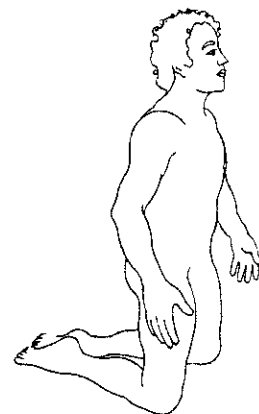


Path of Zen.....

4



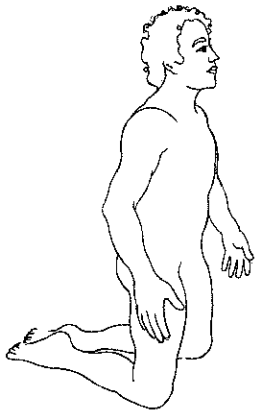
1 2 3 ④, 1, 2, 3



HIGH ZEN

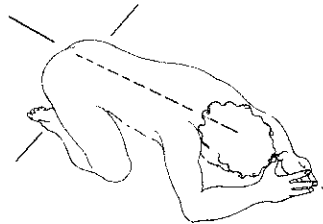
4

SECTION FOUR—MOVEMENT 17—ZEN SALUTATION



*Inner Merging
Spiral*
1,2,3,4

HIGH ZEN
4

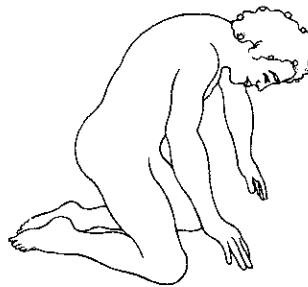


*Right and Left
Spiral of the Arms*
3,4

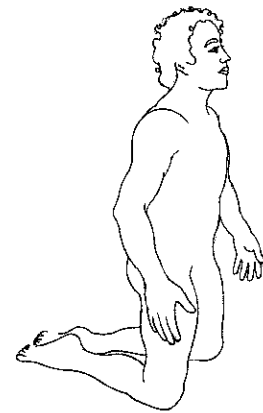
SALUTATION
1 (2)



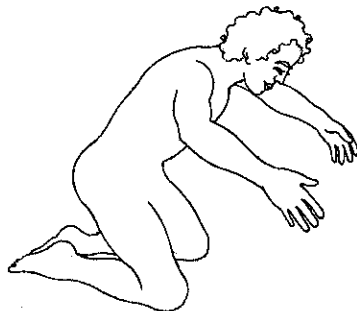
CENTRAL MERGING
4&



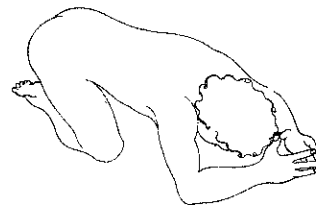
Rebounding Wave
1, 2, 3



HIGH ZEN
4



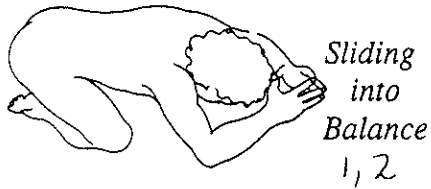
Outer Merging Spiral
1, 2, 3



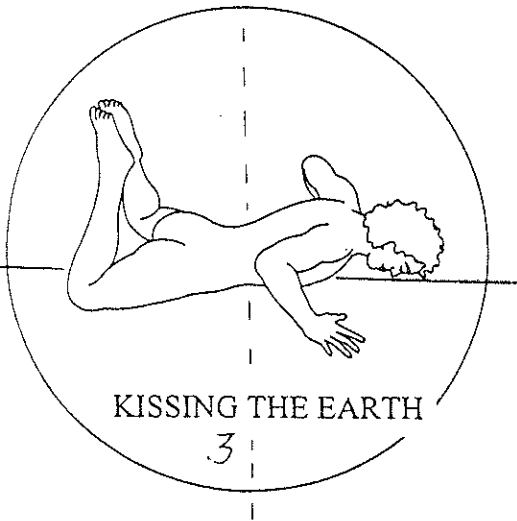
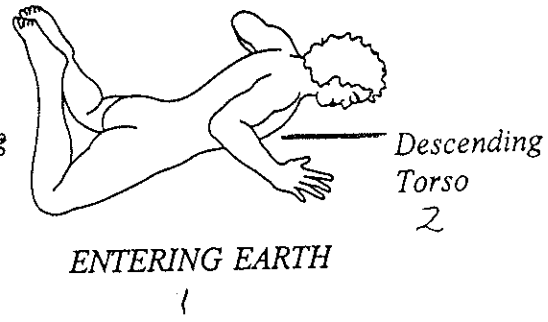
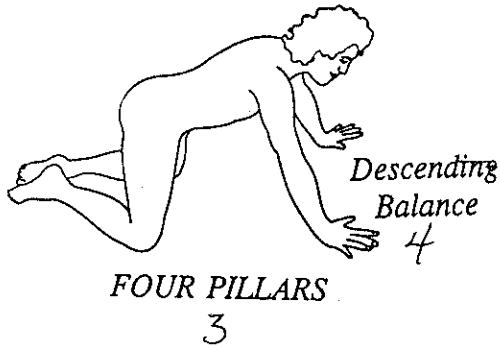
SALUTATION
4

SECTION FOUR - MOVEMENT 18 - DESCENDING/ASCENDING BALANCE

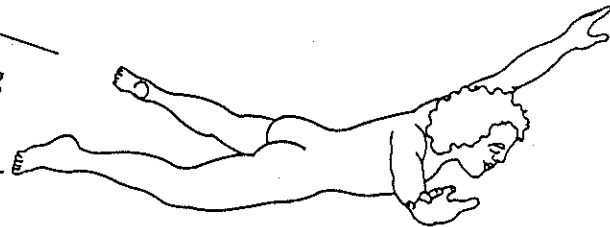
Beginning in



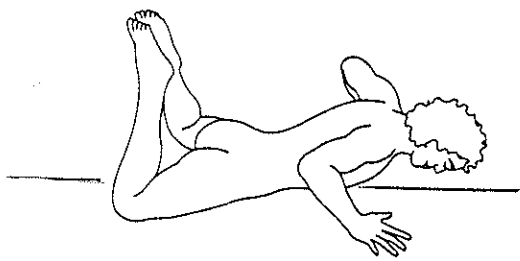
SALUTATION



Unfolding Star
4



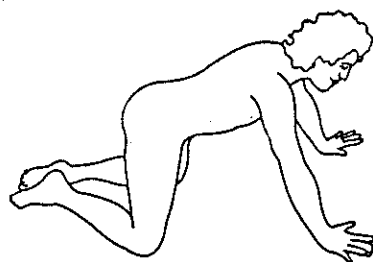
Infolding Star
2, 3



GATHERING EARTH

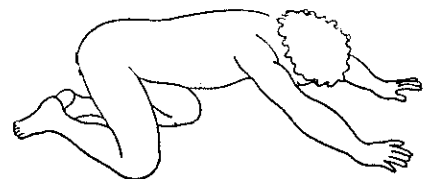
4

Ascending Balance
1, 2



FOUR Pillars

3



Infolding Symmetry
4, 1, 2, 3



SALUTATION

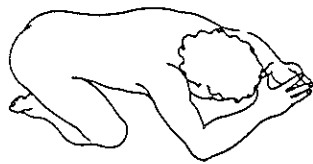
4

(Repeat one time)

Interconnecting
to next Movement
through.....

SECTION FOUR - MOVEMENT 19 - FULL BODY ROLLING

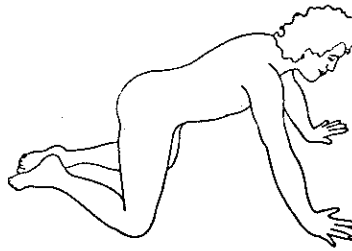
Beginning in



SALUTATION

4

Sliding
Into
Balance
1, 2



FOUR PILLARS

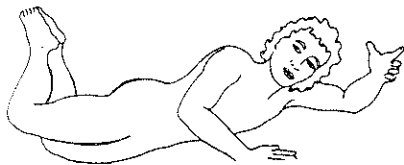
3

Descending
Balance
4, 1



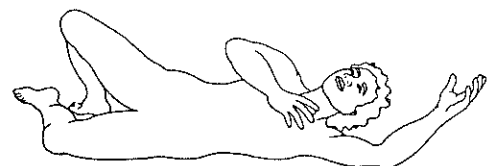
ENTERING EARTH

2



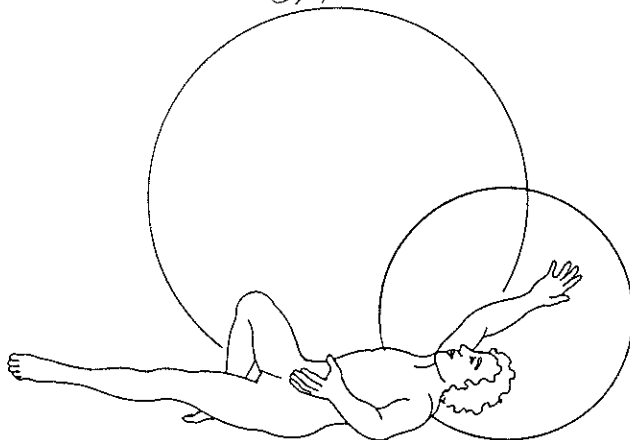
Beginning Rolling
(to left, right arm
momentum)

3, 4



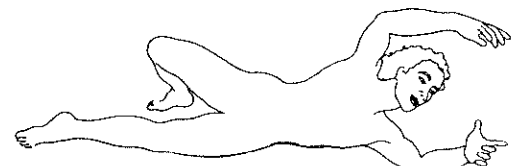
Definitions of Expansion
(Foot down on count 1)

1, 2, 3



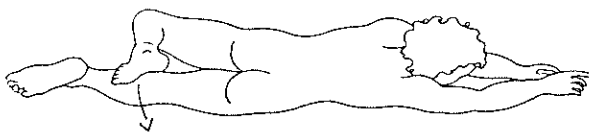
EXTENSIONAL GIVING
(r.arm Heaven, l.arm Sun)

4



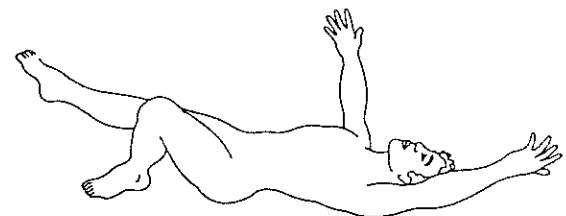
Rolling Spiral (toward
left, right arm momentum)

1, 2, 3, 4



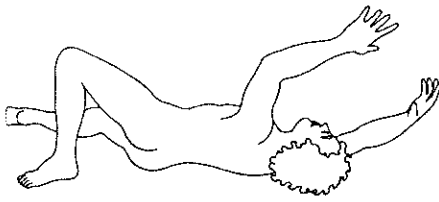
Definitions of Expansion
(Foot down on count 1)

1, 2, 3

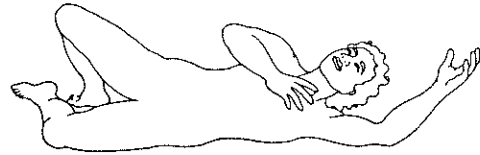


EXTENSIONAL GIVING
(l.arm Heaven, r. arm Sun)

4



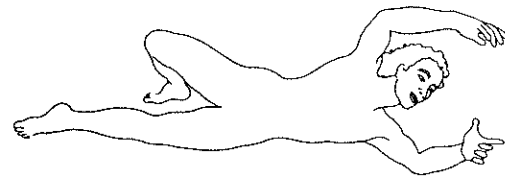
Rolling Spiral (toward
right, left arm momentum)
①, 2, 3, 4



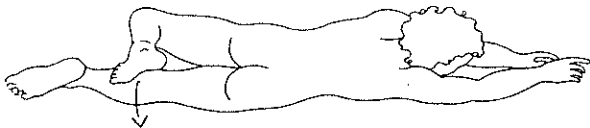
Definitions of Expansion
(Foot down on count 1)
①, 2, 3, 4



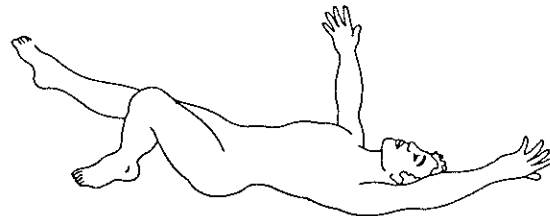
EXTENSIONAL GIVING
(r.arm Heaven, l.arm Sun)
4



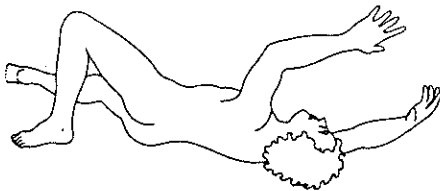
Rolling Spiral (toward
left, right arm momentum)
①, 2, 3, 4



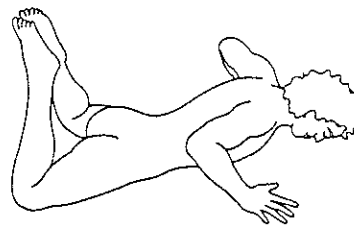
Definitions of Expansion
(Foot down on count 1)
①, 2, 3



EXTENSIONAL GIVING
(l.arm Heaven, r. arm Sun)
4



Returning To Center
1, 2, 3, 4, 1, 2

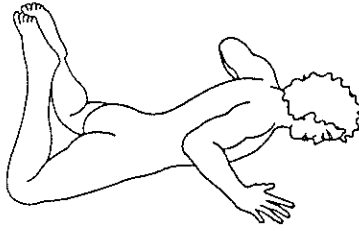


ENTERING EARTH
3

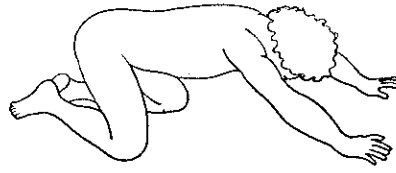
Continuing with...

FOURTH SECTION - MOVEMENT 20 - ASCENDING HARMONY

Beginning in

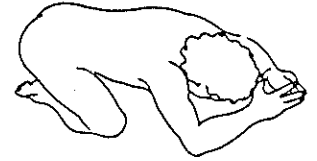


ENTERING EARTH
3

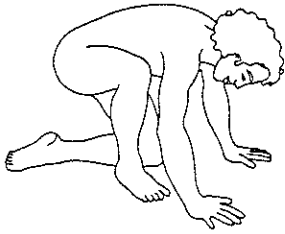


Ascending Balance
4, 1, 2, ③

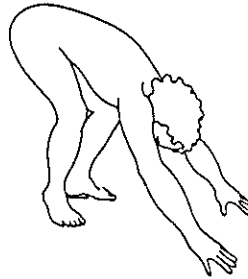
Infolding
Symmetry
4, 1



SALUTATION
2, [3, 4]



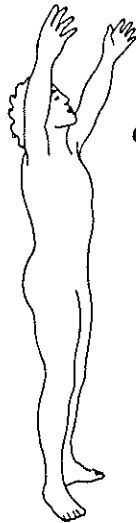
Transitional Balance
1, ②, 3



INNER OUTER BALANCE
4



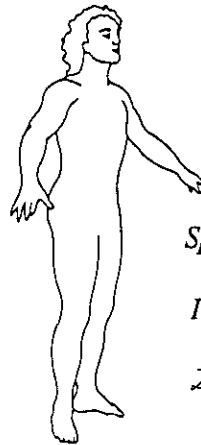
Entering Foundation
①, 2



Merging Heaven
3, 4

HEAVEN
1

Outer Mandala
2, 3, 4



Sphere of
Earth/
Inflowing
Wave
2, 3

CROWN
1



FOUNDATION
4

Interconnecting
to next Movement
and Fifth Section...

COMPLETION OF FOURTH SECTION

SECTION V– COMMUNION WITH UNIVERSAL BALANCE

In this Fifth Section as our bodies are now fully integrated with the suspended nature of balance, our mind and our feeling become the same as the movement. This is our communion with the geometry of balance, our inner and outer senses of self engaged in the pure momentum of life.

First Whole Movement – *Synchronized Self*

Bouncing Springs, Forward Suspension, Forward Release, Scroll, Full Forward Release. As the continual sense of O weight becomes our communion with three dimensions, we experience how the gradational unfolding nature of our movement is actually the same as the gradational unfolding nature of life.

Second Whole Movement - *The Six Directions of Balance*

Bow and Arrow, Side Release, Forward Release, Back Release: The Path of Balance that unites these four movements guides us to experience how the freedom of being supported by three dimensions expresses itself in our freedom to move in all directions of space.

Third Whole Movement - *Uniting Heaven and Earth*

Above and Below Transfers, Six Pointed Star, Open Forward Suspension, Open Forward Release: Through the Path of Balance that unites these five Movements we experience how the nature of grounding is not a downward force but on the contrary comes into existence through our sense of expansion. In this way we experience how heaven and earth are one, the existence of both united in the inner and outer merging that is the Geometry of Balance.

Fourth Whole Movement - *Merging With Space*

Transition and Standing Spirals: The spiral nature of the Path of Balance of this Movement teaches us to perceive the complete strength and flexibility that comes into being through our omni-directional communion with three-dimensional space.

Fifth Whole Movement - *Time and Infinity*

Slow Motion Walk: The Path of Balance takes us through a stylized form of walking that allows merges the physical frame of movement of our bodies with the natural frame of movement of life. This merging transforms the time sequence into the all-supported boundless field that is Universal Balance.

Sixth Whole Movement – *The New Beginning*

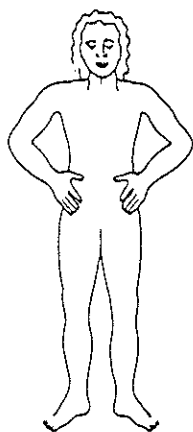
Giving and Receiving all Centers, The Fountain of Life: This is our union with the Geometry of Balance through which the acts of giving and receiving become one. We now experientially know how the Geometry of Balance supports and frees us in space.

As we begin, so we end, with The Fountain of Life, recognizing that there is no end, only continual beginnings. The Path of Balance becomes the natural movement of ourselves experiencing the perfect beauty of life.

SECTION FIVE - MOVEMENT 1 - BOUNCING SPRINGS

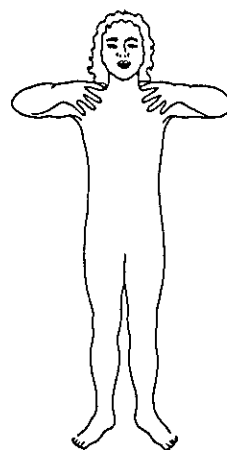
(The counting of this Movement is 3/4 time and is easily counted in groups of six as indicated)

Beginning in



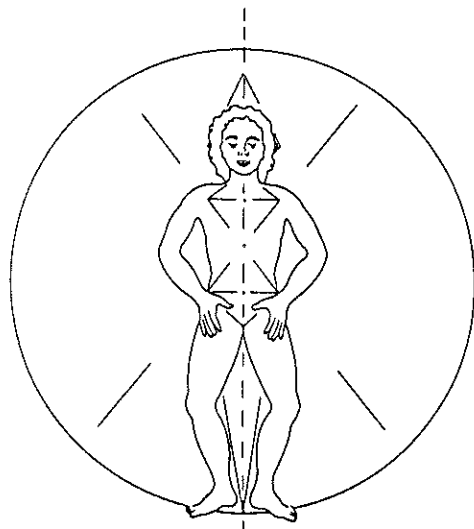
FOUNDATION
4

Ascending
Centers
1, 2



SUSPENDED DIAMOND
3

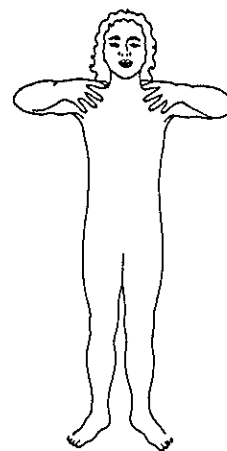
Descending
Springs
with
Passing
Through
4, 5



FOUNDATION with
DESCENDED SPRING
6

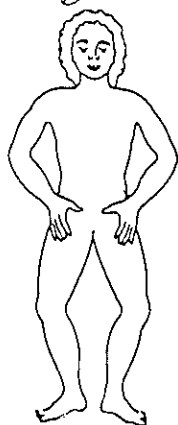
repeating
two times:

Ascending
Centers
with
Ascending
Spring
1, 2



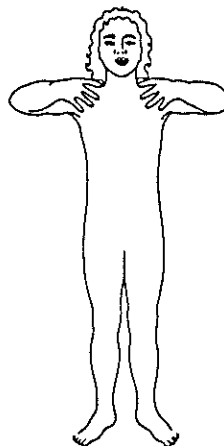
SUSPENDED DIAMOND
3

Descending
Springs
with
Passing
Through
4, 5



FOUNDATION with
DESCENDED SPRING
6

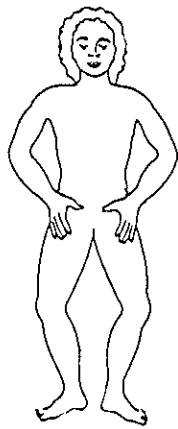
Ascending
Center
with
Ascending
Spring
1, 2



SUSPENDED DIAMOND
3

Descending
Springs
with
Passing
Through
4, 5

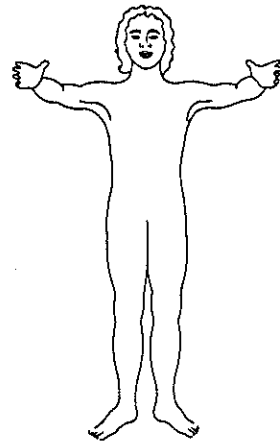
BOUNCING SPRINGS (Continued)



FOUNDATION with
DESCENDED SPRING
6

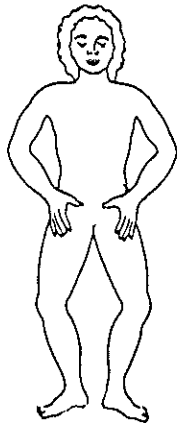
continuing with:

Gradational
Unfolding
with
Ascending
Spring
1, 2



MOON EQUILIBRIUM
3

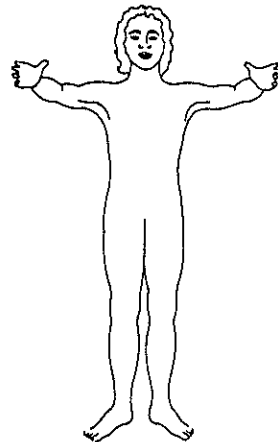
Descending
Springs
with
Around the
Crown
4, 5



FOUNDATION with
DESCENDED SPRING
6

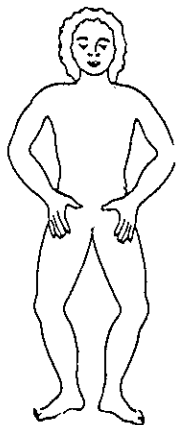
repeating once:

Gradational
Unfolding
with
Ascending
Spring
1, 2



MOON EQUILIBRIUM
3

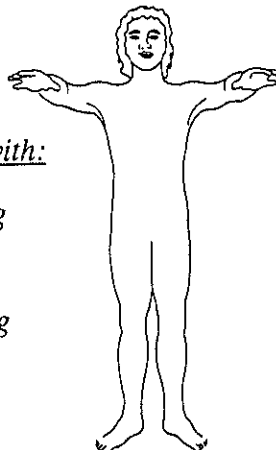
Descending
Springs
with
Around the
Crown
4, 5



FOUNDATION with
DESCENDED SPRING
6

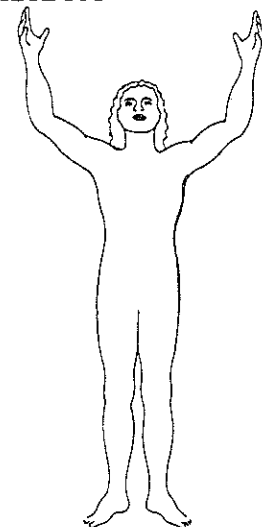
continuing with:

Unfolding
Horizon
with
Ascending
Spring
1, 2



HORIZON
3

Above
the
Crown
4, 5

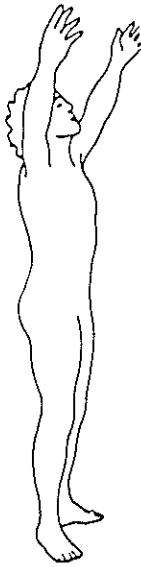


HEAVEN
6

Interconnecting to
the next Movement.

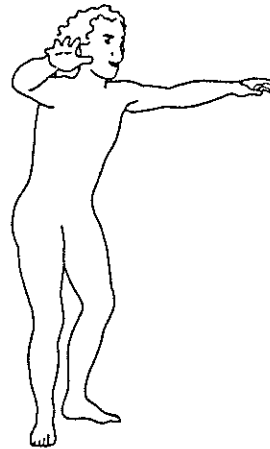
FIFTH SECTION - MOVEMENT 2 - FORWARD SUSPENSION

Beginning in



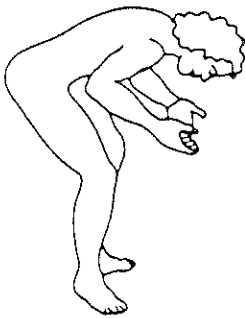
HEAVEN

4



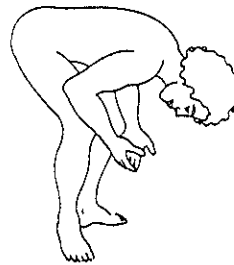
Releasing Heaven
with Descending Springs

1, ②



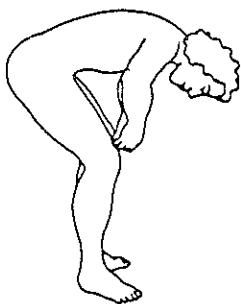
Encircling Spirals
(with Descending Springs)

3, ④



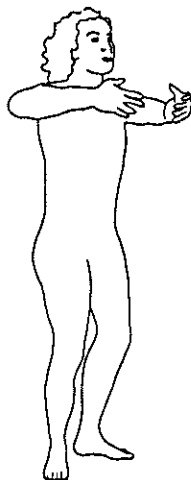
SUSPENDED BALANCE

1 2



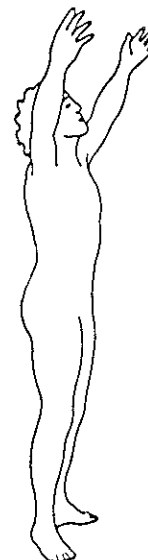
Entering Foundation
(with Ascending Springs)

③ 4



Merging Heaven with
Ascending Spring

1 ② 3



HEAVEN

4

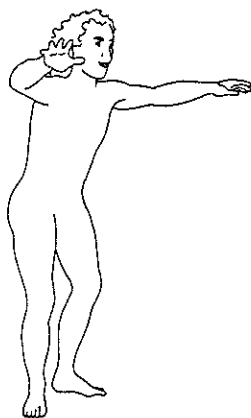
Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 3 - FORWARD RELEASE

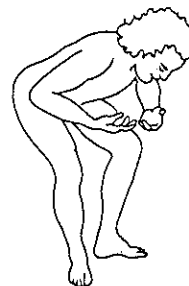
Beginning in



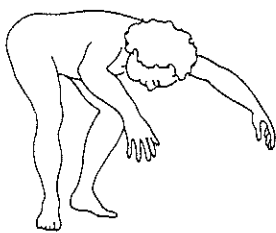
HEAVEN
4



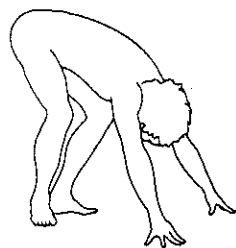
Lateral Mandala with
Descending Spring
①, 2



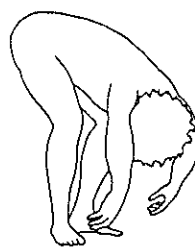
SUSPENDED HEART
3



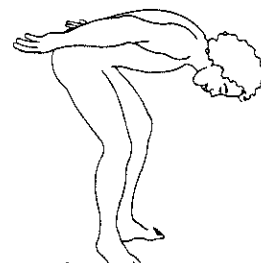
Merging Waves with
Descending Spring
②, 1



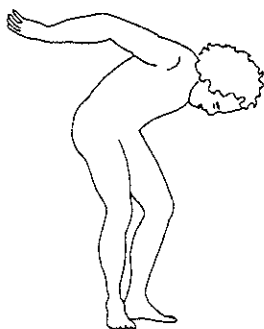
INNER OUTER BALANCE
2



Swinging Spirals
3



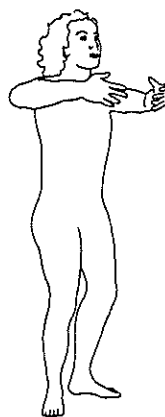
3+



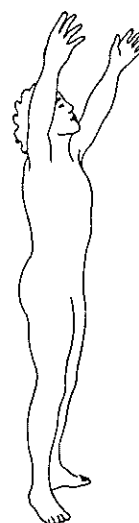
SUSPENDED BOUNDARIES
4



Synchronized
Geometry with
Ascending Spring
1, ②



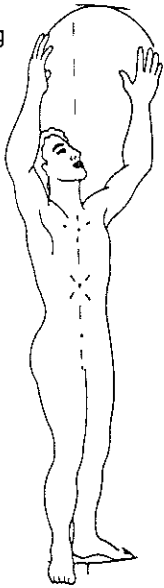
Merging Heaven with
Ascending Spring
3



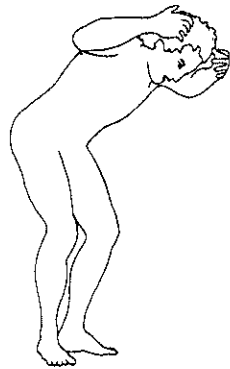
HEAVEN
4
Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 4 - SCROLL

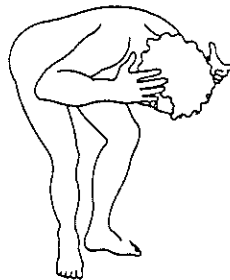
Beginning
in:



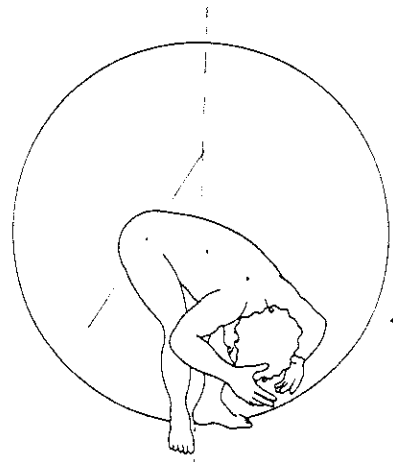
HEAVEN SCROLL
4



First Ram with
Descending Spring
1 ②

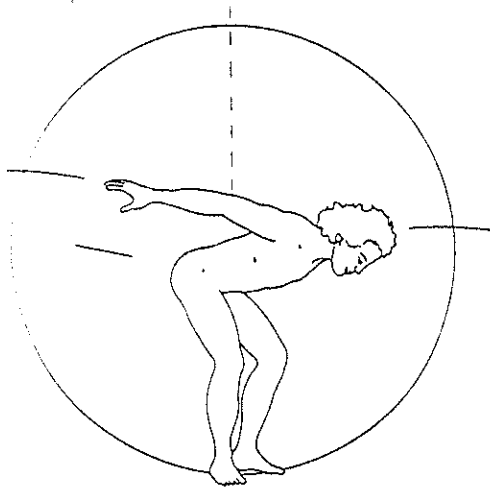


Second Ram with
Descending Spring
3

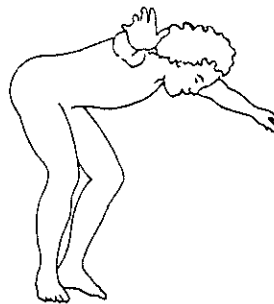


Centered Ram with
Descending Springs
4

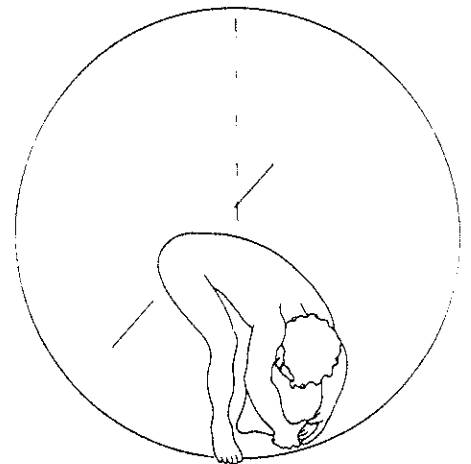
Unfolded
Self with
Ascending
Springs
1, 2



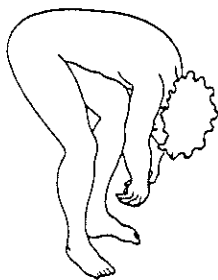
ALL DIRECTIONS
3



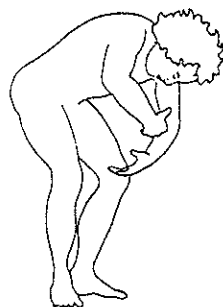
Folding Mandala with
Descending Springs
4 ①



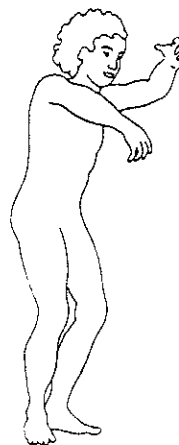
FOLDED SELF
2



Entering Foundation
③, 4



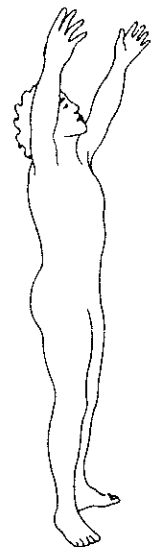
2 and 1/2 Spirals with Ascending Springs
1



2



3



HEAVEN 4

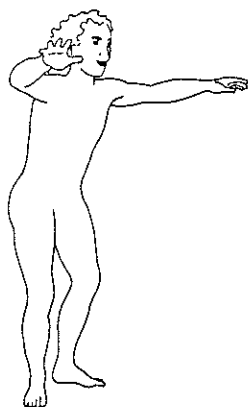
Interconnecting to
the next Movement...

FIFTH SECTION — MOVEMENT 5 - FULL FORWARD RELEASE

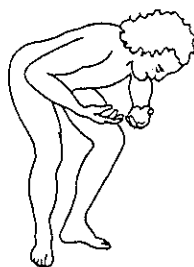
Beginning
in:

HEAVEN

4

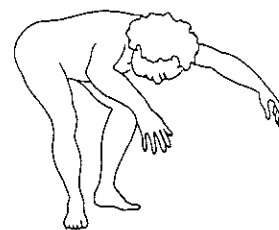
Lateral Mandala with
Descending Spring

①, 2

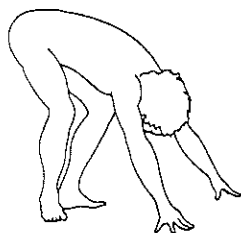


SUSPENDED HEART

3

Merging Waves with
Descending Spring

④, 1



INNER OUTER BALANCE

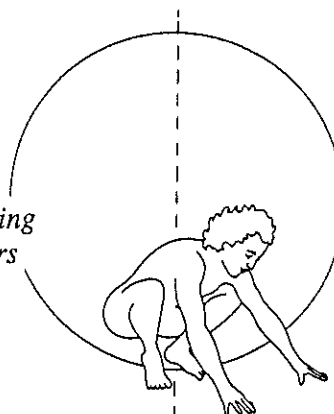
2

Expanding
Centers

3

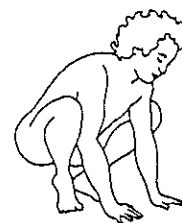
Falling Into Balance

2 +



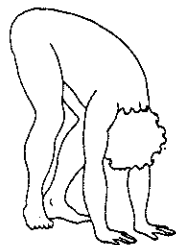
JUMPING FROG

4



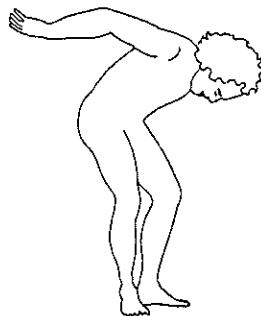
Reuniting Centers

①, 2



Balanced Spring

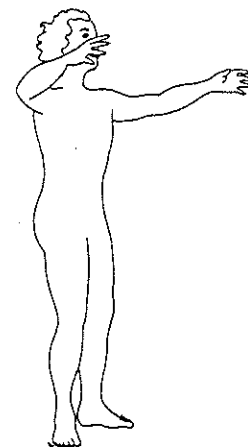
3, ④

Swinging
Spirals
with
Ascending
SpringsSUSPENDED
BOUNDARIES

2

Synchronized Geometry to
Moon w/Ascending Spring

3



MOON EQUILIBRIUM

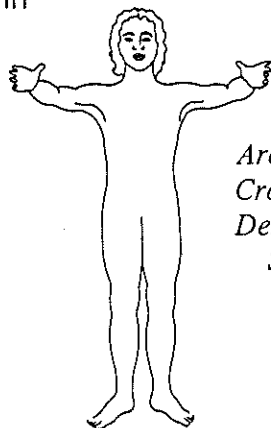
4

Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 6 - BOW AND ARROW

(The Counting of this Movement is in 3/4 time and can be easily counted in groups of six as indicated)

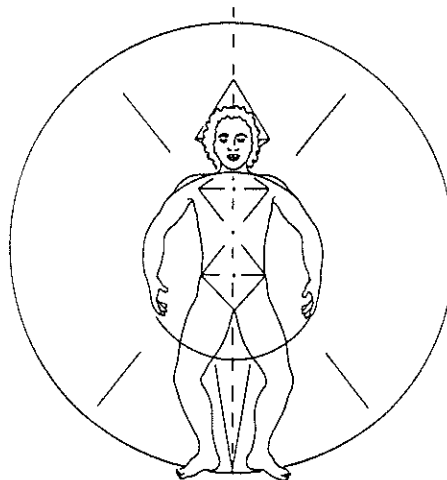
Beginning in



MOON EQUILIBRIUM

4

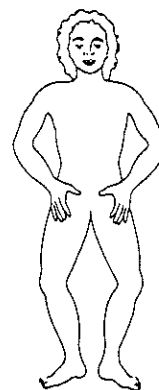
Around the
Crown with
Descending
Spring



EARTH with
Descending Spring

2

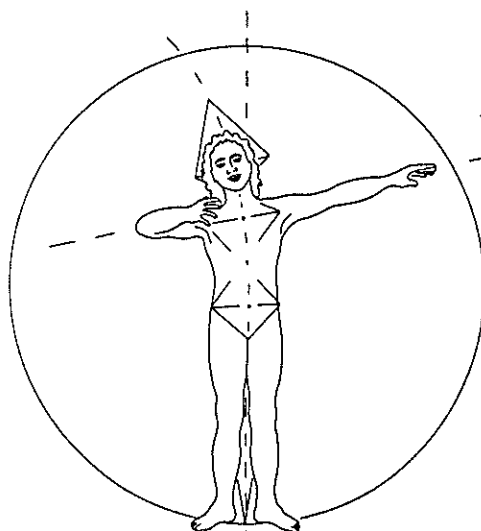
Inflowing
Wave
2+



FOUNDATION/
DESCENDED SPRING

3

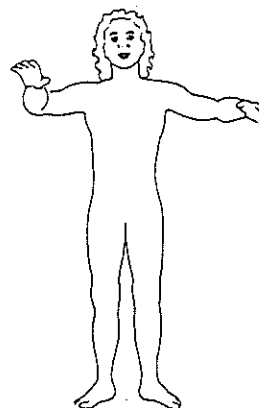
Unfolding
Through
Centers &
Unfolding
Mandala
with
Ascending
Springs
4, 5



BOW AND ARROW
(l. arm Expansion/
r. arm Suspended Diamond)

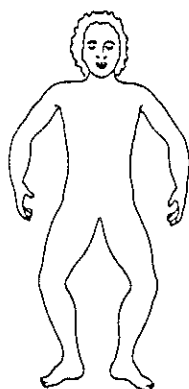
6

first repeat:



Exchange Geometry
with Descending Spring

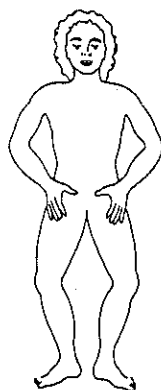
1



EARTH with
Descending Spring

2

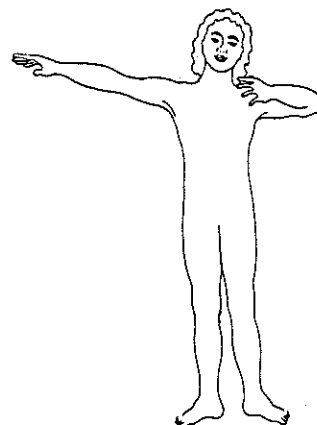
Inflowing
Wave
2+



FOUNDATION/
DESCENDED SPRING

3

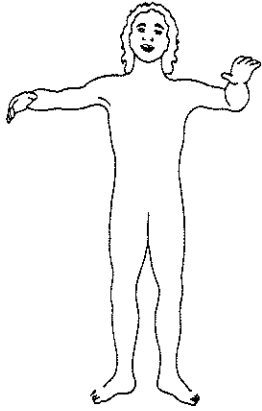
Unfolding
Through
Centers &
Unfolding
Mandala
with
Ascending
Spring
4, 5



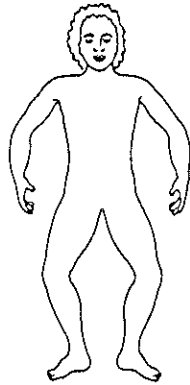
BOW AND ARROW
(r. arm Expansion
l. arm Suspended Diamond)

6

second repeat:

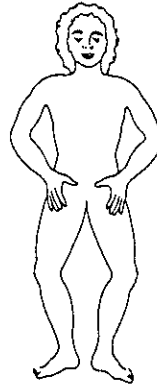


Exchange Geometry
with Descending Spring
1



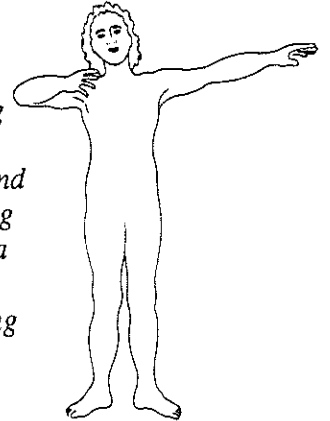
EARTH with
Descending Spring
2

Inflowing
Wave
2+



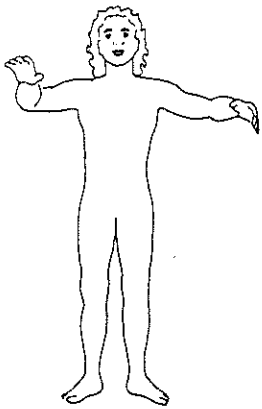
FOUNDATION with
DESCENDED SPRING
3

Unfolding
through
Centers and
Unfolding
Mandala
with
Ascending
Spring
4,5

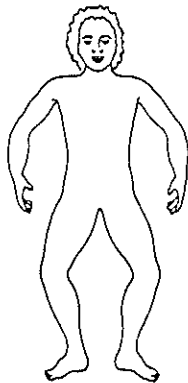


BOW AND ARROW
(l.arm Expansion
r.arm Suspended Diamond)
6

third repeat:

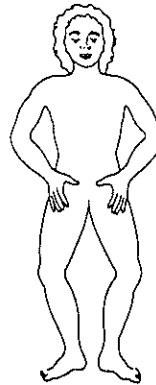


Exchange Geometry
with Descending Spring
1



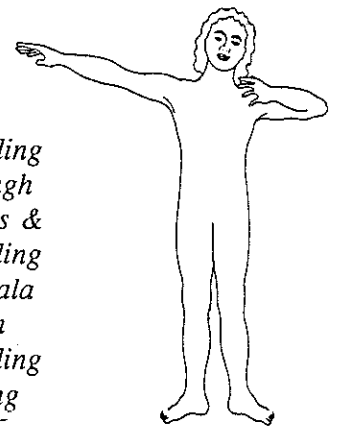
EARTH with
Descending Spring
2

inflowing
Wave
2+



FOUNDATION
DESCENDED SPRING
3

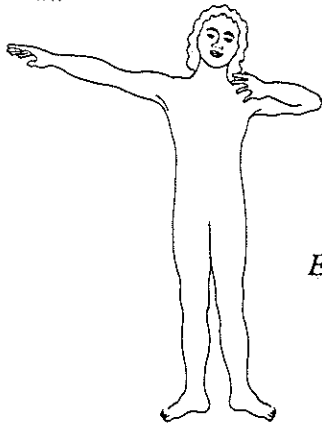
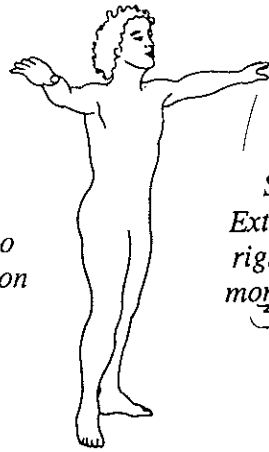
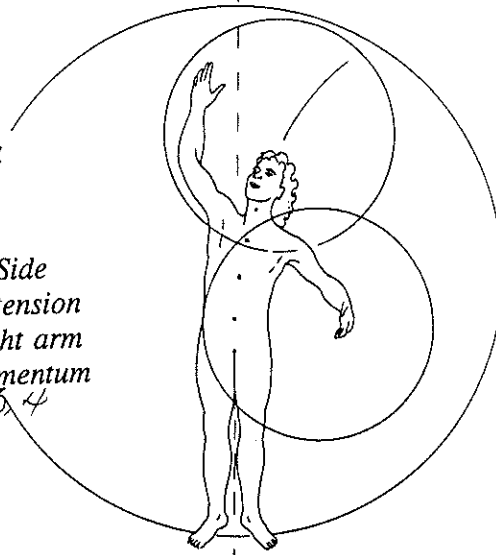
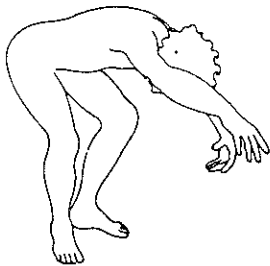
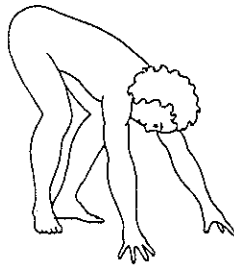
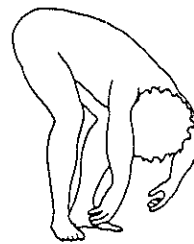
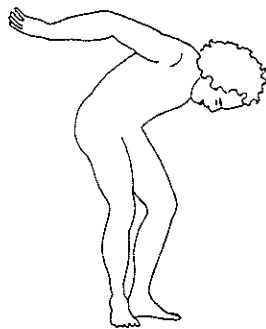
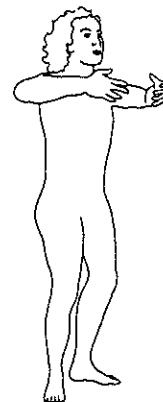
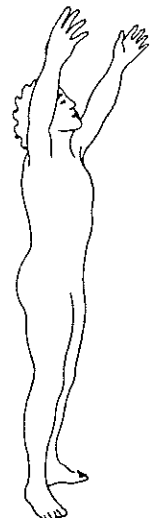
Unfolding
Through
Centers &
Unfolding
Mandala
with
Ascending
Spring
4,5



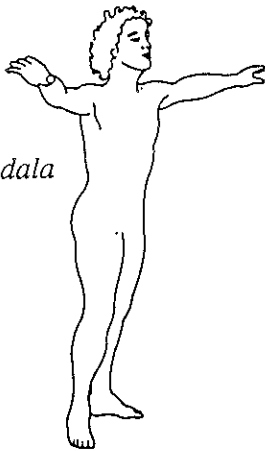
BOW AND ARROW
(r.arm Expansion
l.arm Suspended Diamond)
6

Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 7 - SIDE RELEASE

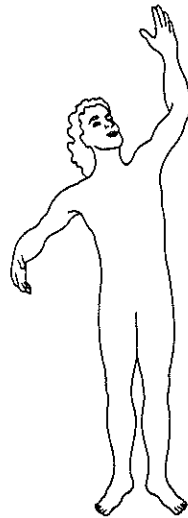
Beginning
in:BOW AND ARROW
4Open to
Expansion
1EXPANSION
2Side
Extension
right arm
momentum
3, 4THREE DIMENSIONAL SIDE
(R.arm Heaven, l.arm Earth)
1Unfolding Fan
with Descending Spring
2, 3Transversal Waves
with Descending Spring
4, 1INNER OUTER BALANCE
2Swinging Spirals
3SUSPENDED BOUNDARIES
4Synchronized Geometry
with Ascending Spring
1, 2Heaven Release with
Ascending Spring
3HEAVEN
4

Outer Mandala
1

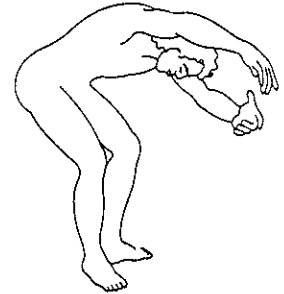


EXPANSION
2

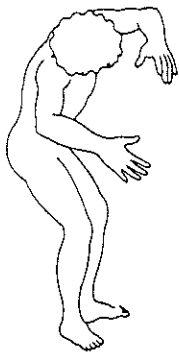
Repeat
the
Side
Extension
beginning
with
left
arm
3, 4



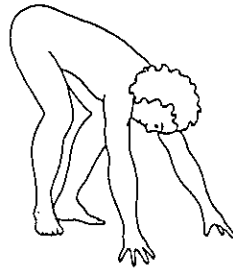
THREE DIMENSIONAL SIDE
(l.arm Heaven, r.arm Earth)
1



Unfolding Fan
with Descending Spring
2, 3

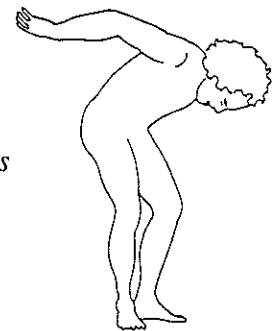


Transversal Waves
with Descending Spring
4, 1



INNER OUTER BALANCE
2

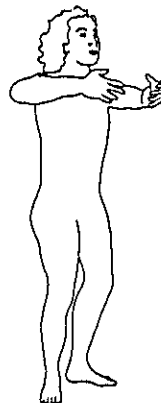
Swinging Spirals
3



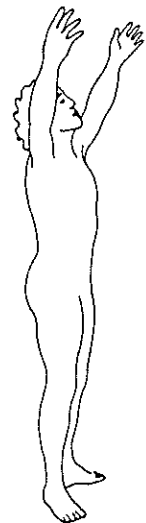
SUSPENDED BOUNDARIES
4



Synchronized Geometry
with Ascending Spring
1, 2



Merging Heaven with
Ascending Springs
3



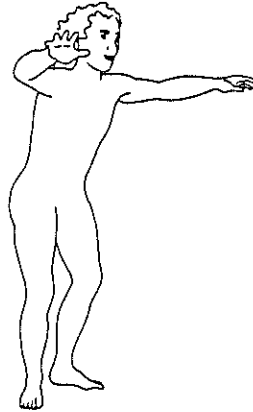
HEAVEN
4 Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 8 - FORWARD RELEASE (Opening To Moon)

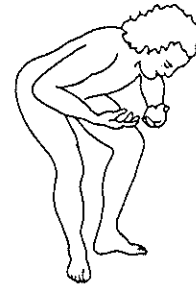
Beginning in



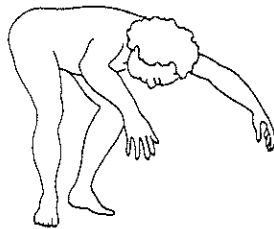
HEAVEN
4



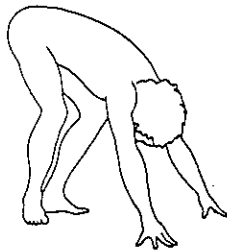
Lateral Mandala with
Descending Spring
①, 2



SUSPENDED HEART
3



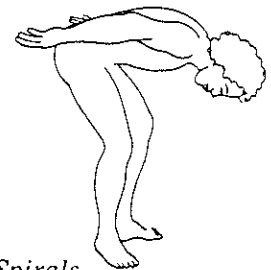
Merging Waves with
Descending Spring
4, ①



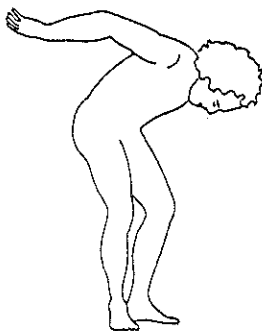
INNER OUTER BALANCE
2



Swinging Spirals
3



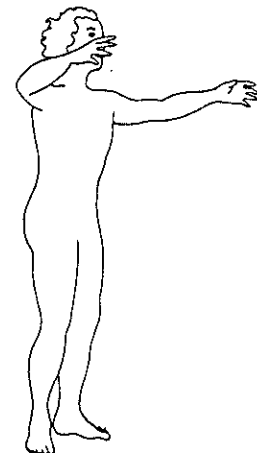
3+



SUSPENDED BOUNDARIES
4



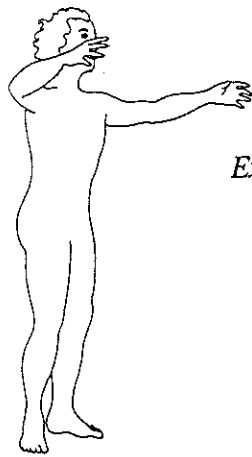
Synchronized Geometry to
Moon w/Ascending Spring
1 ② 3



MOON EQUILIBRIUM
4

Interconnecting to
the next Movement...

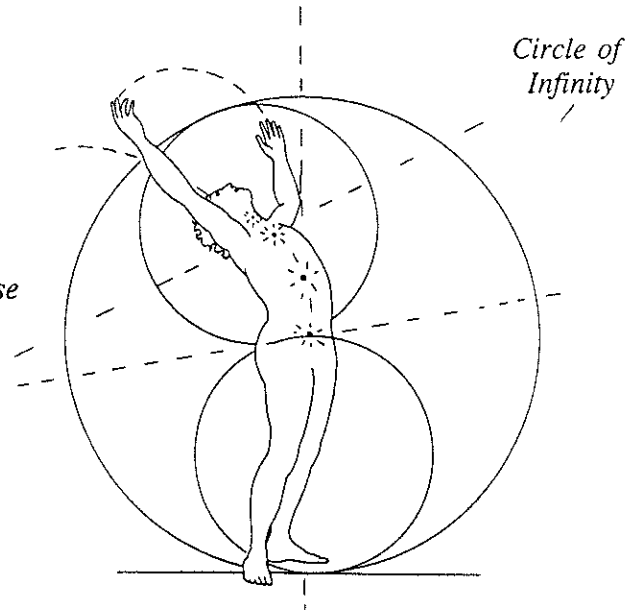
FIFTH SECTION - MOVEMENT 9 - BACK RELEASE



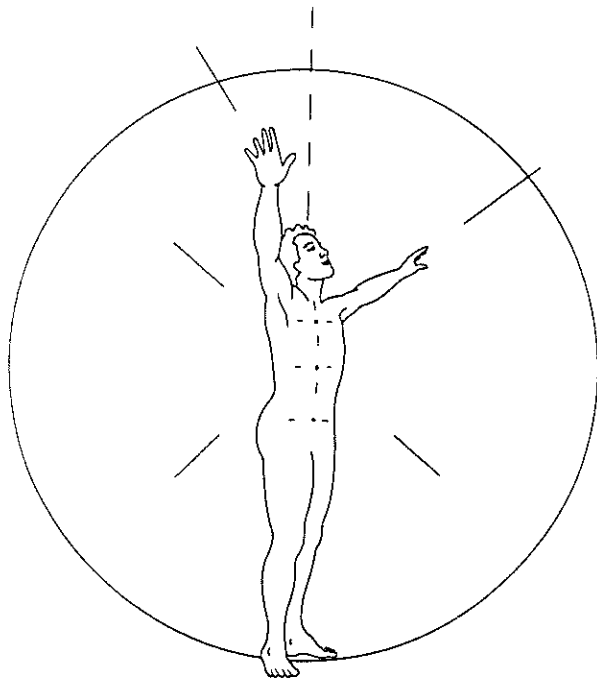
Expanding
Moon
1, 2

MOON EQUILIBRIUM
4

Back
Release
3

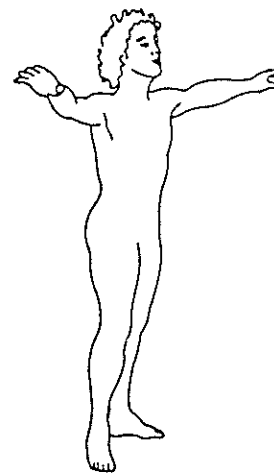


SUSPENDED ARC
4



INFINITE EQUILIBRIUM
1
2

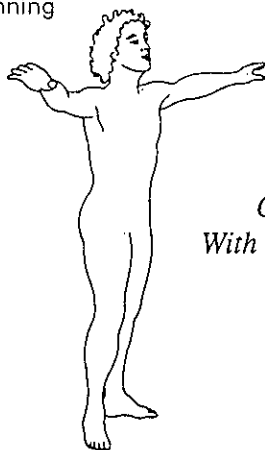
Infinite
Expansion
3



EXPANSION
4

Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 10 - ABOVE TRANSFER/LEG EXTENSION

Beginning
in:

EXPANSION

4

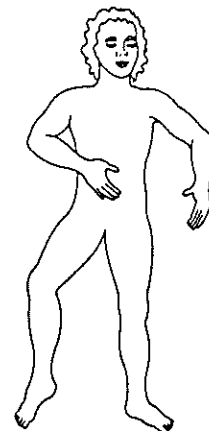
Outer Mandala
With Descending Spring

1

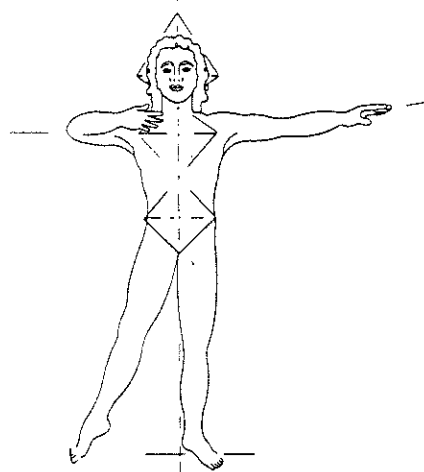


FOUNDATION

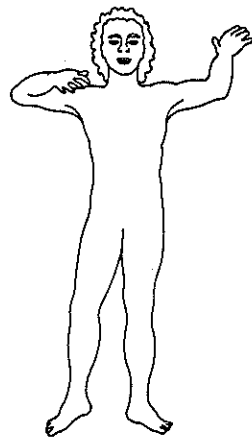
2

Ascending The Circle
(l.arm Unfolding Expansion
r.arm Ascending Through Centers)

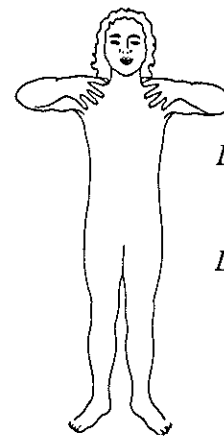
3

SIDE TRANSFER/LEG EXTENSION
(l.arm. Expansion/r.arm Suspended Diamond)

4



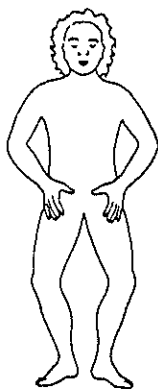
Above The Circle

Descending
Centers
with
Descending
Springs

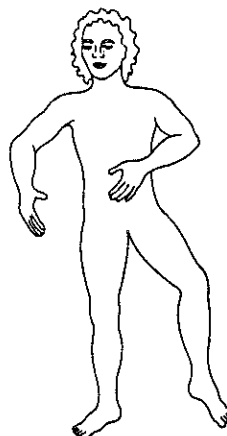
3

SUSPENDED DIAMOND

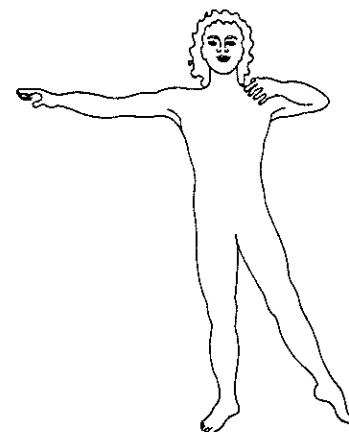
2

FOUNDATION
DESCENDED SPRING

4

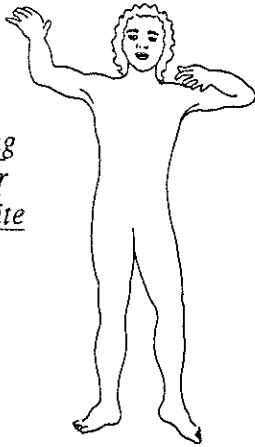
Ascending The Circle
(r.arm Unfolding Expansion
l.arm Ascending Through Centers)

1

SIDE TRANSFER/LEG EXTENSION
(r.arm Expansion/l.arm Suspended Diamond)

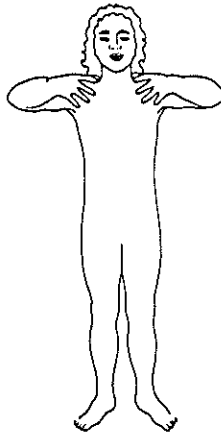
2

Repeating
Transfer
to opposite
side:



Above The Circle

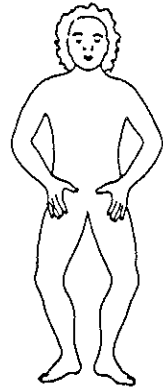
3



SUSPENDED DIAMOND

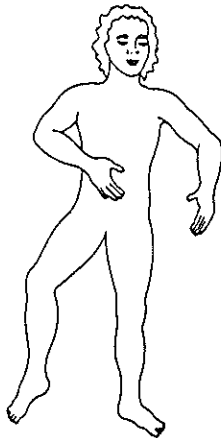
4

Descending
Centers
with
Descending
Springs
/



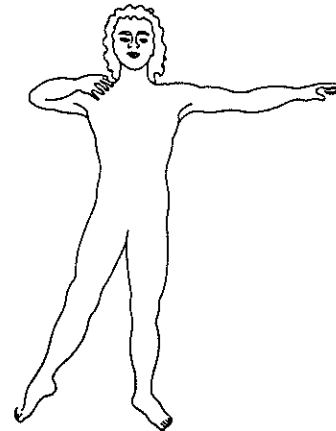
FOUNDATION
DESCENDED SPRING

2



Ascending The Circle
(l.arm Unfolding Expansion
r.arm Ascending Through Centers)

3



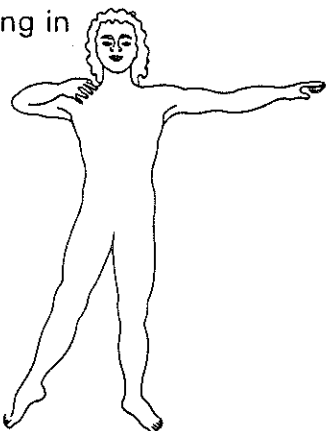
SIDE TRANSFER/LEG EXTENSION
(l.arm. Expansion/r.arm Suspended Diamond)

4

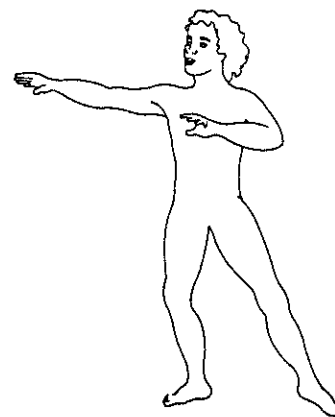
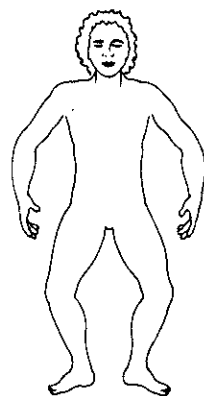
Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 11 - BELOW TRANSFER/LEG EXTENSION

Beginning in



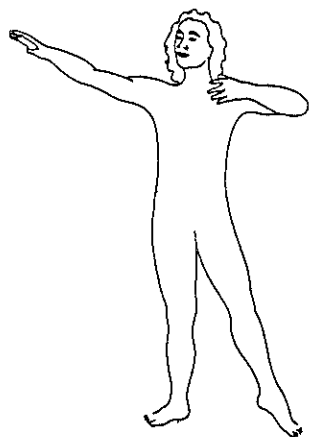
Descending
The Circle
with
Geometric
Coordination
/



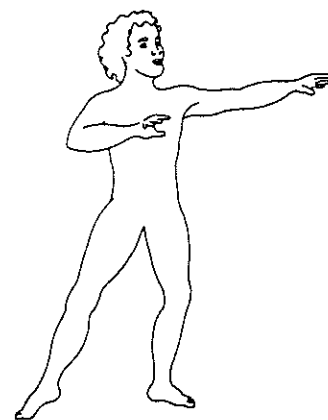
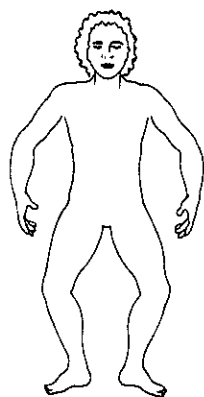
SIDE TRANSFER/LEG EXTENSION
(l.arm Expansion/r.arm Suspended Diamond)
4

EARTH
DESCENDED SPRING
2

Ascending The Circle
(r.arm Unfolding Expansion
l.arm Ascending Through Centers)
3



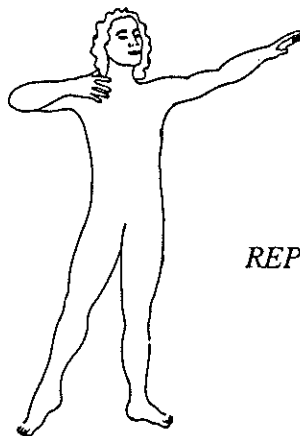
Descending
The Circle
with
Geometric
Coordination
/



SIDE TRANSFER/LEG EXTENSION
(r.arm Expansion/l.arm Suspended Diamond)
4

EARTH
DESCENDED SPRING
2

Ascending The Circle
(l.arm Unfolding Expansion/
r.arm Ascending Through Centers)
3



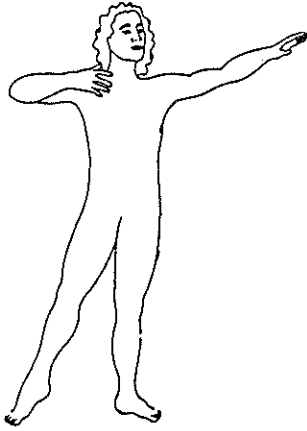
REPEAT WHOLE MOVEMENT ONE TIME

Interconnecting to
the next Movement...

SIDE TRANSFER/LEG EXTENSION
(l.arm Expansion/r.arm Suspended Diamond)
4

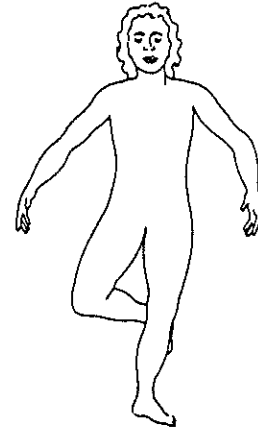
FIFTH SECTION - MOVEMENT 12 - SIX POINTED STAR

Beginning
in:



SIDE TRANSFER/LEG EXTENSION
(l.arm Expansion/r.arm Suspended Diamond)
4

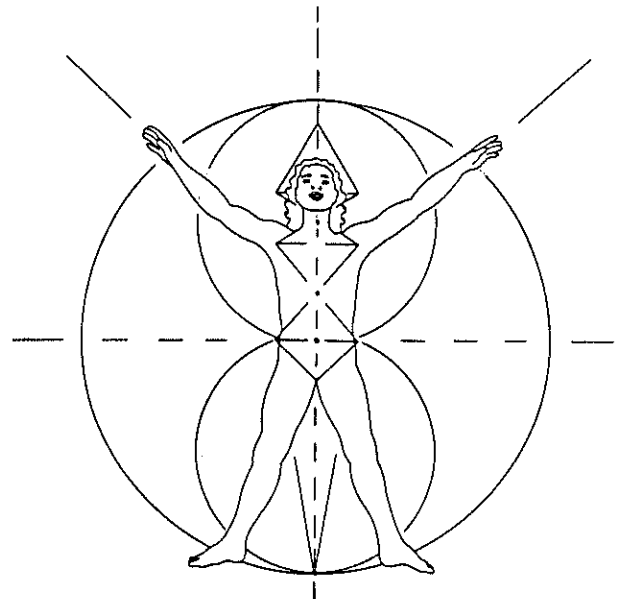
Transition
Into
Six-
Pointed
Star
/



COORDINATIONAL SPIRALS
2



Unfolding Star
③ 4, 1



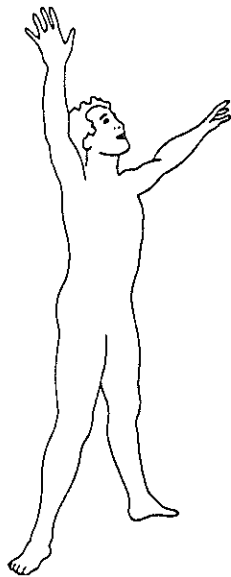
Completing in

SIX POINTED STAR
2 [3, 4]

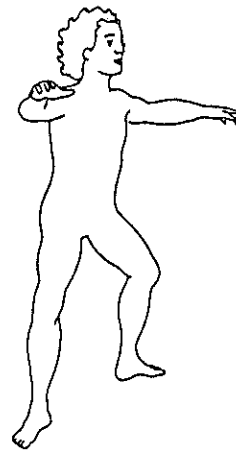
Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 13 --OPEN FORWARD SUSPENSION

Beginning in

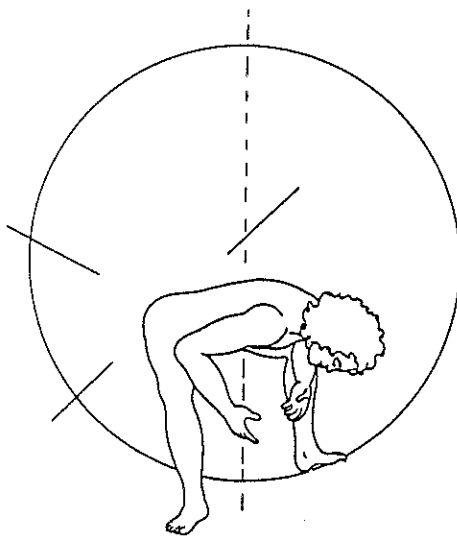


SIX POINTED STAR
4

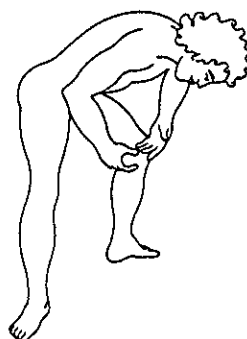


Infinite Release
①, 2

Encircling
Spiral
With
Descending
Springs
3, 4

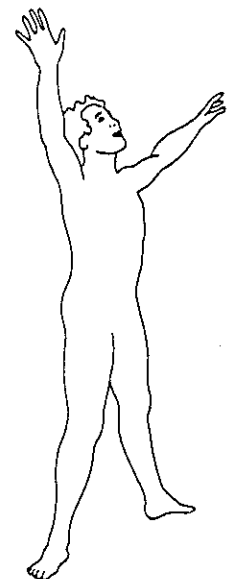


SUSPENDED BALANCE
1 2



Entering Foundation
with Ascending Springs
③ 4

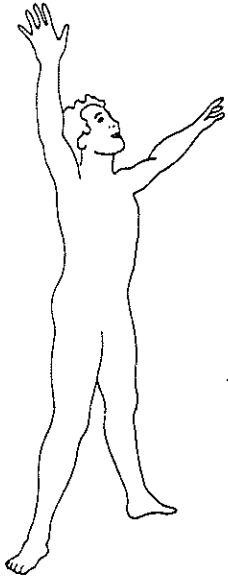
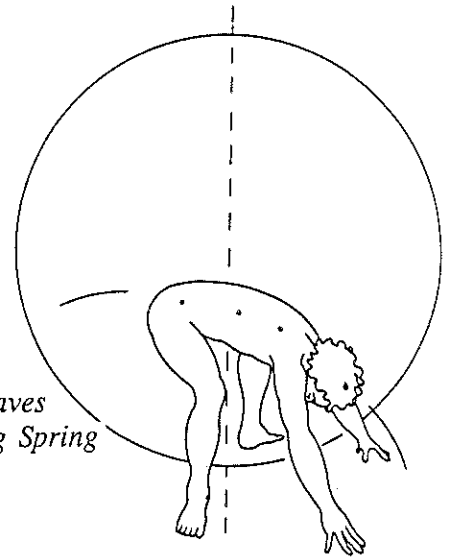
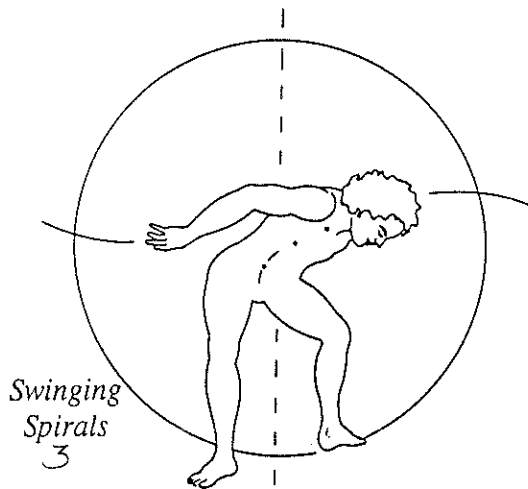
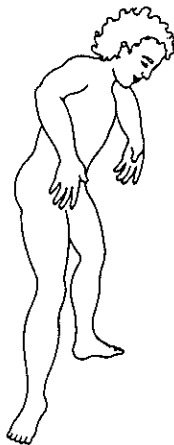
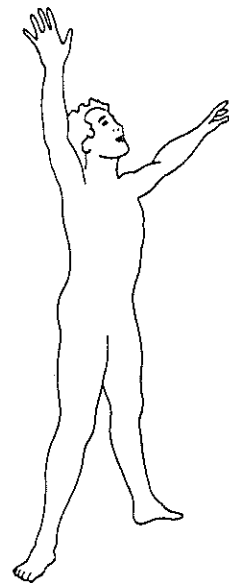
Infinity's
Gate
with
Ascending
Spring
1, 2, 3



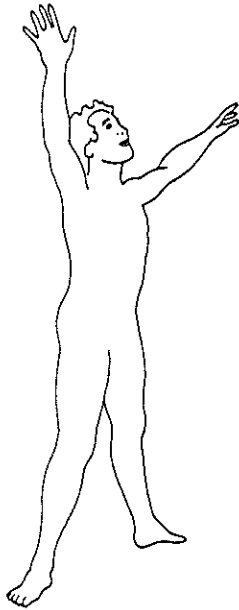
SIX POINTED STAR
4

Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 14 - OPEN FORWARD RELEASE

Beginning
in:SIX POINTED STAR
4Open
Mandala
with
Descending
Springs
1, 2SUSPENDED HEART
3Merging Waves
with Descending Spring
4, 1OPEN INNER/OUTER BALANCE
2SUSPENDED BOUNDARIES
4Swinging
Spirals
3Infinity's
Gate
With
Ascending
Springs
3Synchronized Geometry
with Ascending Springs
1, ②SIX POINTED STAR
4Interconnecting to
the next Movement...

FIFTH SECTION - MOVEMENT 15 - TRANSITION INTO STANDING SPIRALS

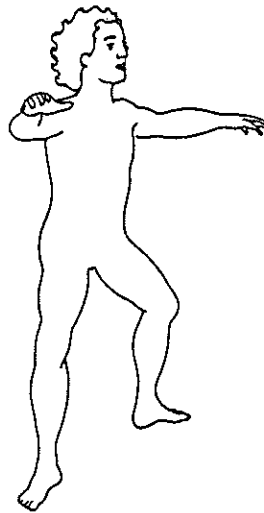
Beginning
in:

SIX POINTED STAR

4

Infinite
Expansion

/

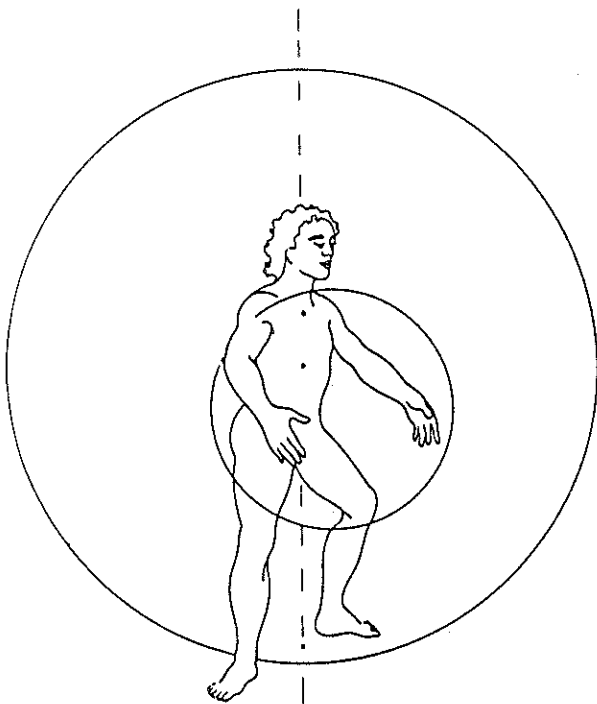


EXPANSION

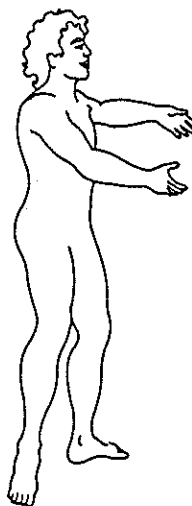
/ +

Balanced
Navigation
with
Descending
Springs

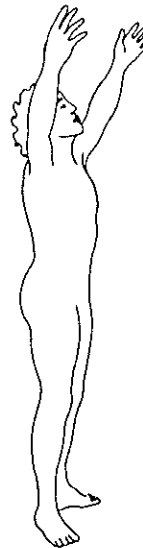
2

EARTH
DESCENDED SPRINGS

2+

Transfer Spiral with
Side Transfer/Leg Return

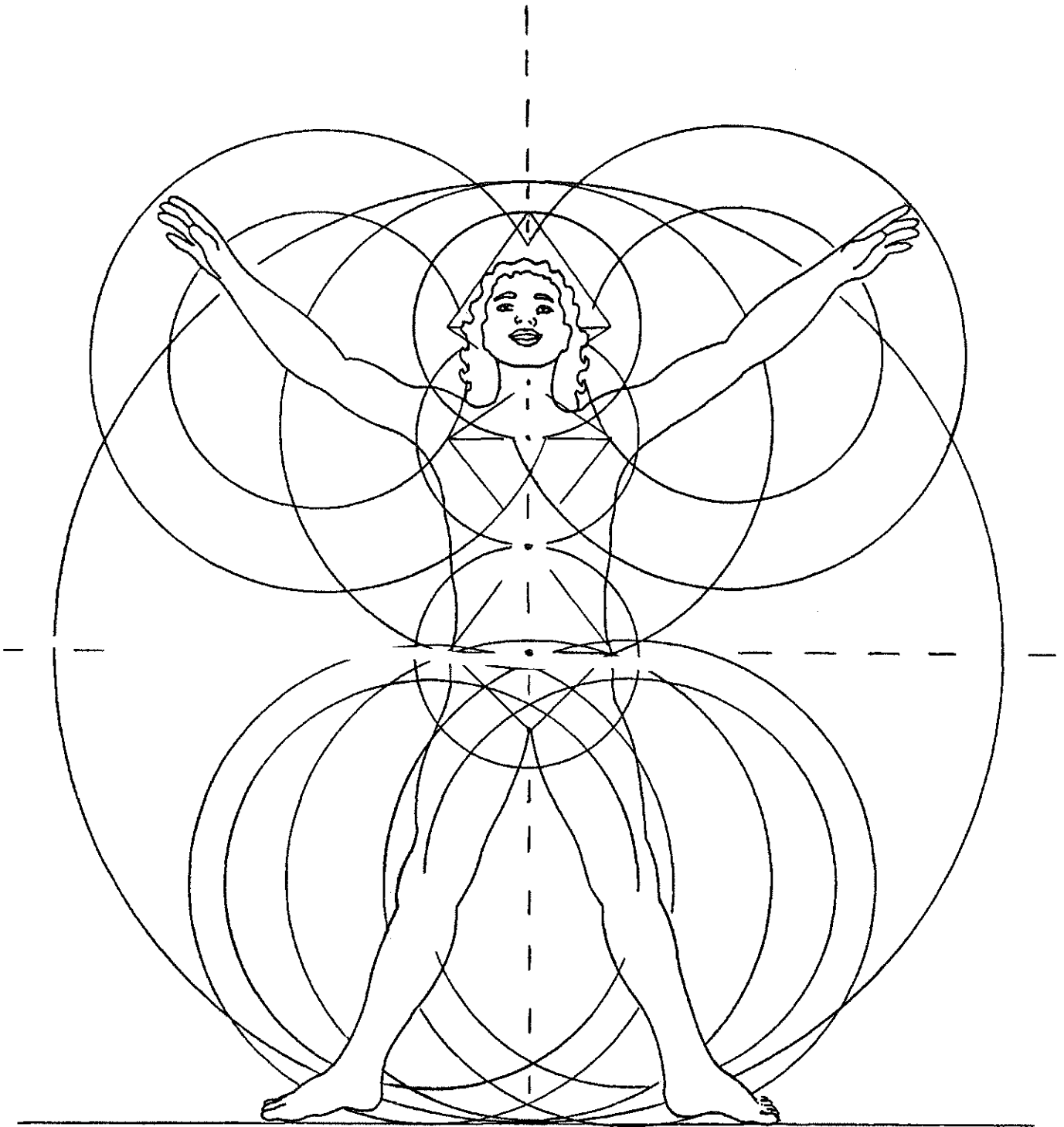
3



HEAVEN

4

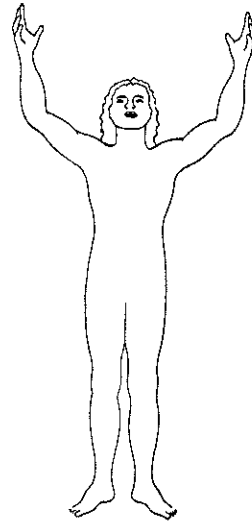
Interconnecting to
the next Movement...



This graphic shows the balanced polarities within skeleton that, moving together through the Path of Balance of the Standing Spirals, centralize as self-equilibrium

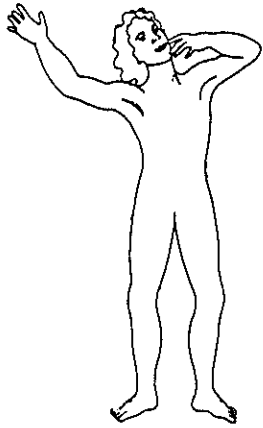
FIFTH SECTION - MOVEMENT 16 - STANDING SPIRALS

Beginning in

beginning
with
right
arm
momentum

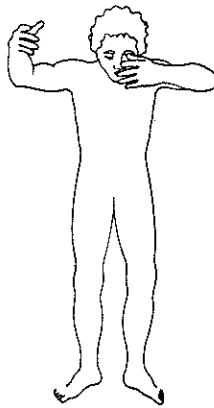
HEAVEN

4



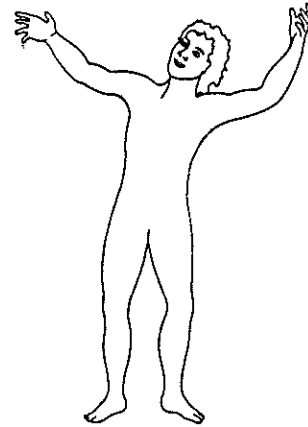
Right Side Neck

1



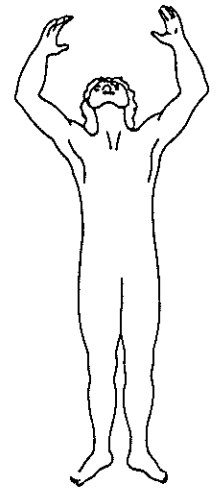
Front Neck

2



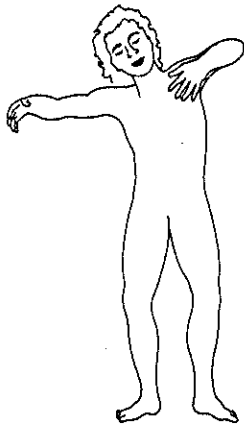
Left Side Neck

3



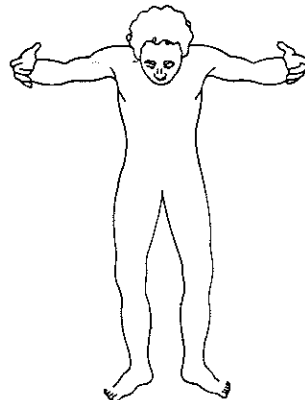
Back Neck

4



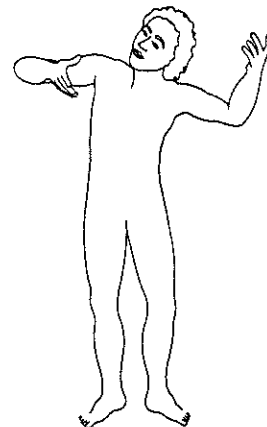
Right Side Heart

1



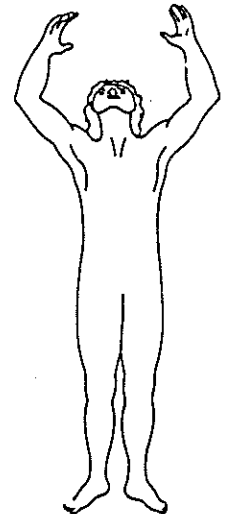
Front Heart

2



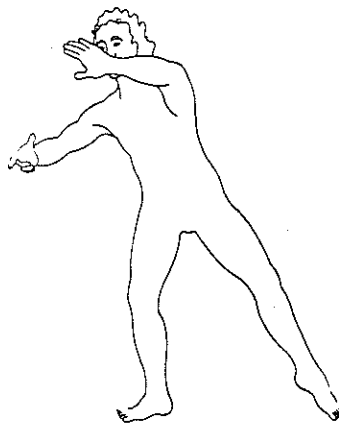
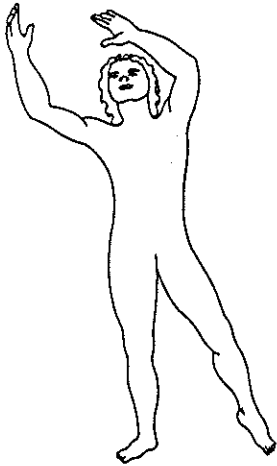
Left Side Heart

3



Back Heart

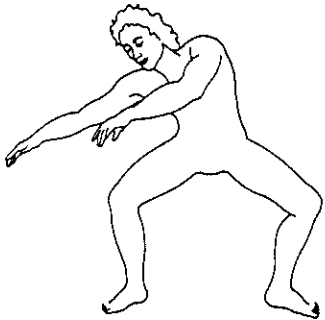
4



1

Opening Spiral of Torso

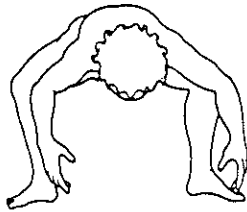
1+



Right Side Torso

2

3



Front Torso

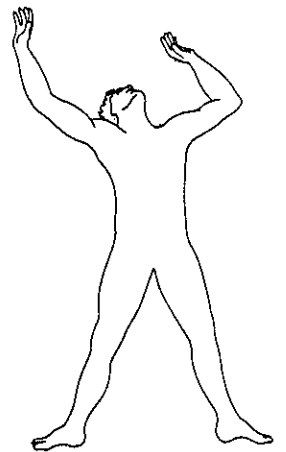
4

5



Left Side Torso

6



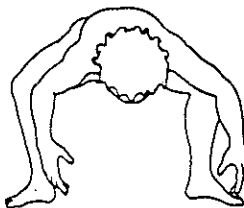
Back Torso

7



Right Side Torso

8



Front Torso

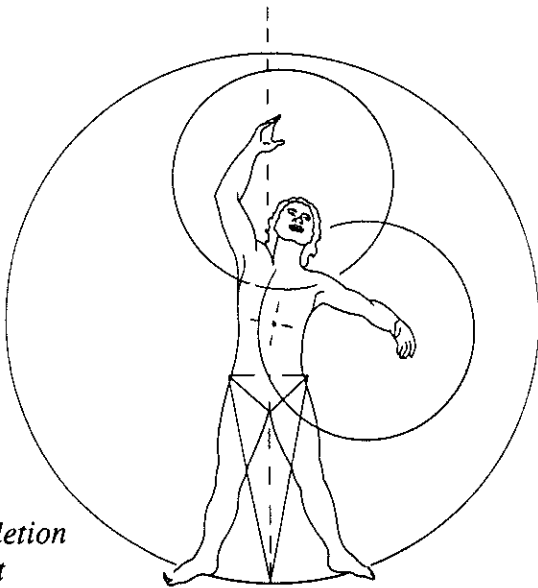
9



Relenting Left
Side Torso

10

Movement continuing
on next two pages...



Completion
of first
half of
spiral:

Suspended Three Dimensions
r. arm Heaven, l. arm Earth

11, 12

Reversing
The
Spiral



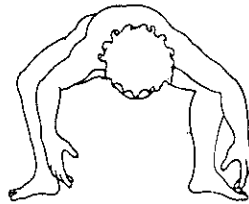
Releasing Momentum
Left Side

1



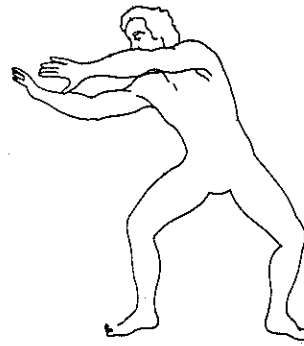
Left Side Torso

2



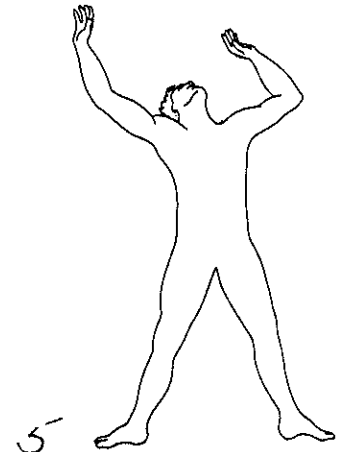
Front Torso

3



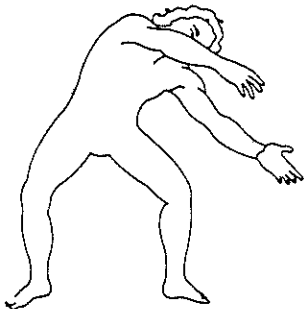
Right Side Torso

4



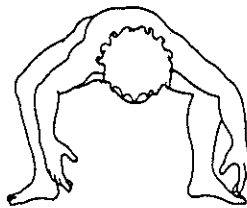
Back Torso

6



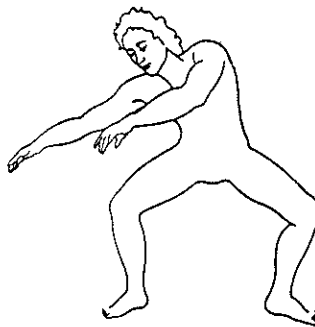
Left Side Torso

7



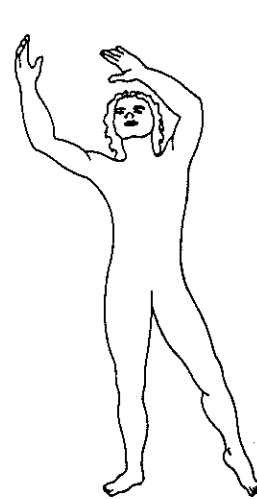
Front Torso

8



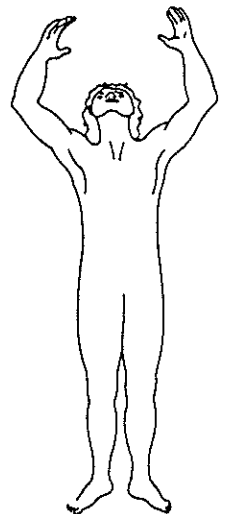
Gathering Momentum

1



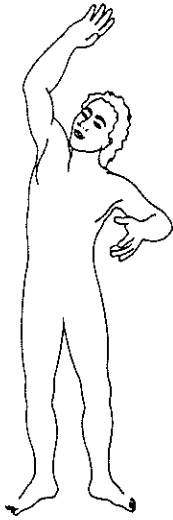
Right Side Heart
Leg Return

2

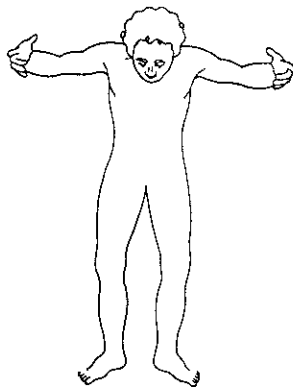


Back Heart

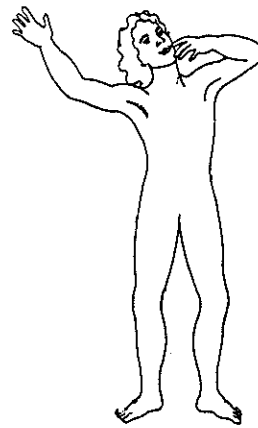
3



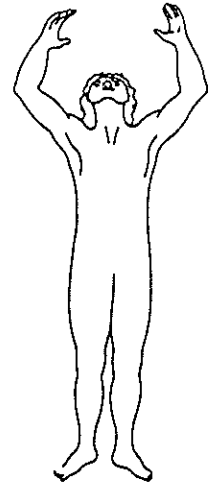
Left Side Heart
4



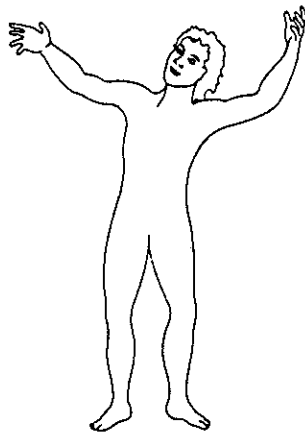
Front Heart
1



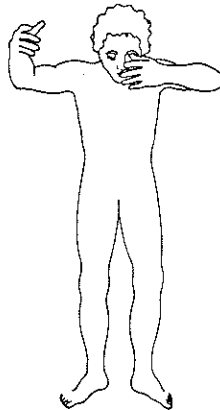
Right Side Neck
2



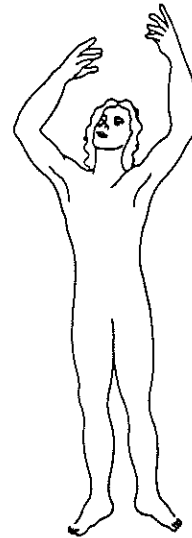
Back Neck
3



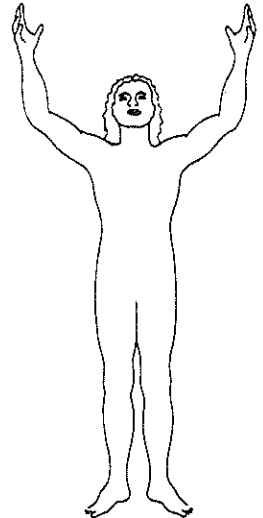
Left Side Neck
4



Front Neck
1

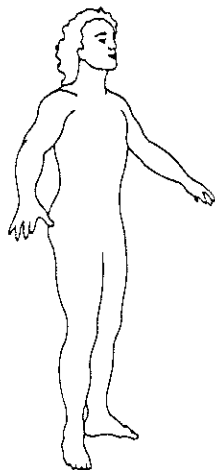


Spiral of Crown
2, 3



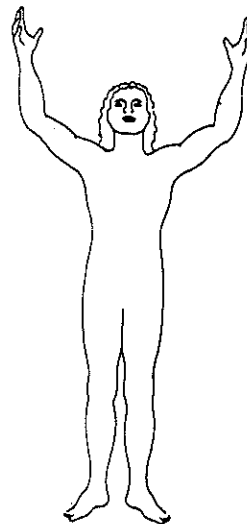
HEAVEN
4

Outer
Mandala
1, 2, 3



MANDALA CROWN
4

Ascending
Through
All
Centers
1, 2, 3



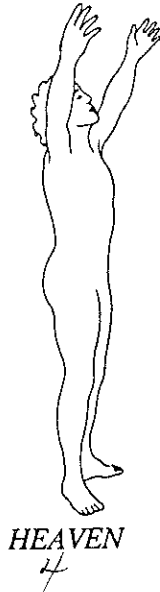
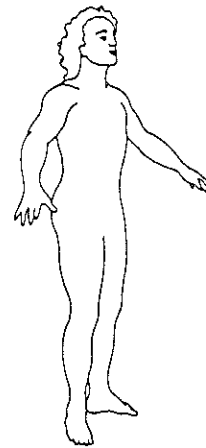
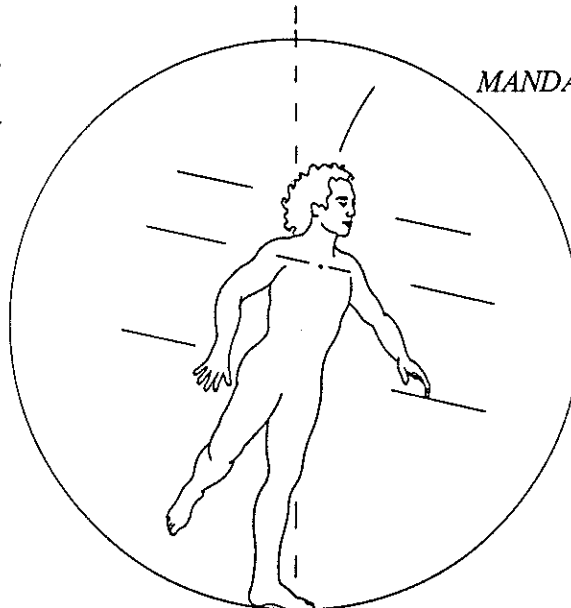
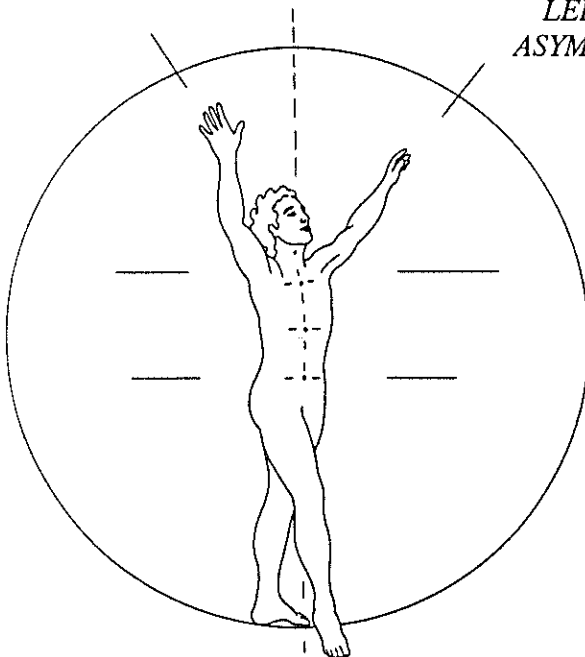
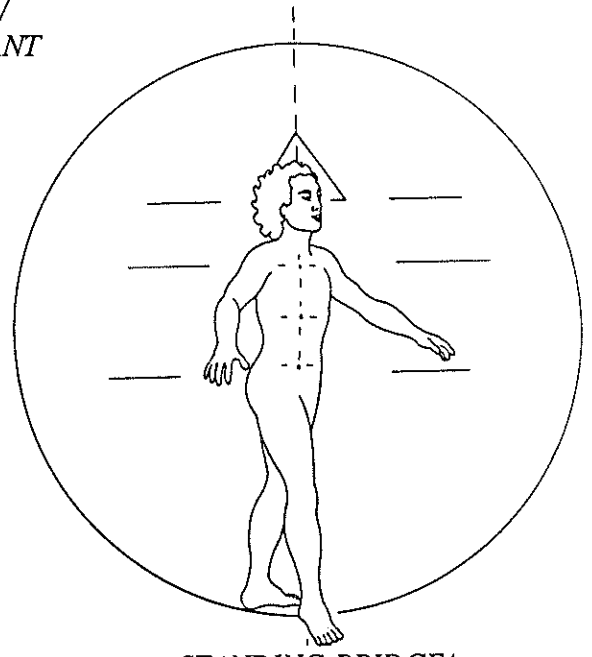
HEAVEN 4

Repeat spiral beginning
with left arm momentum

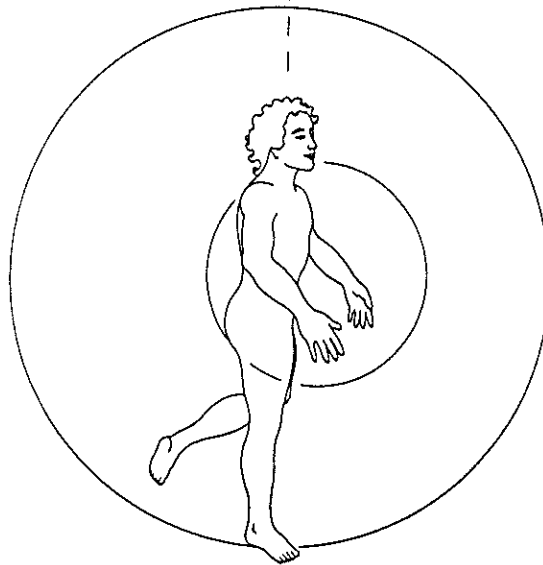
Interconnecting
to next Movement
through.....

FIFTH SECTION - MOVEMENT 17 - SLOW MOTION WALK

Beginning in

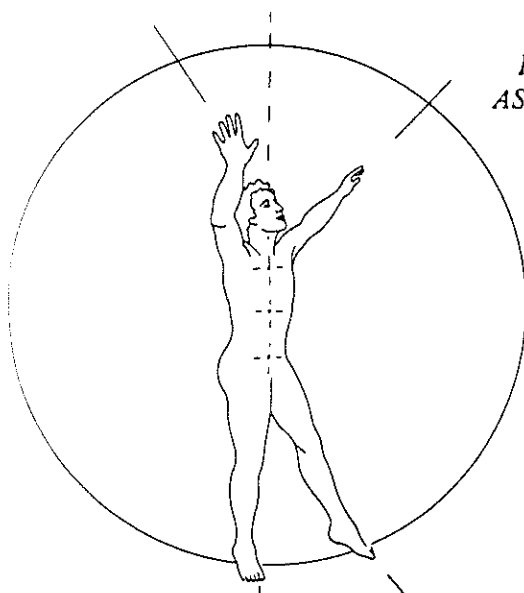
Outer
Mandala
1, 2, 3Right leg
Balanced
Transfer with
Entering Space/
Asymmetrical
Unity
1, 2, 3Right Leg
Unfolding
with
Outer
Mandala
1, 2, 3LEFT LEG BALANCE/
ASYMMETRICAL INSTANT
4Forward
Balanced
Transfer
with
Outer
Mandala
1, 2, 3STANDING BRIDGE/
HIGH CROWN
4

Left Leg
Balanced
Transfer
with
Entering
Space/
Asymmetrical
Unity
1, 2, 3



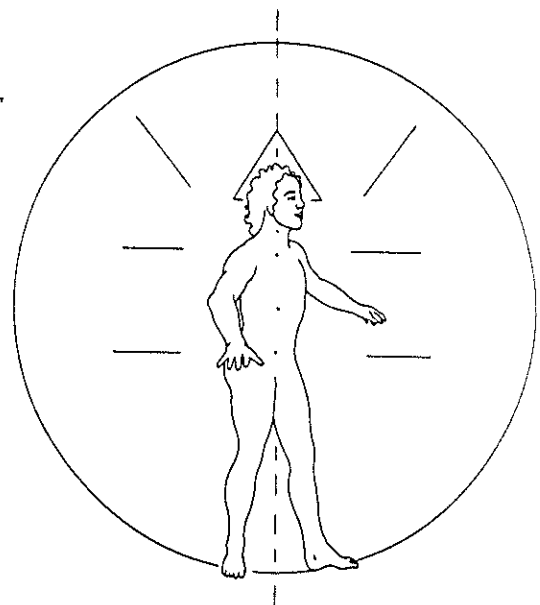
Left leg
Unfolding
with
Outer
Mandala
1, 2, 3

RIGHT LEG BALANCE/
ASYMMETRICAL INSTANT
4



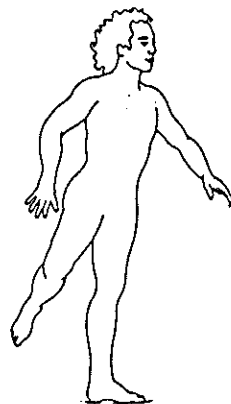
LEFT LEG EXTENSION/INFINITY
4

Forward
Balanced
Transfer
with
Outer
Mandala
1, 2, 3

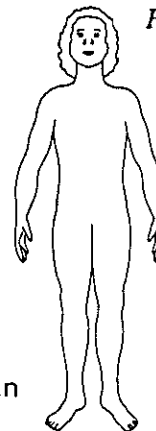


STANDING BRIDGE/
HIGH CROWN
4

Right leg
Balanced
Transfer with
Entering Space/
Asymmetrical
Unity
1, 2, 3



Returning
to
Symmetry
1, 2, 3



Completing in

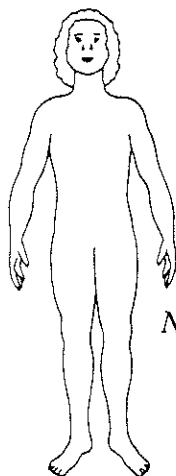
Interconnecting to
the next Movement...

LEFT LEG BALANCE/
ASYMMETRICAL INSTANT
4

O POINT EQUILIBRIUM
4

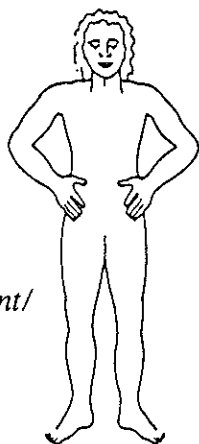
SECTION FIVE - MOVEMENT 18 - GIVING AND RECEIVING CENTERS

Beginning
in:



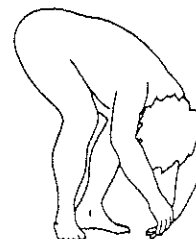
Natural Engagement/
Inflowing Wave
1, 2, 3

O POINT EQUILIBRIUM
4



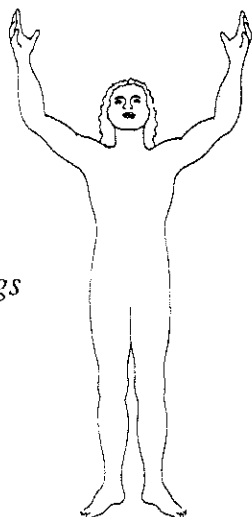
FOUNDATION
4

Giving Of All Centers
with Descending Spring
1, 2, 3



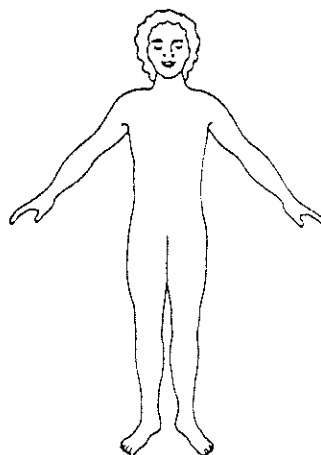
CROWN RELEASE
4

Receiving Of All
Centers with
Ascending Springs
1, 2, 3



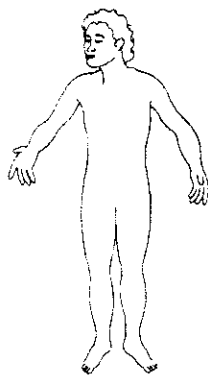
HEAVEN
4

Outer
Mandala
1, 2, 3

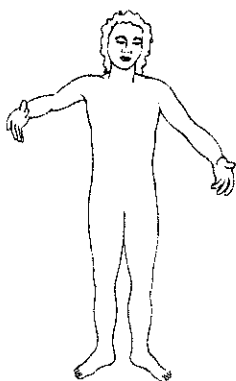


MANDALA CROWN
4

THE FOUNTAIN OF LIFE—THE NEW BEGINNING

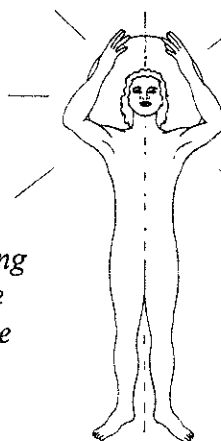


Initiating The Wave
1



Merging Wave
2

Riding
The
Wave
3, 4



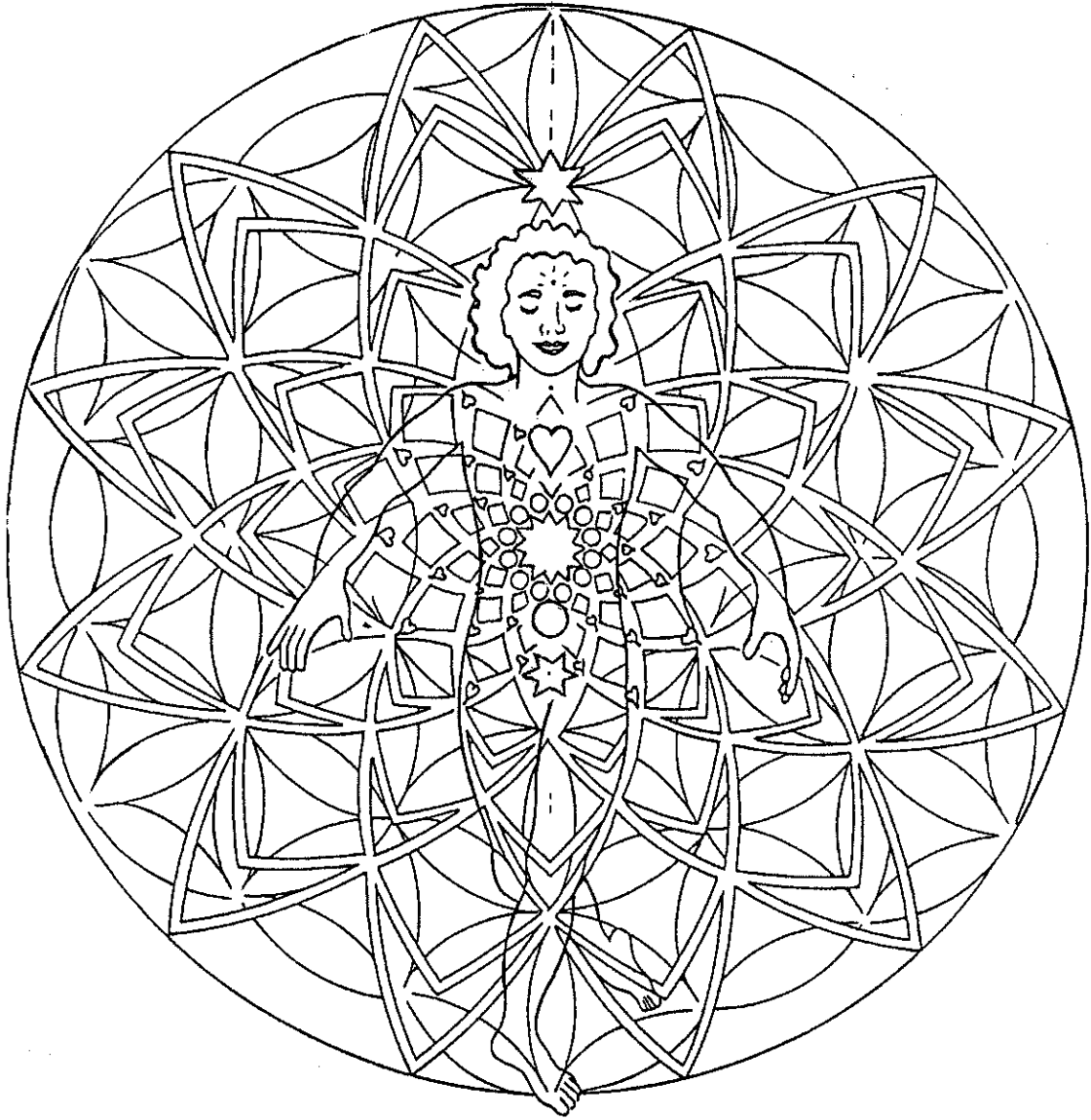
CENTRAL CROWN
5

Merging
Wave
6, 7



MOVING
HEART
8

Releasing into natural walk and natural run.....

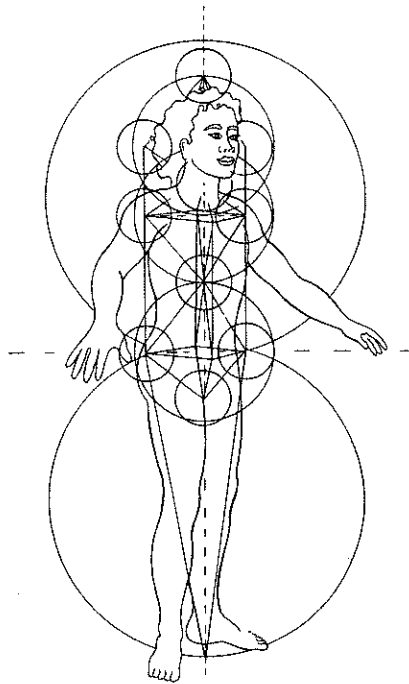


Continual Unfolding.....

THE TEN DIMENSIONS OF LIFE

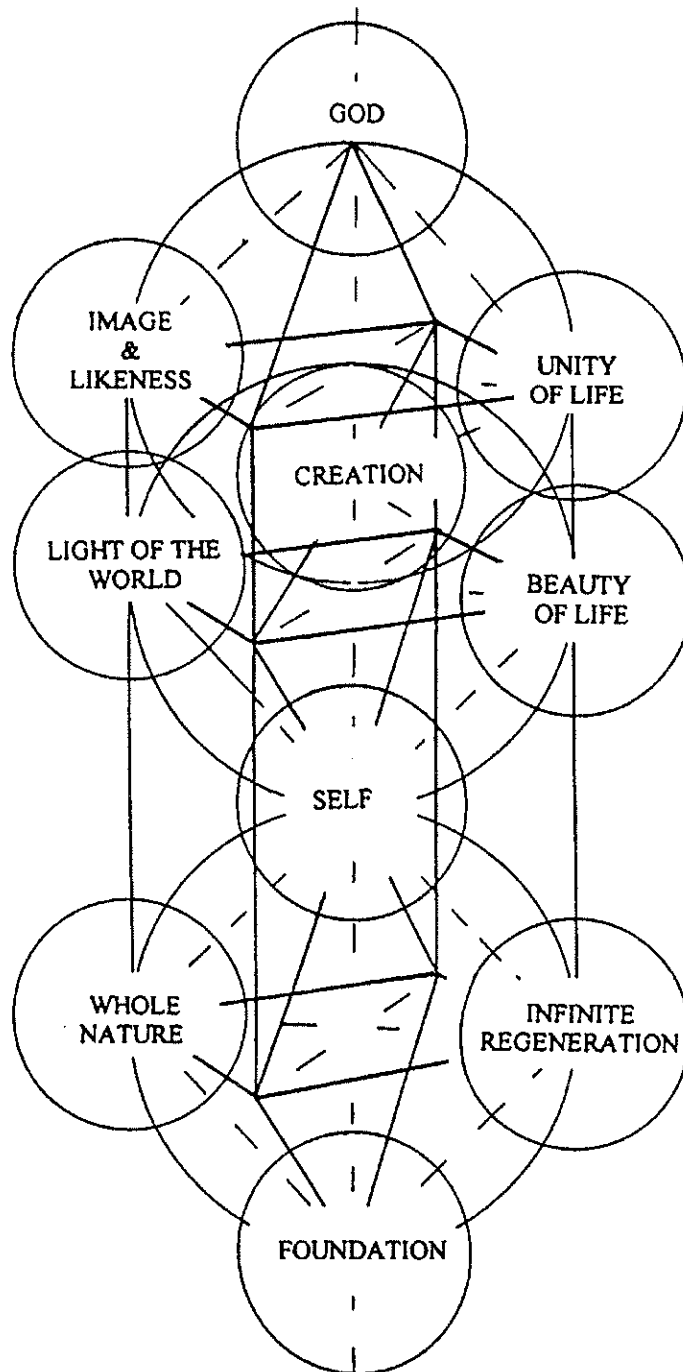
The Movements of Unity In Motion and the Geometry of Balance exist within a complete ten-dimensional design of unity. This is the same design reproduced many times throughout this book as the balance of the human body. More information about the Ten Dimensions can be found in our books *Unity In Motion*, *The Balanced Nature of Life* and *Universal Balance, The New Consciousness of Life*.

1. **UNIVERSAL EQUILIBRIUM.** The absolute unity that is God, embracing all of the nine proceeding dimensions as the whole movement of one.
2. **THE IMAGE AND THE LIKENESS.** Whole consciousness experiencing itself as the united centralization of the mirror reflection of love, recognizing itself to be everything that it perceives.
3. **THE UNITY OF LIFE.** The perceptive nature of consciousness acknowledging in image and likeness the triune merging that is the three-dimensional nature of life.
4. **CREATION.** The whole movement that is Universal Balance expressing the nature of consciousness through the absolute creativity that is the eternally renewed present moment of life.
5. **THE LIGHT OF THE WORLD.** Consciousness that, engaged in the absolute creativity of life, recognizes itself to be not only the perception but also the creation of that which it perceives. In this unity consciousness is one with the act of creation, one with the light that it sees.
6. **THE BEAUTY OF LIFE.** Consciousness suspended by Universal Balance experiencing the whole feeling that is the boundless energy of life.
7. **ESSENTIAL SELF.** The united nature of Self recognizing itself to be the centralized, giving and receiving nature of all of the ten dimensions.
8. **WHOLE NATURE.** Self, living the mental, emotional and physical natures of Universal Balance, expressing the atomic present reality that is life.
9. **INFINITE REGENERATION.** Self, living as one with creation and engaged in the present reality that is life, experiences the atomic renewal that is the transformative nature of infinite life.
10. **FOUNDATION.** Self, engaged in the full circle of life, experiences all of the attributes of Universal Balance as the Unity In Motion of life.



Human Balance

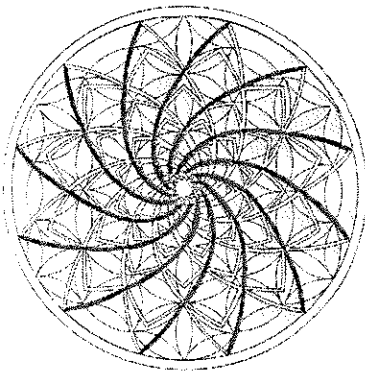
***The Ten-Dimensional Map of Unity
Human Balance –Universal Balance
One and the Same***



Universal Balance

The Ten Waves

Through years of practicing the Movements of Unity In Motion it became evident to us that the movement we are practicing is all comprised of waves – the waves of the spine, of the arms and even the legs merging together into one flowing movement. We also discovered that the Path of Balance itself is a constant wave. And that this wave can be seen to have ten differentiations. These differentiations can assist the student in learning the bio-mechanical and energetic quality of the Movements. We have recently changed the names of the Paths in the first three sections of Unity In Motion to reflect the Ten Waves. These waves are pictured below in their most synergistic form as they are merged with the geometry of three-dimensional balance and also the ten dimensional map of unity. For the student acquainted with the Movements this way of seeing can bring a shock of recognition and be a truly liberating experience.



1. Outflowing Wave – corresponding to the First Dimension: Equilibrium

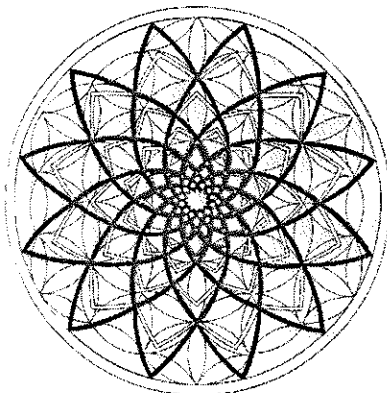
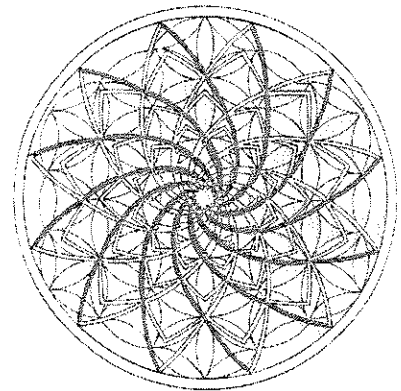
The right and left opening ripple of the arms connecting from above and below, ascending toward the vertical direction to Crown.

Example of UIM Path: Unity In Motion Movement Foundation to Crown

2. Inflowing Wave – corresponding to the Second Dimension: Image and Likeness

The right and left return ripple of arms connecting from above and below descending from the vertical direction of Crown to Foundation.

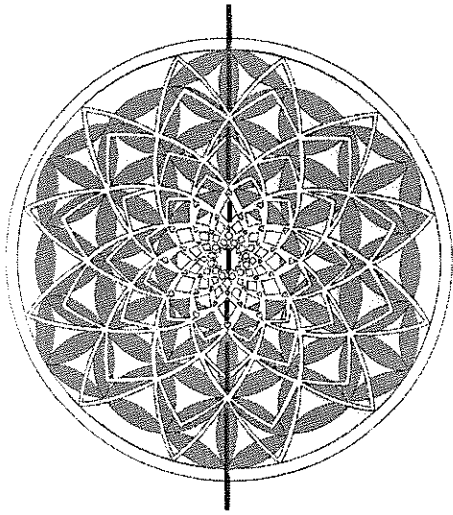
Example of UIM Path: Unity In Motion Movement - Crown to Foundation



3. Merging Wave – corresponding to the Third Dimension: Unity of Life

Two waves merging into one united movement

Example of UIM Path: Central Heart Movement - Foundation to Central Heart



4. Descending/Ascending Wave – corresponding to Fourth Dimension: Creation

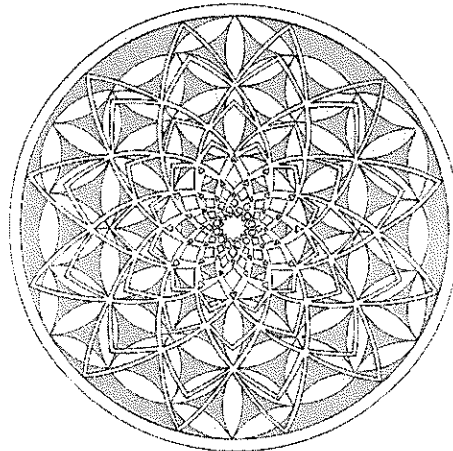
The traveling sense of elevation occurring as the arms (or legs) descend.

Example of UIM Path: Suspended Diamond Movement - Suspended Diamond. – Second and Third Section legs – Diamond to Natural Bent Legs.

5. Releasing Wave – corresponding to Fifth Dimension: Light of the World

Release of energy is synchronized with movement through space.

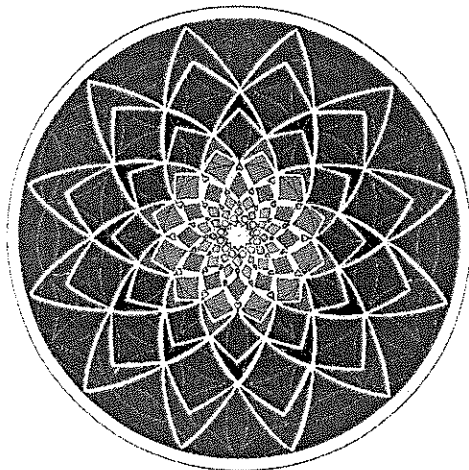
Example of UIM path: First Section - Foundation to Horizon

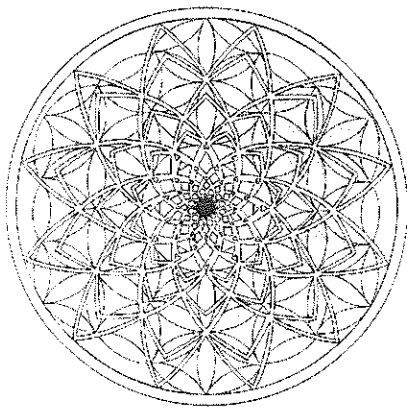


6. Unfolding Wave – corresponding to the Six Dimension: The Beauty of Life

Frame by frame, conscious gradational unfolding of the movement expressing The Golden Mean

Example of UIM path: First Section – Foundation to Moon – Second Section - Neutral to Moon.





7. Riding the Wave – corresponding to the Seventh Dimension – Self

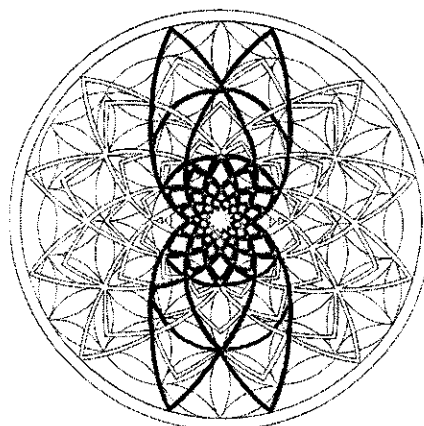
Riding the momentum of energy through the geometry of three dimensions in which the angles of the arms and spine are synchronized as the Path of Balance.

Example of UIM Path: Outer Mandala - Infinity to Expansion to Mandala Crown .

8. Encircling Wave – corresponding to the Eighth Dimension – Whole Nature

Energy spiraling into itself in order to go out of itself.

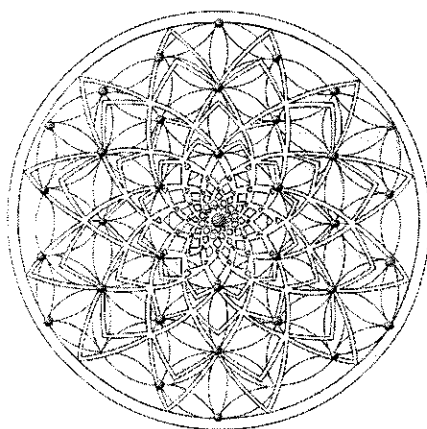
Example of UIM Path: In all three Releases: Foundation to Suspended Balance, Expansion to Suspended Balance and Heaven to Suspended Balance.



9. Inner/Outer Wave – corresponding to the Ninth Dimension – Infinite Regeneration

Acknowledgment of internal energy, going out as it comes in and coming in as it goes out.

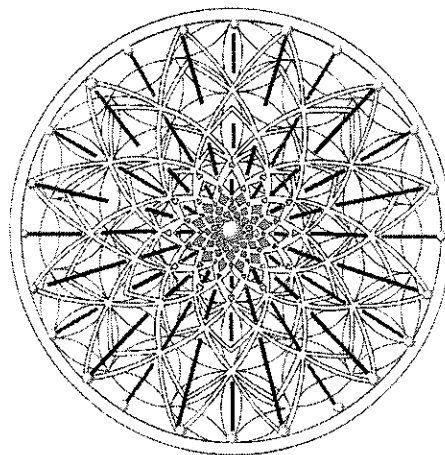
Example of UIM Path: Descending and Ascending Springs of the Legs in First and Fifth Sections - Second Section – Alternate Leg Extension – Natural Elongation to Natural Bended Knee and return.



10. Expanding Wave – corresponding to the Tenth Dimension – Foundation

The Foundation that unites the circular and the linear as the reality of one.

Example of UIM Path: Second Section: Moon to True Side – Moon to Upper Diagonal – Moon to Lower Diagonal



PRACTICE

By Nancy McGowan

We experience our multi-dimensional connection with our Self through the practice of Unity in Motion. As we learn these Movements that unite form and space we are discovering the whole of our real nature as most profound and quite magical. We discover this amazing Self through learning, connecting and understanding the geometry of our physical nature, the geometry of our conceptual nature, and the geometry of our emotional nature.

Life in all its aspects, all its many worlds, all its many relationships, has been somewhat of a mystery in which pieces of the puzzle do not fit and certain things are unknown. Unity in Motion puts this ancient mystery to rest and completes the puzzle of life.

Within each person lies the knowledge of the entire universe. But can the average person access this knowledge or even have the belief that we are this powerful or have this potential? It is the unknown, that which we do not know that we don't know, that which lies deep within us which, when brought to light, changes absolutely everything. When the unknown becomes known, a new synergy, a new mental/physical/energetic awakening takes place that changes us forever.

This is the kind of change that comes about for every individual who studies and practices the Movements of Unity in Motion.

It is not just a simple change of heart, which happens also, but a whole synchronization of all the centers in one's being which changes the *physical sense* by the repair and recuperation of the skeleton, the *mental sense* by its suspension and clarity of pure three dimensions, and the *emotional sense* by the expanded awareness of love. All three of these aspects become one's natural Presence.

Phase One is the bio-mechanical learning of the Movements. With the bio-mechanical learning comes also a gradual learning of conceptual understanding of unity. This is a whole new circular language which the ancient linear mind feels, at first hearing, it doesn't understand, but is nevertheless naturally very attracted to.

Learning the Movements as a discipline is one way to practice Unity in Motion. Setting aside the time, even just ten or fifteen minutes each day to start, to allow yourself to continue to grow with it, going through the Movements you have been taught and coordinating them with the book, learning the names of the Paths and Connections. Doing this regularly will facilitate your matching the three-dimensional Geometry of Balance.

Some students enter the practice because they have no choice in the matter. It is as though Unity In Motion finds them and says: "Here I am . Integrate me as soon as possible!!!!" Some are in chronic pain and that is all the discipline needed to practice.

Also for some, as a form of “movement”, the holographic nature and geometrical perfection of the Movements make sense with the realization that in the pursuit of Self, the physical sense had been the last to be fully recuperated and integrated into one’s whole sense of being. For these students, the time is now.

Sometimes students experience great changes immediately, especially in their physiology, and sometimes it is a more gradual process. Students report feeling more relaxed, more balanced, more energetic. There seems to be an improvement of relationships. Students say they are happier, their dispositions improve and they “lighten up”. There are fewer mood swings and life becomes less dramatic and more tranquil. Students report that the people around them “get better” even though they are not practicing Unity In Motion.

Sometimes students feel more pain at the beginning as stored pockets of energy and hidden pain come to the surface. The Movements, by their unifying nature, touch places of inertia and the student may at first think something is wrong. But there is nothing wrong.

Remember there is release and repair occurring. The release is the erasing of painful patterns of movement and confused neurological reflexes, both current and biologically inherited. The repair is the recuperation of the skeleton that is now beginning to become supported and suspended in three-dimensional space.

As the recuperation of the body occurs, the mind becomes free and suspended and directed by the geometry, and does not have to support the body anymore or tell it what to do. Imagine a mind free of the tangled illusion of dualism of mind and body—not freedom in a conceptual way from one side dominating or subject to the other, but a mind/body/emotional unity that is exuberant. In this communion with our beloved Geometry, our emotional sense of self is released into the radiant energy that is the fullest love and ecstasy.

And the time it takes to have this happen is the time we devote to the practice of it.

How does Unity In Motion work to connect us to this Geometry of Universal Balance?

As we practice through classes, workshops and everyday practice at home we become more open and connected to the Geometry. This is a structural, spatial, and energetic change that is occurring. There is a constant opening of the Seven Centers within each frame of movement. Eventually, as the Centers merge into a whole new relationship with each other the mechanical sense of friction disappears along with any sense of flatness.

Phase Two. The student has learned the Movements and now merges the Movements through the Paths (waves) and the Connections. In this phase all the Centers become interrelated in a new and different synergy. We sense ourselves becoming ever more united. The Connections and Pathways ever more real. Through the Movements, the

relationship of centering within the six segments of the legs, the six segments of the arms and the Seven Centers reconnects all centers equally, balancing gravity with expansion.

Phase Three is the matching of three dimensions - we are inside Balance and Balance directs us in everything we do. We are unity - inside of unity - inside of unity - forever. Nothing is separate from us ever again.

As both teacher and student I speak from my personal experience and the experience of other students when I say the practice of Unity in Motion on a daily basis will surely reap rewards in each person's life special to that person's needs and desires. Most importantly, we each become our natural Self traveling in and as the Unity of all Life—all of us together. Since the Movements unite us with The Geometry of Balance, which is our Perfection and our sense of Wholeness, we have it all. This is not guess work, this is our true Self emerging.

We have spent millions of years practicing being separate. This is an illusion in which our lives have been lived out as stories and conflicted interpretations of reality. In the experience of the illusion, called separation, Life has been both insane and dissatisfying. Just to look at the world and the old story of survival inspires us to return to the Universal Balance that we are.

The integration of the Three Phases that have been described is not necessarily sequential. Rather, these phases overlap, integrate and become the natural presence of one's being.

Why not spend an hour a day, or even 15 minutes, practicing Unity in Motion. Each time we practice we gradually recuperate more of our natural sense of Self.

Practice releases pain by dissolving all sense of compression and compensation.

Practice restores our natural right of happiness and abundance.

Practice connects us with our natural exuberance and our fullest radiant energy.

Practice frees our minds by suspending the skeleton in three-dimensional unity.

With practice we become "the thing itself".

