

### **The Evolution Sequence: D**

In the Evolution Sequence, the D signifies the moment when the child is born, enters the field of gravity, and then stands up.

Now add the D to the movements of the B and the M:

Move into a spiral to the right with the B sound, feeling “Out of our abode in heaven, we move as babies towards birth.”

Now unwind your spiral with an M, feeling “More and more we move into matter.”

Extend your unwinding with three more steps diagonally forward to the left with the D, feeling “Downward drawn we find ourselves.”

