

Next lessons:

The evolution sequence describes 12 major consonants, but we have more to learn. We will begin our next studies by bringing the rest of the zodiacal sounds. We will begin with W and F, the sounds for Aries. Then we will add the secondary sounds to some of the signs in the zodiac with P (Virgo) and K (Sagittarius). Finally, we will cover some of the most common combination consonants, namely sh, j (dsh), ch (tsh), and th.

The sounds of Aries: W and V

The spiritual being who manifests in W and V, both of which belong to Aries, is very powerful. Both sounds signify the primal power of the creative spirit, who made the world through the word. In English, both *world* and *word* begin with the W sound. In German, the first language of Eurythmy, both of these begin with the sound that we designate in English as V: *Welt* and *Wort* (velt and vort). Rudolf Steiner tells of how these were the most difficult sounds for him to read in the etheric spaces, because they were deeply veiled or hidden from him.



W

With the sound W, we can imagine how, before the beginning of time, when the world was still unmanifest, the world Creator held all of his or her will hidden within an unfathomable deep interior.. Then, at a certain point and for reasons unfathomable, the Creator decided to become outwardly active. Everything that was previously hidden was poured outwards and became manifest. The pressure from within the Creator's will grew and grew until it burst, and Creation poured outwards, like a wave that rose from the depths of the universe and swelled forth, creating time and space and matter and all manner of things. The W is the sound of the surge of a great wave. In its wake the world was born.

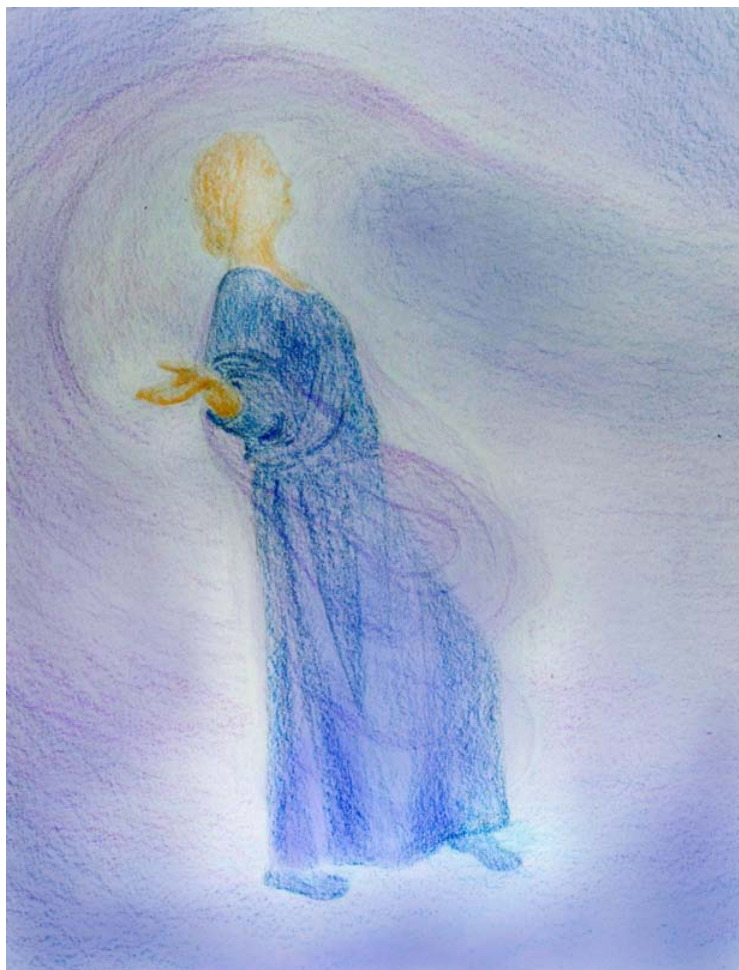
Creating your Practice

To create the gesture for W, begin by imagining the deep darkness of the un-manifest universe. Visualize yourself clothed in deep blue in peaceful self-containment. Around you is a field of pale yellow, surging with the possibility of life. Bend yourself forward at the waist, letting your arms hang heavy at your sides, with the palms backwards.

Your arms have a quiet violet tension in them. Feel now the impulse of a wave rising from the depths. Lift your arms from the heaviness into the lightness. Pressing outwards and upwards in a great convex curve. When you stand straight, you have been born.

W can be also be felt backwards, or even side to side. Turn the backs of your arms in any direction and press them against the air to create a wind of W. When I do the word “world,” I feel the W opening on both sides of me, like to waves that open up the world of revelations.

And, as always, sounds can also be artistically fun and playful. Try this sentence: Winter warblers watch for wiggly worms.



V

The partner sound for W is V. Whereas W is the underbelly of a wave, V is the top surface of the wave, the running ripples run along its top. We can imagine how the wave of creation spread forth from the Creator, and how we are enveloped by veils of living love.

Creating your Practice

To create the gesture for V in eurythmy, remain in the deep blue of the W. You are surrounded by a gentle lilac ocean. Feel a wave that rises behind you and comes to your back. Lift your arms up to this wave, and let your arms floatingly ride upon its surface. Carry a bit of red tension in your sternum, your shoulders and the top of your head, so they can be your focal point even as your arms are active in sculpting space. Feel how your arms become very smooth and sinuous, so they can move with watery agility. The wave moves on far beyond you, into distant spaces.

As you create the V-gesture, you can feel how the crown of your head echoes the dome of the lilac wave.

Again, you can enjoy playing with the sounds. Try these words: Quivering violin voices

reverberate around very velvety violets.

You can also play by putting these two sounds, the W and the V, together, in the word *wave*.

Finally, stand still and let these two primal sounds reverberate around you and through you. Open yourself to the imagination of the first beginnings of creation, when the Creator chose to set the whole process of world creating into motion. The echoes of this first beginning resounds in the very depths of your spirit self. As you try to find this primal power, you may feel how you are poised at the threshold between spirit and matter. You may feel these words reverberating in yourself: *I stand upright, crowned with yellow light. I am enveloped by the wisdom of the world. All around me, I feel spirit brightness.*