



F

The ninth sound of the Evolution Sequence is F, corresponding to the constellation Cancer.

The sound F begins with a deep inhalation, followed by a forceful, directed exhalation. F reveals how we as human beings are carriers of breath, of soul and spirit. We have been created out of the limitless universal spirit, and we are capable of evolving to be creatures who know and understand. With the exhaled F, we are able to impart to the world what we have learned, what lives in our hearts. F carries the force of fire and flames in it. It can, however, also be modulated to be fine and feathery, fairy-light.

Creating your Practice

To create the gesture for F in eurythmy, begin by imagining yourself a purified, transparent carrier of wisdom. Visualize yourself dressed in white. All the fiery creative forces of the universe surround you, and you stand in a powerful field of red-orange. Bend your elbows, and pull your arms back against your sides, as if you are pulling a bow-string to shoot an arrow. Gather energy from the space behind you, and let your arrow fly forwards, releasing your etheric energy, or

chi, into the far distant spaces in front of you. Follow its flight with your imagination.

With the gesture for F, experience the creative force of fiery will flowing through you and out beyond, into the distances. Practice this powerful archetypal F repeatedly.

As you play with the sound F, remember to keep your inner energy white, even as you shoot fire and flames all around yourself.

Now it is time to play. You can shoot F upwards towards the skies, or down into the earth, or to the right or left. You can be a falconer, who lets his bird fly free from his hands into the great distances. You can play with many words with F. Try these: Finely freckled fairies flit about with fantastic feathers; fierce falcons fly far.

You can also play with F with your legs, sending falcons forth from your feet.

The natural movement in space for F is a line straight forwards. Stand in place as you pull your arms back to gather your impulse, then move boldly forward with the force of F. Now come to stillness, and allow the force of F to resound within you. Feel yourself still standing in the purity of F, which makes you capable of changing into anything. Feel the powerful orange field around you, and how you have filled the space around you with the energy you have poured into it. Perhaps you will feel this soul response:

"Through my movements, the ripened forces of my own soul life fill the air around me. I experience them as they expand into the periphery, until at length they dissipate and dissolve in the distance."



P