



## L

The sixth sound of the Evolution Sequence is the L, corresponding to the constellation Capricorn.

The sound L is found in some of the most beautiful words of language, including light, love and life. The L speaks of transformation and illumination. It speaks of how the forces of death and darkness that have descended into the realm of earth are transformed back to spirit union, feeling love and affirming light.

L is found in everything that moves through death and life. Its gesture guides the changing of the seasons, the cycles of evaporation and precipitation, the flow of fluids passing through plant life, and the cycles of dying and becoming. No death is too dark, no destruction so great that the forces of Spirit cannot reach into them and transform them. L changes darkness into light, destruction into love, death into life.

Thus, through L I engage the force of life that will bring rejuvenation to all that is stagnant within and around me.

### Creating your Practice

Begin by feeling yourself clothed in silver gray, surrounded by a gentle lilac-colored field of life. You are poised between polarities, between the endless cycle of life and death, matter and spirit, metamorphosis and transformation accompanying life.

With golden-orange lightness in your joints and muscles, lift your arms to the sides with your palms down, sensing an imaginary horizon line between gravity below and light above. With rounded arms, curve your arms downwards and reach into the depths, bringing your hands together in front of you. When you have reached the lowest point, allow the forces of levity, the force of counter-gravity to raise your arms. Hold your hands side by side as you let your arms be lifted almost weightlessly in front of you. (Take care that your hands point downwards as you lift them, and keep them close together without crossing them as they pass the horizon lines and rise further to the zenith.) Rotate your palms at the very top of your ascent so that they are facing upwards as you open your arms wide like a great rainbow arch above your head, and let the colors flood the space above you as your arms sink lightly to the horizon. Creating a new L, turn your palms downwards once again and reach into the depths again, entering a new cycle of metamorphosis.

Now explore the many wonderful pictures that come alive when you work with L.

Imagine that you plant a small seed into the ground, and let its roots grow deep. Let life rise through the stem, until the blossom unfolds into a wonderful flower. The new seeds will then sink into the earth and the cycle will begin again.

Or imagine the water that flows like a river through a mighty tree. The water sinks deep into the roots of the tree, rises through the great trunk, and unfolds in a majestic crown.

Or then again, think of the greater cycles of water, going deep into the earth and then rising through evaporation into the clouds, falling like rain, only then to go deep again and again.

On a more personal level, you can discover how you enter with your feeling into realms of darkness and transform them into light.

Through L, you transform death into life.

Through L, you transform hate into love.

Play with as many other L's as you like. Try these words: Lovely little lizards leap and laugh around lily pads.

The organic movement form for an L is a swelling line, or a little hill. As you lift your arms and then sink into the depths, take a small step firmly backwards, and then let the rising arms bring you forward. As the L unfolds above your head, step back with your L, feeling brightness in the space behind you.

Now take a moment to let the L deepen in you. Stand still, and see yourself again clothed in silver gray, standing in fields of lilac, with points of golden orange around you. See yourself embedded in the never-ending cycles of transformation, growth and renewal. You may feel this soul response: *In the repeating cycles of L, I find the strength to meet depression and despair, to engage in the descent into matter, and to actively participate in the never ending cycles of change, growth and metamorphosis. I change, and I am changed.*

