

## **The Evolution Sequence: G**

In the Evolution Sequence, the sound G expresses the first stage of adult learning. Following L, in which a person has learned to take hold of their own unfolding from within, G marks the seeker who recognizes his or her own limitations. In G, a person resolves to step beyond their own comfort zone, and push aside resistances. A new future is visible.

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 the 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.”

