



# N

The fourth sound of the Evolution Sequence is N, the sound of Pisces.

N is the gesture of touching the world to perceive it, and then retreating back into ourselves to reflect and gain knowledge. N is also negativity and annihilation.

N reveals how the Creator shaped the manifest world with sensitive hands and then drew back, revealing all the myriad shapes of the manifest world. The Creator then granted independence to the human beings in the physical world, allowing us to be separate, in order that we might touch the world and know it. In this way, knowledge and freedom might arise.

Through N we learn the positive aspect of negation, and that we need to separate ourselves from things to perceive them clearly.

## Creating your Practice

To do the gesture of N, begin by standing tall with your feet together. You are robed in yellow-green, the color of the intellect. Feel that the world around you is a quiet but intense blue-violet space. Activate your sense of touch with a delicate lively lilac

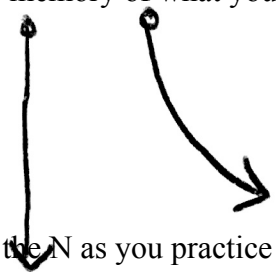
sensation: feel how your skin, your fingers and your toes are all built to touch the world and connect with it. Imagine now your hands are those of the creator, and as you reach forward your gesture creates the world. Draw your hands back, and let the world you have made hover in space, independent of you. This is how the possibility of freedom was created.

Now practice this from the other perspective. Reach out with your desire and interest, and imagine that you are touching a fish with your fingers. The fish darts away, and you recoil with your hands. In the recoil, you have understood something about the fish: internalize that knowing. Now imagine other things: a wall, a dog, a hot stove. Practice reaching out with your hands, and as you do so lean forwards slightly. As you recoil, pull back with your hands, and feel a kind of tension in the back of your head and neck, as if you awaken your understanding by this feeling in your head. Hold the form, the shape, the memory of what you had touched in yourself, as your movement is arrested in the air. Practice this lively conversation between self and world, between antipathy and sympathy.

The form for N resonates most clearly with a line going backwards. Practice preparing for the sound with a slight movement forwards as you reach your hands forward, and then step backwards as you pull away with the N.

A vital part of the experience of N is the power of negation. Through pulling back from the world we learn just what we are and what we are not. Play with the N as you practice saying No! Never! Nothing! Nada! Nein!

Add to your play by doing N with your feet as well. N! N! N! And now, N! in hand and feet! No! No! No!



Now bring your movement to a rest, and strengthen the N in yourself by standing still. Remember the yellow-green of your robe, and the violet all around you, with the lilac at your edges. See yourself touching and retracting, and the self-knowledge you awaken. You may feel this soul response: *I awaken through a stronger sense of self and world, and my perception of things in the sense world is strengthened. I know the importance of the power of separation, antipathy, and negation.*