



THE SACRED MOVEMENT METHOD

Consciousness through Sacred Dance

LEVEL ONE COURSE INTRODUCTION

The Nine of Creation - Six Weeks

A foundational journey of metaphysical teaching, sacred breath, embodied consciousness and ceremonial movement.

Created, Developed and Taught by
Andrew Guilfoil (Zhor)

The body becomes the temple.
Breath becomes prayer.
Movement becomes sacred language.

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1. Welcome to Level One

This is the beginning of the practice and the first conscious step into the Nine.

During these six weeks, students encounter the Nine of Creation through metaphysical teaching, imagery, breath, posture, movement phrases, reflection and shared practice. The course begins with Atum - I AM - and unfolds through the first sacred pattern of creation.

This is not simply a dance class. Students are entering a spiritual movement practice in which the body is treated with reverence, breath becomes prayer and movement becomes a language of higher consciousness.

The Level One Intention

- To awaken embodied awareness.
- To establish foundational sacred movements and breath practices.
- To learn the metaphysical meanings of the Nine.
- To experience movement as meditation, prayer and conscious relationship.
- To prepare the student for the Level One Consecration and Initiation Performance.

The goal is not perfect appearance. The goal is sincere presence, safe practice, growing awareness and the willingness to allow spiritual meaning to live through the body.

2. The Six-Week Journey

Each week adds new principles while returning to Atum as the foundation of conscious being.

WEEK	FOCUS	DECLARATION	EMBODIED STUDY
WEEK ONE	Atum	I AM	Emergence, awareness, sacred breath and the movement from below through the heart and outward.
WEEK TWO	Shu and Tefnut	I BREATHE / I FEEL	Life force, breath, emotional flow and the first expression from unity.
WEEK THREE	Geb and Nut	I GROUND / I EXPAND	Earth, sky, stability, openness and the relationship between below and above.
WEEK FOUR	Osiris and Isis	I TRANSFORM / I REMEMBER	Renewal, sacred memory, restoration and embodied wisdom.
WEEK FIVE	Set and Nephthys	I FACE THE SHADOW / I ENTER THE MYSTERY	Courage, discernment, sacred boundaries, transition and surrender.
WEEK SIX	The Nine as One	WE ARE WITHIN THE I AM	Integration, ceremonial preparation, entrance, formation, anointing protocol and unified offering.

Atum Remains the Anchor

Every week returns to the first recognition: I AM. The later movements do not replace Atum. They unfold from the awareness first awakened through Atum.

3. How We Practice

Sacred movement requires attentiveness, consent, compassion and respect for the living body.

Ceremonial Practice Attire

- Loose white pants that allow unrestricted movement.
- A loose, breathable white shirt or tunic that allows the chest, ribs and breath to move freely.
- Bare feet when physically appropriate and safe.
- Secure adornment only; nothing should interfere with breath, balance or movement.

Student Commitments

- Arrive with respect for the Temple, the teacher, fellow students and the practice.
- Participate without comparison, ridicule or competition.
- Honor personal physical limits and request adaptations when needed.
- Keep private sharing and vulnerable experiences confidential.
- Practice the assigned breath, postures and movement phrases between classes.
- Understand that attendance and preparation support safe participation in the final ceremony.

The method invites personal and spiritual integration. It does not diagnose, treat or cure medical or psychological conditions and does not replace professional care.

4. Beginning with Atum: I AM

The first movement teaches awareness emerging into embodied presence.

Atum begins in stillness. The student senses the unformed potential below, allows awareness to rise through the center of the body, receives it through the heart and opens outward into the eye of conscious presence.

The Foundational Atum Progression

- Below: Receive the mystery, potential and depth from which awareness emerges.
- Through the heart: Allow being to become conscious, compassionate presence.
- Outward into the eye: Open into seeing, recognition and the embodied declaration “I AM.”

Breath and Declaration

The breath remains unforced. The inhale receives and gathers; the movement rises through the heart; the exhale opens awareness outward. The words are not shouted or performed for effect. They are known from within: I AM.

This same Atum movement becomes the first sacred phrase performed during the Level One Consecration.

5. The Level One Consecration

Completion of the course is marked through sacred anointing, embodied prayer and communal witness.

The Level One Consecration and Initiation Performance is held in the Temple building during the healing portion of the service. It is the formal completion of the six-week course and the consecration of the student's spiritual practice through the body.

Order of the Ceremony

- Students arrive prepared in full white ceremonial tunics.
- Students enter the Temple two by two.
- The pairs perform the foundational movement of Atum: below, through the heart and outward into "I AM."
- Andrew Guilfoil (Zhor) anoints each student with sacred oil upon the forehead.
- Each student receives the solid royal-purple Level One sash.
- Students take their places within the consecrated group.
- The full group performs the sacred Atum movement as an embodied prayer of healing and higher consciousness.

"I AM THAT I AM. We are within the I AM."

The ceremony is not an ordinary recital. Technique, entrance and formation are prepared carefully, but the offering is made through presence rather than ego, display or expectation.

6. Completion, Recognition and What Follows

The purple sash marks a beginning: a student who has completed and consecrated the foundation.

Students who complete the course and consecration receive the solid royal-purple Level One sash. This identifies them as Level One Students of The Sacred Movement Method.

What Level One Completion Means

- The student has studied the foundational Nine of Creation.
- The student has practiced the introductory sacred movements and breath principles.
- The student has participated in the Level One Consecration and Initiation Performance.
- The student may apply for Inner Sacred Practice Initiate Training, Temple Dancer Initiate Training or eventually both.

What Level One Does Not Yet Confer

- Temple Dancer status.
- Sacred Movement Practitioner recognition.
- Authority to teach the method.
- Automatic admission into advanced training.

The student leaves Level One not as one who has completed all learning, but as one who has consciously entered the path.

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