



THE SACRED MOVEMENT METHOD

Consciousness through Sacred Dance

WEEK FIVE - SET & NEPHTHYS

Student Practice Handout

Witness. Confront. Part. Enter.

Created, Developed and Taught by
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SET - I FACE THE SHADOW
NEPHTHYS - I ENTER THE MYSTERY
Witness. Confront. Part. Enter.

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1. Shadow and Mystery Enter the Movement

The growing phrase learns courageous witnessing and reverent presence.

Historically, Set is associated with chaotic forces, disruption, storm, desert and conflict. Nephthys appears in funerary imagery as a mourner and protector, often beside Isis.

Within The Sacred Movement Method

Set teaches: I FACE THE SHADOW. I witness what has been denied without turning away or becoming it.

Nephthys teaches: I ENTER THE MYSTERY. I soften certainty and remain present at the unseen threshold.

PRINCIPLE	DECLARATION	PRACTICE
SET	I FACE THE SHADOW	Courageous Witness -> Crossing the Storm.
NEPHTHYS	I ENTER THE MYSTERY	Parting the Veil -> Keeper of the Threshold.

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

2. Focused Meditation and Four Movements

Repeat inwardly while courage meets the unknown with reverence.

I return to the I AM.
I breathe. I feel.
I ground. I expand.
I transform. I remember.
I stand before what I have feared or denied.
I FACE THE SHADOW.
I do not turn away, and I do not become it.
At the threshold of the unseen, I soften my certainty.
I ENTER THE MYSTERY.
I listen within the darkness for the light
that has not yet taken form.
With courage and reverence, I remain present.

Set Practice

- Take the strong asymmetrical stance.
- Raise one boundary forearm beside the face.
- Cross the storm through slow opposing lightning-bolt arms.
- Know inwardly: I FACE THE SHADOW.

Nephthys Practice

- Bring both forearms upright and parallel.
- Gently part the invisible veil.
- Step toward the threshold with one blessing palm forward.
- Know inwardly: I ENTER THE MYSTERY.

3. Your Week Five Practice

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

Practice Sequence

- Move Atum through Isis once each.
- Set three times: witness, then storm.
- Nephthys three times: veil, then threshold.
- Complete all nine 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 Complete Ennead Phrase

All nine declarations now move through one body and one sacred community.

Reflection Questions

- What did the Courageous Witness help me see?
- Could I move through the storm without becoming reactive?
- What did I experience as the veil parted?
- How did I remain present at the threshold?

Write or Draw

Complete Ennead Phrase

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

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