

The Dance created by Sydney Lok

"While I dance I cannot judge. I cannot hate. I cannot separate myself from life.
I can only be joyful and whole. That is why I dance." ~Hans Bros

I remembered **The Dance** through the process of letting go and letting God. It is called **The Dance of the Golden Bow**. It is an ancient, long forgotten core Yoga movement which organically connects you to your Higher or Core Self. I have come to believe that **The Dance** was practiced within an order of Asian monks called **The Order of the Golden Bow** in southeast, coastal China. **The Golden Bow** is the golden rule in motion; do unto others as you would have them do unto you.

Moving **The Dance** through the body activates the Souldar Plexus. As you continue to do **The Dance** you may find that the world may begin to glow with profound colors and chime with harmonies resonating new and evolving frequencies. As you observe your environment, you may begin seeing signs which guide you to your unique niche, your place in this world. The intention of **The Dance** is: I align my will with Divine Will.

Description of the Hand Configurations

The Dance is comprised of three directional, looping movements initiated with the torso. This trinity of figure eight loopings are coded to catapult you into what I call Christ Consciousness. Five hand configurations accompany **The Movements**. They are:

The Heart: This hand configuration accompanies the prayer to Higher Self to open and connect to the Heart. Hands interlace with right thumb over left, with the pinky fingers curling in to form the shape of the Heart with pinky tips joining. If this is uncomfortable, bring pinky fingers down to folded prayer.



The Sky Finger: This hand configuration points the pinky fingers skyward and accompanies the 1st Movement.



The Earth Finger: In this hand configuration, the pinky fingers point down into the Earth Mother and accompany the 2nd and 3rd Movements.



The Eden Finger: The pinky fingers point forward into the creation of Eden on Earth. This hand configuration accompanies the 4th Movement.



The Butterfly: Hands open, like a butterfly spreading its wings. As outer tips of the pinky fingers press together, allow remaining fingers to fold over on the palms. This hand configuration accompanies the fifth or Butterfly Movement. If this is uncomfortable, substitute The Eden Finger.



Description of the Torso Movements

Movement 1: Horizontal, side to side swaying. This traces the figure eight of the **Golden Bow** or living infinity symbol. This is a very easy movement and can be done as small or as large as feels good. Have fun with it! Allow your shoulders, neck and head to gently follow, guided by the core movement itself. Your hands are clasped in prayer mode, right thumb over left with the pinky fingers pressed together and pointing up. The intention of the 1st Movement is **marriage of opposites**. The 1st Movement integrates the Male with the Female, the Yin with the Yang, the intuitive right brain with the logical left brain. As emotions surface, face them and embrace them. Hear any message they have for you. Now, feel them dissolve in a crystalline, transparent flow of loving detachment. Feel the blessings of core wisdom wash over you.

Movement 2: Vertical, north to south swaying. This integrates the Mother and Father God within you. You experience the Godhead within you as Father Heart embraces Mother Womb. As you trace the vertical figure eight with your torso, feel how Father Heart and Mother Womb come together within the Seat of the Soul, Soular Plexus. Celebrate this trinity of Chakras as together they create the Heart of the Universe within you. If you are familiar with this system, this is the 2nd, 3rd and 4th Chakras. The Heart is a lot bigger than you think! The intention of the 2nd Movement is **let go and let God**.

Movement 3: A combination of the 1st and 2nd Movements. Alternate the side to side swaying with the north to south rising and dipping of your torso. The intention of the 3rd Movement is **become the Earth Angel**. As you draw the Earth Angel by alternating the 1st and 2nd Movements, you become one with Christ Consciousness. By resurrecting and anchoring your Higher Self within the Seat of the Soul, Soular Plexus, you unite all aspects of who you really are. What are these aspects you unite within you? Mother God, Father God, Core or Higher Self, Personality/Ego Self and the Earth Mother. You become the Earth Angel created from your precious experiences.

Movement 4: Forwards and backwards. This radiates the unconditional love of pure spirit into multi-dimensional life. The intention of the 4th Movement is **as it is in Spirit, so it is in Flesh**. With your rib cage leading, draw the **Golden Bow** of the God Molecule (the Divine within), with a forwards, backwards undulation. As your rib cage arches forward along the pathway of the figure eight, breathe in. As you contract backwards into the cave of your spine, breathe out. Swaying forwards and backwards, this simple movement stretches your spinal consciousness, making limber any stiffened judgments and attitudes you may subconsciously covet. This Divine movement code unleashes your sacred, unique purpose into the world, blooming your highest dreams and passions. The 4th Movement jettisons you into the dimension of unconditional love.

Movement 5: Alternate movements, or The Butterfly. Sway from side to side, from north to south, then forwards and backwards repeatedly. Allow your hands to assume the configuration of The Butterfly. The intention of the Butterfly Movement is **let it begin with me**. You sway from side to side. Loop from Heaven to Earth and from Earth to Heaven. Forwards into the worlds of form and then backwards into the worlds of spirit. Extend your arms and allow them to swing and curve along the horizontal, vertical, frontwards and backwards figure eight movements of the **Golden Bow**. Rise now and dance your unique version. Know that you cannot do **The Dance** wrong.