



THE SACRED MOVEMENT METHOD

Consciousness through Sacred Dance

WEEK FOUR - OSIRIS & ISIS

Student Practice Handout

Release. Renew. Gather. Restore.

Created, Developed and Taught by
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OSIRIS - I TRANSFORM
ISIS - I REMEMBER
Release. Renew. Gather. Restore.

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1. Transformation and Remembrance Enter the Movement

The growing phrase learns to release completed form and gather wisdom.

Historically, Osiris is associated with the afterlife, fertility and new life. Isis is associated with sacred power, protection, motherhood and the restoration of Osiris.

Within The Sacred Movement Method

Osiris teaches: I TRANSFORM. I honor what is complete and enter renewal. Isis teaches: I REMEMBER. I gather scattered wisdom into living wholeness.

PRINCIPLE	DECLARATION	PRACTICE
OSIRIS	I TRANSFORM	Sacred Closure -> Spiral of Renewal.
ISIS	I REMEMBER	Gathering the Scattered -> Wings of Remembrance.

These movements are original sacred-dance applications, not reconstructed ancient choreography.

2. Focused Meditation and Four Movements

Repeat inwardly while release becomes renewal and memory becomes wholeness.

I return to the I AM.
I breathe. I feel.
I ground. I expand.
I release the form that has completed.
I enter the sacred turning.
I TRANSFORM.
I gather what was scattered.
I call wisdom back into wholeness.
I REMEMBER.
Nothing true is lost.
What is transformed becomes wisdom within me.

Osiris Practice

- Cross forearms over the upper torso: Sacred Closure.
- Enter a stable diagonal lunge.
- Spiral gently with one arm low/back and one high/forward.
- Know inwardly: I TRANSFORM.

Isis Practice

- Sweep a broad horizontal circle toward the waist.
- Keep hands away from the heart.
- Rise into strong shoulder-height wings.
- Know inwardly: I REMEMBER.

3. Your Week Four Practice

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

Practice Sequence

- Move Atum through Nut once each.
- Osiris three times: closure, then spiral.
- Isis three times: gathering, then wings.
- Complete all seven principles three times.
- Close in neutral without judgment.

Practice Record

PRACTICE	DATE	WHAT I NOTICED
1		
2		
3		
4		

Practice for fluidity and embodiment—not perfection. Choose the safest range for your body.

4. Reflection and the Growing Consecration Phrase

Seven declarations now move through one body and one sacred community.

Reflection Questions

- What did Sacred Closure help me honor?
- Where did the Spiral of Renewal create space?
- What wisdom did I gather?
- How did the wings change my relationship to the room or group?

Write or Draw

Growing Phrase

I AM. I BREATHE. I FEEL. I GROUND. I EXPAND. I TRANSFORM. I REMEMBER.

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