

### **The Evolution Sequence: F**

In the Evolution Sequence, the F marks the stage when the seeker has become a teacher. With the *ch*, the seeker set forth to learn from the whole world. With the F, the knowledge he has accumulated has matured into wisdom, and he is now ready and able to teach others

Add it to your cycle like this:

Move into a spiral to the right with the B sound, feeling “Out of our abode in heaven, we move as babies towards birth.”

Now unwind your spiral with an M, feeling “More and more we move into matter.”

Extend your unwinding with three more steps diagonally forward to the left with D, feeling “Downward drawn we find ourselves.”

Draw backwards with three steps as you do N, feeling, “We awaken through knowledge of the senses.”

Do a light loop to the right with R, feeling, “Restlessly wandering, we roam through the world.”

Create a small hill to the right with L, feeling, “Learning transformation, the soul now unfolds from within.”

Create a small curve to the right with G, feeling, “I go beyond my gates to begin to grow.”

Move forward and to the left in a small curve and then move straight back through the very middle of the form you are creating with *ch*, feeling “I learn to become more human.”

Feel the energy you have sent backwards with *ch* rebound, and shoot forwards straight through the very middle of the form with F, feeling “I free the force of knowledge into the air.”

