

Evolution Sequence: B

The natural form of the B is really not a straight line, but a curve. B has a natural resonance with the shape of an inwinding spiral. Imagining a baby you are cradling in your arms, create one B as you walk a spiral, to the right. Release your arms as you walk straight back, and now walk a B to the left. Continue spiraling to the right and to the left.

In the Evolution Sequence, the B signifies the baby coming to earth. Finish your practice by spiraling in once again, to the right, feeling the power of these words, “Out of our abode in heaven, we moved as babies towards birth.”

