



## B

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The first sound of the evolution sequence is B, born of the zodiacal sign Virgo, the sign of femininity and wisdom.

In the sound B, we experience the great protective gesture of the mother goddess, who wraps her arms around all of creation and holds it safe. Everyone who holds a child in this protective gesture re-members and re-creates this original mother love of the universe. Through experience the B, we learn that there is a place in our soul that knows that we are forever held, in a mantle of endless maternal love.

The B is thus the beginning of the evolution sequence, for it tells of our pre-birthly impulse to become born and clothed in matter. We drew the sky around us, were held protective womb of the world. From there, we descended through time and space, until we were laid into the mother womb of our mother.

To create the B in eurythmy, imagine yourself robed in a beautiful garment of

radiant yellow, signifying your original starry light. Stand tall and bright, with your feet together. You are wearing a blue cloak, woven of the protection of the night sky. Your blue cloak has a red lining that will give you firm boundaries and strength. Reach out your arms and take hold of your cloak. Draw it towards yourself, wrapping yourself in its protection. Stop your movement before you touch your body: the strong red in your arms pushes back against the blue. Your yellow light is now sheltered in blue protection, with the hidden power of red to fortify you.

This is the archetype of B: a protective mantle that keeps things safe from harm. The spirit of language uses B to describe all the things of the world that can be held in bubbles of protections.

### **Creating your practice**

Imagine now that someone has a baby to put into your arms. Reach out your arms and draw the cloak around the baby softly, so you can hold the infant tenderly and give protection. Repeat this many times to deepen your experience.

Now imagine that you are yourself the angel that protects yourself. You are the mother that holds the child, as well as the child that is held by the mother. You are safe in firm and loving boundaries. The B teaches you how the Creator has made the universe and holds it in love. Practice creating the B with these feelings.

Imagine now that you look around you and see all the small things you want to describe.

Create seven small things with little and unique B's: try bees, birds, beetles, bugs, berries, buds, blossoms.

Change now, and let yourself be a round bear. The power of this B can extend into your feet and legs as well.

To get to know the spirit of B even better, practice moving it in space. Begin by simply taking a step while you do B. You can do this forwards and backwards.

Now increase the number of steps. Do two steps with one B, and learn how to coordinate your arms with your legs.

Now try three steps.

And four.

You could increase this as far as you like.

To conclude, intensify the energy of the B in yourself by standing very still. See yourself standing in your yellow light, and visualize yourself wrapping your blue cloak with the protective red lining around yourself. Hold this image for a full minute.

You may feel this soul response: *I am the angel that protects my self. I am the mother that holds the child, and I am the child that is held by the mother. My soul rests in the knowledge that it is safe when it makes boundaries. The B has taught me how the Creator has made the universe and holds it in love.*