

### **The Evolution Sequence: N**

In the Evolution Sequence, the N signifies the moment when the young child begins the exploration of the world, by touching it and pulling back, exploring the interface of self and knowledge.

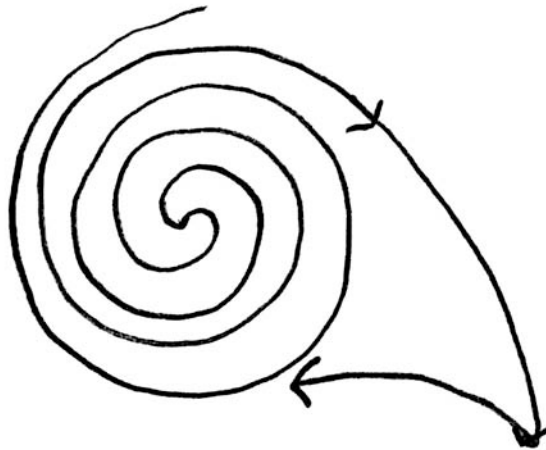
Add the N to your practice like this:

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 D, feeling “Downward drawn we find ourselves.”

Draw backwards with three steps as you do N, feeling, “We awaken through knowledge of the senses.”



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