



ch (as in Hebrew “ruach”)

The eighth sound of the Evolution Sequence is *ch*, corresponding to the constellation of Libra.

The sound *ch* does not have a symbol in the English alphabet, but we find it as the voiced “h” sound as found in the English word “human. We also find it in the German word “ich,” which means “I,” and in the Hebrew word “Ruach,” which is the breath of the spirit.

The sound *ch* is the spirit-wind that blows into us. We actively draw the wind into ourselves, pulling it towards us and feeling its current wash through us.

When we speak the *ch*, we let our exhaled breath circle in the back of our throat.

Creating your Practice

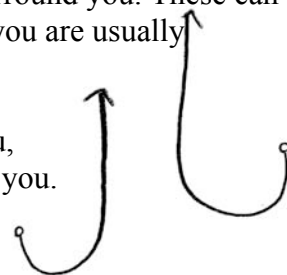
To create the *ch* in eurythmy, enliven yourself by imagining yourself wearing orange. The space around you is alive and active, a field of blue-green wisdom. Reach forward into the field around you with both arms, concentrating especially on the inside surface of the arms, with a quiet dark-violet

feeling, and use the inside of your arms to pull a current of air towards you. Help the spirit-wind to come towards you, into you, past you, and flow into the space behind you.

With the power of *ch*, you partake in communion with the spirit forces that surround you. These can fill you with energy that is higher and greater than the force field of material life that you are usually entangled in.

The natural form for the *ch* begins by moving forward and then streams backwards. Practice walking 3 steps forward as you reach into the field in front of you, and then 5 steps backwards as you allow the spirit wind to blow into you and through you.

Now come to stillness, and allow the *ch* to resound in you. Feel your own bright soul, and the field of blue-green around you. Feel how the *ch* opens for you your backspace: sense how far back you can feel. Perhaps you can feel, “*I become more human through the breath of the “ruach.”*”



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