



## P

We have already learned that B is the primary sound of the zodiacal sign Virgo, the sign of femininity and wisdom. It has a natural partner in the sound P, the secondary sound of Virgo.

B is a voiced sound: P is an unvoiced sound. P is stronger and more powerful than the gently protective B. I think of it as the masculine counterpart to B, more robust and assertive. With B, I can ground myself by pulling the robe of protection to me and resting in it. To find the gesture for P, however, I have to go further out from myself, to touch distant stars and actively draw their form-giving power to me. I allow them to press in upon me and compress me, shaping me and defining me from the outside. I respond to the pressure of the P with a gesture that pops outward.

Through the power of P, we pull cosmic protection to ourselves from the starry universe.

### Creating your Practice

To create the P, imagine yourself clothed in soft sky-blue, with a gentle lilac-red glow around you, such as you may sometimes feel at twilight. Reach out your arms towards the heavens, and imagine you can draw these ethereal colors to you, pulling in towards you luminous rose-red veils. We normally create the P gesture symmetrically with our right and left hands, although this is by no means necessary. When the contraction reaches its culmination, release the tension with a very gentle “pop.”

The delicate colors of the P allow you to feel a kind of quiet and peace that comes by opening to a higher dimension of spirit.

Because of the power of the P, we often let it reverberate through us by doing a series of P's, perhaps three in a row. The first is at head height, the second at shoulder height, the third waist-high.

Deepen this experience by trying this movement repeatedly.

As you now begin to play with the P, become a handsome prince who is proud of his power. Create different kinds of proud prince movements.

Now you are his beautiful princess bride. Dress yourself with beautiful capes and frocks.

And now be the proud peacock, strutting your fancy feathers with pomp.

And at last be the popcorn leaping in the pan.

It is nice to practice B and P together. Try it like this: Walk into the spiral with B, as if you are carrying a baby. Then walk straight backwards to your beginning point with P, allowing your baby to grow up into a handsome prince or a beautiful princess.

To conclude, once again stand still. Visualize yourself clothed in sky blue, pulling the rose red veils towards you from all sides. Feel yourself held and comforted in this image. You may feel this soul response: *I have clothed myself in the spirit, and rest in its peace and strength.*