



## TIMELESS JOURNEY ARC

### Creation in Motion: The Eclipse Meditation Journey

This is a path of presence — 13 steps, each expanding your practice by five minutes until you arrive at a full hour of stillness. Each step carries its own theme, inviting you deeper into listening.

#### ● Step 1 — Release into Unity

5 minutes

The beginning. Silence is alive. A seed of presence planted in fertile ground.

#### ● Step 2 — New Beginnings

10 minutes

Building rhythm. Listening becomes structure, a gentle daily practice.

#### ● Step 3 — Ignite Courage

15 minutes

Fire within. Vitality, confidence, and the spark to act on inner guidance.

#### ● Step 4 — Find Balance

20 minutes

Relational harmony. Presence expands in reflection, partnership, and shared energy.

#### ● Step 5 — Ground into Body

25 minutes

Rooted awareness. Listening deepens through the senses, the earth, and embodied care.

#### ● Step 6 — Transform Within

30 minutes

Descent and renewal. Stillness opens the way for release, depth, and rebirth.

#### ● Step 7 — Open to Curiosity

35 minutes

Playful presence. Curiosity flows, awareness lightens, new perspectives emerge.

#### ● Step 8 — Expand Vision

40 minutes

Horizon wide. Listening carries truth, wisdom, and possibilities yet unseen.

#### ● Step 9 — Rest in Belonging

45 minutes

Home within. Presence softens into care, tenderness, and trust in the heart.

#### ● Step 10 — Connect to Collective

50 minutes

The greater field. Listening attunes to community, innovation, and shared becoming.

#### ● Step 11 — Shine Radiance

55 minutes

Creative joy. Heart-fire glows, radiance shared, presence celebrated.

#### ● Step 12 — Unify with All

60 minutes

Wholeness. Stillness becomes integration, the wisdom of listening woven into form.

#### ● Step 13 — Integrate & Embody

Celebration & Reflection

A closing threshold. Carry your practice forward — into life, into creation, into the weave of every moment.