



## M

The second sound of the evolution sequence is the sound M. M is born of the sign Aquarius, and signifies the etheric streams that surround the earth. M is well-known to practitioners of movement arts such as Chi Gong and Tai Chi, who are masters of movement in this etheric realm. With the M, we move within mighty currents of warmth that mold the world. M is both peaceful and intense. Just as M needs the intensity of lips pressed firmly together to be articulated, in Eurythmy it can only be moved with steady pressure at the surface of the skin. M creates and nurtures through warmth and intimacy.

### Creating your practice

To create M in eurythmy, imagine yourself robed in peaceful green, surrounded by the liquid blue etheric currents of life. Feel a violet-colored tension in your arms, your shins, the small of your back and your forehead, denoting quiet and intensity. Lift your arms, bent at the elbows, and hold them close to your body, with palms forward. Inhaling, imagine a flood of warmth flowing from behind you, and place your arms into that

current. Push your arms forward with a firm and steady movement. Use the lower part of your arm to feel the space. This means you will only slowly unfold and flatten your arms as you move them forward. The movement continues all the way into your fingertips, when you have completely exhaled. At this point, your forehead is very slightly bend forward, and the small of your back very gently presses backwards as a counter-movement.

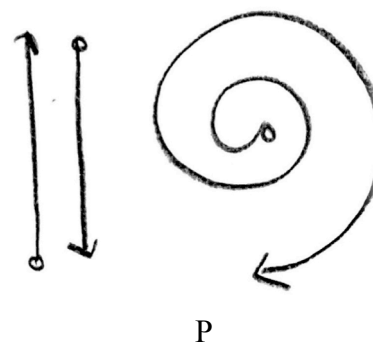
Another counter-current of movement returns toward you: express it by moving backwards with your arms, in the opposite directions. As you move forwards and backwards, allow yourself to explore the force field all around you, warming and breathing you. This field is alive with the sound energy we know with the humming sound M.

Soon you can move in other directions as well. Try moving with your arms extended downwards, forwards and backwards around your abdomen. You can also move an M forwards and backwards, or side to side.

Now feel two directions moving at once. Start with one arm facing backwards and one forwards, and move them in counter movements towards and then past each other. Feel how you contract and compact the energy between your arms, and then expand it again. Allow yourself to breathe deeply and harmoniously with this movement.

You can also do this movement in different realms: above and below, or around your abdomen. The power of Aquarius always engages the lower arms and lower legs. The M thus has a great power in the lower legs. Put the power of the M in your legs by imagining yourself walking through wonderful warm water, and feeling the resistance of the water against your skin. Walk forwards and backwards, breathing deeply.

You can create the M while walking in any direction, forwards, backwards, in straight lines or in curves. Now practice all the ways you can integrate this walking dynamic with your arm movements.



P

Play with other kinds of M now, as you match your movements with these words: In the midst of miracles and mystery, we may find minor magic in mice, mists and mischief.

To conclude, stand still, and let the power of the M resound in, through and around you. Remember the green of your robe, the fields of blue that you have been moving through, and the violet tension your arms have held. Hold this living memory for one minute. You may feel this soul response: *I perceive and become one with the breathing of the world-aummm. I am surrounded by warmth. I am calm.*