

The Evolution Sequence: ch

In the Evolution Sequence, the seeker who has opened the gates to the future with G senses his or her dreams on the far horizons, and reaches forward to take hold of what he or she wants to learn with the *ch*. The breath of spirit fills you with new knowledge and understanding.

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.”

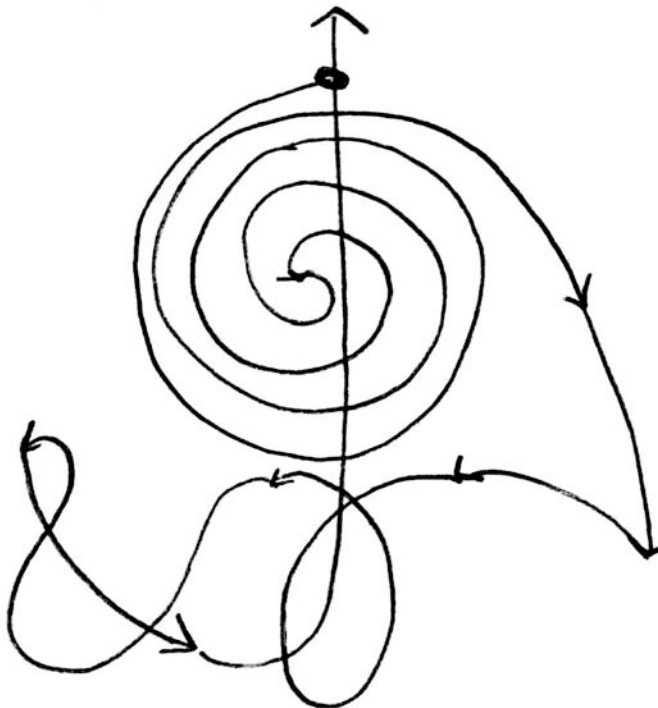
Draw backwards with three steps as you do the N, feeling, “We awaken through knowledge of the senses.”

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

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

Create a small curve to the right with the 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 the *ch*, feeling “I learn to become more human.”



P

