

### **The Evolution Sequence: L**

In the Evolution Sequence, L represents a point of soul maturity. With L, the restlessness of adolescence ceases, and the soul begins to take hold of its evolution through conscious self-transformation.

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.”

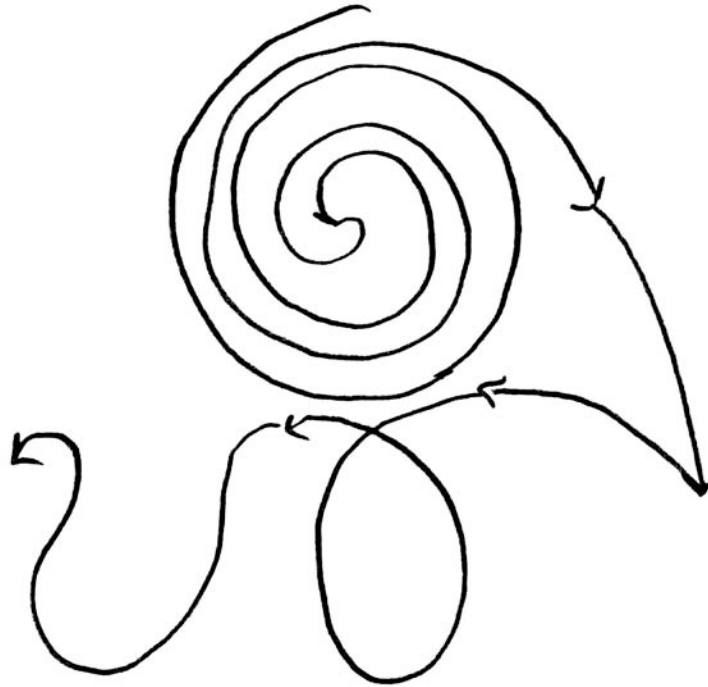
Now unwind your spiral with an M, feeling “More and more we move into matter.”

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.”



P