



# T

The twelfth and final sound of the Evolution Sequence is the T, which, like the D, is connected to Leo.

In its essential nature, T strikes into the world like a powerful bolt of lightning from above. It directs both the force and the light of spirit into the world of matter. When the entire force of T is spoken, it is prepared by a deep inhalation, and then voiced in the mouth as a tight, precise sound. I can imagine the mythological God Thor throwing thunderbolts upon the earth with the precise aim of the T, and human beings of ancient times falling to the earth because of the force of the impact. In our time, however, our skulls have become hard and our souls stubborn, and we are no longer thrown to the earth so easily. Instead, we can evolve ourselves so that we have the inner strength to stand tall and draw the lightning force of T to us, bringing health and wisdom.

**Creating your Practice** Begin by imagining yourself clothed in orange, surrounded by a field of intense red-hot spirit power all around you. Implore the spirit beings to come to you, fill you and lead you to new depths of being

and heights of knowledge. Calmly turn your palms up, and open your arms wide. Lift them wide and raise them high, creating a chalice to invite world-spirit light to fill you. When your arms are above your head, curve them towards each other so the backs of the hand are touching, and direct the power of this entire universe right into the top of your head, your crown chakra. Inwardly draw yourself to your full height, and meet the power of this downward directed force. Let the light penetrate into your heart, into your feet.

Allow this force to touch you with the force of truth. Stand tall as a tree, mighty as a tower.

Practice this repeatedly, deepening your feeling of connecting deeply with forces far greater than those of everyday life.

More delicate T's can also be created by directing the point of impact in other places, such as on your shoulders, or the backs of your hands. You might only need to use one hand for the little T's. You can also try T's with your toes. Try this sentence: "Tall trees' tender twigs try to tickle tiny tots."

The natural form for a T will yearn to reach a goal. You might do a straight line forward or backward, or create a T as you wind your way into the center of a spiral.

Finally, come to rest and allow the power of the T to resound through you. Feel how tall you stand with the T. You may feel enlivened in the entire chain of chakras, from your crown all the way through your spine. The forces of heaven and earth meet each other in your uprightness. You may feel this response: "*Touched by the spirit, I am transformed by truth.*"



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