



S

The tenth sound of the Evolution Sequence is S, the sound of the Scorpio.

The sound S is the sound of sages and sorcerers. It is a narrow hissing sound that can be channeled in any direction. It can be used for great harm or great healing. Just as you can speak the sound S very powerfully when you focus your intention on it, so too you can direct the power of S-gesture in your arms as if you are wielding a whip. Through S you create a powerful field of movement all around you.

S is found in words like sounds and speech and song. It tells of snakes, serpents, and sin. It holds the power of security and success. It always exhibits a kind of mastery. A mercurial shape-shifter, S can assume any form it wants to, and dance with any movement. Every time I do an S, I invent a new shape, making it fit the specific imagination I am carrying in myself.

Creating your Practice

The power of S begins by imagining yourself clothes in the gray of the shape-shifter. You also carry the color of black in your arms, deliberately holding your own power in yourself, not shining or radiating

outwards. The field around you is called brown, but I think I can best describe brown as the color of spun-gold. It is as if the field contains all possibilities, and it is up to you to reach into it and shape it.

Whenever you do S, hold yourself very centered inwardly. Connect yourself consciously to heaven and earth, and feel that you are responsible for moving the powerful forces fields around you.

Begin your very first S by raising your right arm above you. Imagine an eagle circling high above your head, eyeing a rabbit below on the ground. Let the eagle plunge with deadly accuracy, as dramatically use your arm to cut through the space in front of you, downwards. The S brings death to the rabbit! It also, however, brings new life to the rabbit. So are the twin forces of death and healing entwined with the sound S. Try this with the other arms as well. You can also try different directions.

The S is also very much at home with curved lines. Begin your first curved S very methodically, by writing the letter S in the space in front of you, with the same power that you used for the straight-line S. Hear the hissing in your mind as you do so.

Now try drawing an 8 in space in front of you first with one arm, and then with both arms.

Now discover how to draw an 8 with both arms. Hold your arms with focused energy, and then bring them down to the bottom of the 8, mirroring each other. Cross them at the bottom of the 8 and then raise them on opposite walls of the 8 in curved lines, to the midpoint of the 8. Here, cross them again, and continue to draw the 8 by raising them to the top. Here the arms cross again, and you being to draw the 8 going downward.

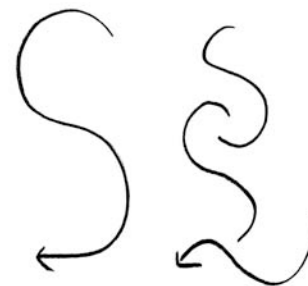
Cross the arms again at the midpoint of the 8.

Practice this again and again, learning to move in sinuous curves.

When you have learned this movement, begin playing with other shapes and curves. Play with the storms and the snow, the storks and the swallows. Inscribe S into space with your arms. Try this sentence: Silvery slivers stream and sparkle.

Explore doing S with your legs as well, tracing the snakes and the serpents on the ground as you draw the S with your foot.

The natural form of S in space follows the shape you are making. It could be a straight line, or a curve. S reveals its challenge when you walk an S-shape in space while doing a double-armed 8 with your arms. Practice doing this forwards and backwards a few times.



Now come to silence, and feel the power of the S within you and around you.

Focus on the power of uprightness that you feel through your spine, and the fluidity you have practiced with your arms. Stand in power in your body and in equanimity in your soul. Perhaps you will feel this soul response: *I have summoned great powers and wielded them with might. As the movement subsides, I feel the afterglow of inner strength, calm and consolidated. Strong silence surrounds me.*