

The Evolution Sequence: R

In the Evolution Sequence, the R signifies especially childhood, youth and adolescence, when we plunge into activity in the world, often with joyful or even reckless abandon.

Add R to the sequence you are building like this:

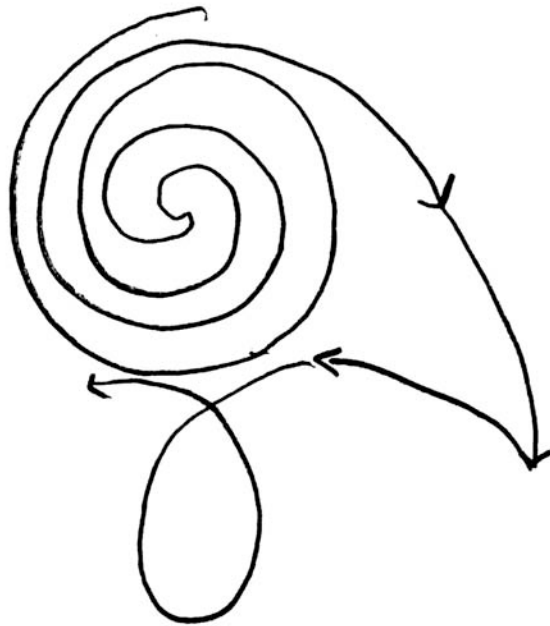
Move into a spiral to the right with the B sound, feeling “Out of our abode in heaven, we move as babies towards birth.”

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.”



P