



THE SACRED MOVEMENT METHOD

Consciousness through Sacred Dance

WEEK SIX - INTEGRATION & CONSECRATION

Student Completion Handout

The Nine as One Embodied Prayer

Created, Developed and Taught by
Andrew Guilfoil (Zhor)

THE NINE AS ONE EMBODIED PRAYER
Integration - Offering - Consecration

Official Collection Identity: SM-NINE-2026-ANDREW-GUILFOIL-001

1. Your Complete Ennead Practice

Nine sacred doorways now move through one conscious body.

Week Six joins everything you have practiced. Integration does not erase the Nine. Each movement remains clear while breath and consciousness connect them in one unbroken offering.

I AM. I BREATHE. I FEEL. I GROUND. I EXPAND.
I TRANSFORM. I REMEMBER.
I FACE THE SHADOW. I ENTER THE MYSTERY.

The Purpose

- Move with presence rather than display.
- Let breath create the transitions.
- Receive and give within the shared field.
- Allow safe adaptations without shame.
- Remember: the final ceremony is consecration, not entertainment.

2. Focused Meditation

Repeat inwardly while practicing the complete Nine.

I return to the One within.
The Nine awaken through me.
I do not perform for approval.
I offer presence.
I receive and I give.
My body is a conscious vessel.
My movement is a living prayer.
I AM THAT I AM.
THAT WE ARE.
THAT I AM.

Practice the Full Phrase

- Practice each doorway once with a pause.
- Connect the Nine slowly.
- Repeat the complete phrase three times.
- Remove extra gestures and hurry.
- Close in neutral stillness.

The body is not being displayed. The body is becoming a conscious vessel of prayer.

3. Preparing for the Consecration Ceremony

Enter in white. Receive with reverence. Offer the Nine as one prayer.

What to Wear

- Full white tunic, or loose white pants and a loose free-breathing white shirt.
- Clean, comfortable bare feet or approved footwear.
- Simple lapis-lazuli jewelry may be worn when safe.
- Your purple Level One sash will be presented during the ceremony.

What Will Happen

- You will enter the Temple two by two.
- You and your partner will offer the Atum movement: I AM.
- You will approach for anointing or a no-contact blessing according to your consent.
- You will receive your purple Level One sash.
- You will receive the Sacred Consecration Prayer in silence.
- The class will perform the Nine together during the healing portion of the service.

You may decline physical touch and still receive the blessing, sash and full completion recognition.

4. Home Rehearsal Before the Ceremony

Practice at least three times. Brief daily rehearsal is encouraged.

Rehearsal Sequence

- Walk the ceremonial entrance slowly.
- Offer Atum: awareness rising from below, through heart, toward awakened sight.
- Practice the complete Nine three times.
- Stand quietly as though receiving the anointing and sash.
- Receive the closing meditation in silence.

Practice Record

PRACTICE	DATE	WHAT BECAME MORE FLUID
1		
2		
3		
4		

5. Completion Is an Initiation

The purple sash marks devoted study and the beginning of practice.

Reflection Questions

- Which doorway has changed me most?
- Where do I still need patience and daily practice?
- How can I offer movement without ego or performance anxiety?
- What does it mean for my body to become a vessel of consciousness?
- Which continuing pathway calls to me: sacred self-practice or Temple Dancer initiation?

Write or Draw

Receive in Sacred Silence

The Sacred Consecration Prayer is spoken only by Andrew Guilfoil (Zhor) or a recognized Master Instructor. Students receive the prayer; they do not recite or reproduce it.

I AM THAT I AM. THAT WE ARE. THAT I AM.

© 2026 Andrew Guilfoil (Zhor). The Sacred Movement Method. All Rights Reserved.
Collection Identity: SM-NINE-2026-ANDREW-GUILFOIL-001