



THE SACRED MOVEMENT METHOD

Consciousness through Sacred Dance

WEEK TWO - SHU & TEFNUT

Student Practice Handout

Breath creates space. Feeling becomes flow.

Created, Developed and Taught by
Andrew Guilfoil (Zhor)

SHU - I BREATHE

TEFNUT - I FEEL

Breath creates space. Feeling becomes flow.

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1. From Atum into the First Sacred Pair

I AM becomes I BREATHE and I FEEL.

Within the Heliopolitan Ennead, Shu and Tefnut are presented as the first divine pair created by Atum. Shu is associated with air and atmosphere; Tefnut is associated with moisture.

Within The Sacred Movement Method

Shu teaches: I BREATHE. Breath creates space within and around the body. Tefnut teaches: I FEEL. Feeling is received, allowed to move and released into flow.

PRINCIPLE	DECLARATION	PRACTICE
ATUM	I AM	Return to conscious presence.
SHU	I BREATHE	Receive breath and open space.
TEFNUT	I FEEL	Receive feeling and allow flow.

Breath gives feeling room to move. Feeling gives breath living depth.

2. Focused Meditation

Repeat inwardly while the movement remains easy and continuous.

I return to the I AM.
Breath enters me.
Space opens within and around me.
I BREATHE.
Feeling rises and moves like living water.
I FEEL.
I do not cling. I do not resist.
I receive, I allow, and I release.
Breath and feeling move through me.

Shu Breath

- Hands rest lightly at ribs or heart.
- Notice the inhale arriving without force.
- Expand the arms upward and outward.
- Return without collapsing the space you created.

Tefnut Flow

- Receive sensation or feeling at heart and ribs.
- Soften the knees and allow a wave through the arms and torso.
- Release outward and downward without rejecting what you felt.
- Return to the heart with compassion.

You do not need to manufacture emotion. Presence with what is actually here is complete.

3. Your Week Two Practice

Practice at least three times this week. Brief daily practice is encouraged.

Practice Sequence

- Three Atum phrases: I AM.
- Three Shu phrases: I BREATHE.
- Three Tefnut phrases: I FEEL.
- Three complete phrases: Atum → Shu → Tefnut.
- Close with hands at the heart and observe without judgment.

Practice Record

PRACTICE	DATE	WHAT I NOTICED
1		
2		
3		
4		

The purpose is not to perfect a shape. It is to let awareness, breath and feeling become one continuous sacred current.

4. Reflection and the Growing Consecration Phrase

Each week adds another sacred principle without leaving Atum behind.

Reflection Questions

- Where did breath create more room inside me?
- What did I feel without needing to explain it?
- Could feeling move without being suppressed or dramatized?
- How did Atum, Shu and Tefnut become one phrase?

Write or Draw

Consecration Connection

Your final Level One ceremony will bring all Nine into one embodied prayer. Week Two teaches the first transition: awareness becomes breath, and breath makes room for feeling to flow.

I AM. I BREATHE. I FEEL.

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