

The Evolution Sequence: M

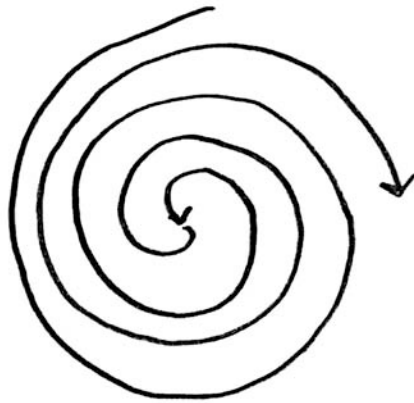
In the Evolution sequence, the M serves to remind us how, in the womb, the baby is woven into matter.

Learn to feel “More and more I move into matter.”

Let’s now pair the M with the B.

Practice moving into a spiral with the B sound, feeling “Out of our abode in heaven, we moved as babies towards birth.”

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



d