



## D

The third sound of the Evolution Sequence is the D, which is connected to Leo, the Lion.

*D defines the realms of earth.* In D, we experience the power of the World Creator Spirit who defines the dimensions of space, creating the polarity of space above and space below.

We can imagine how the World Creator separated the heavens from the earth with the power of D. The earth and the water elements were compressed downward, into realms of darkness. Above them, the starry world shone brightly, freed from the dross of matter.

### Creating your Practice

To do D in Eurythmy, stand with your feet together, drawing upon all the power you have gained so far in eurythmy to plant yourself firmly on the earth. Imagine yourself clothed in radiant orange, and lift your arms up, palms down. Now feel that below your arms the space is bright red, rich with abundance possibility, but without form and substance. Take the power to press this space down towards the earth. Push downwards with

your arms, soft but very steady lilac pressure in your arms.. You become more and more grounded in your feet as you do so. Simultaneously, you feel that you grow steadily taller through your back, and your head becomes clear and free. You become a sovereign force on the earth.

Repeat this again and again, playing with gravity as you learn to ground yourself.

Practice also feeling this power in your step. Walk forwards with the very grounded steps, slowly and powerfully. Try eight steps forward and then eight steps backwards. You can also create D while walking on a diagonal line.

Now integrate this with your arms, pressing downward with your arms as you step firmly with your feet. To begin with, take one step with each D movement. Then learn to take two steps with one D. Try now three steps. Finally, take four steps.

As you develop familiarity with the D, try taking as many steps as you like with one D.

Now, play with this sound, with a sentence such as this: Dastardly dirty Danny digs deep dark dugouts.

To close, stand and let the power of the D wash over you. Visualize yourself again, clothed in D, standing in the field of red, pressing the space downwards all around you. Hold this image of yourself, grounding and planting yourself. As you do so, you may feel this soul response: *I feel the power of being grounded through my whole being. I find strength in my lower body, and simultaneously attain light and clarity in my consciousness.*

