



## G (as in “gate”)

The seventh sound of the Evolution Sequence is G, corresponding to the constellation of Sagittarius.

The sound G is pronounced in the far back of the throat, exerting pressure on the vocal chords to push them aside and open them to the exhaled air. The gesture for the sound G embodies this same quality of pushing things open.

With the power of the first G, the Creator opened wide the gates of the universe. Golden glowing light poured outwards, creating and illuminating the entire universe.

For us, G is the sound that enables us to open the doors of our souls, that we may overcome our limitations and perceive new vistas and possibilities. With G, you push open the gates that separate you from clear vision of your future growth and goals.

### Creating your Practice

To create the G, begin by feeling yourself clothed in soft yellow light. You are surrounded by delicate silver-gray mists that are wrapped around you, so that your soul feels as if it is held in a cocoon. Feel the

longing to break free from the trappings and to move on towards a future that you can guess but cannot see.

Hold your arms in front of your chest, concentrating your power in your upper arms with gentle blue tension. Use the power of your upper arms to push outwards against resistance. Imagine yourself pushing curtains aside, opening gates.

Now turn your attention to how, as you open these gates, you open your chest. You can feel into the space in front of you with your chest, with your heart chakra. You have pushed aside limitations, and can perceive new horizons.

You can also engage your lower limbs with the G, in that Sagittarius has a special affinity with the thighs.

Practice pushing first one leg and then the other to the side, focusing on the outer surface of the leg and its strength.

You can practice with words such as “Go! Guard the gate! Get the grail!”

You can also be a gorilla or a gopher. Or you can try this sentence: “Golden-eyed grasshoppers jump through the grass, giving us great glee.”

The natural form for a G is a forward curve, to the right or to the left. Practice this form.

Now come to stillness, and allow the G to resound in you. Feel your own bright soul, and the field of pale silver gray around you. Feel the echoing power in your upper arms, and the opening you have made against resistances. Sense the future with your heart.

Perhaps you can feel this response in your soul: *“The possibilities of my future are now visible to the open gaze of my heart and eye. I can*



*envision my life's goals, my wishes and dreams, and I trust that there is a road for me to walk. My soul forces have been consolidated, and I am strengthened in my inner capacity to identify and engage my force of will to push aside obstacles."*