



H

The eleventh sound of the Evolution Sequence is H, corresponding to Gemini.

H is a silent sound, made far back in the throat. In the creation stories of some languages, it is considered to be the first of all sounds, corresponding to the initial utterance of the Creator. Everything that the Creator held within burst forth with this first sound, opening the doors for everything that would follow. In opening the doors for all that would follow, H splits the unified world into two. It creates inside and outside, yin and yang, heaven and earth, in a single soundless breath. H becomes manifest at the subtle door between matter and spirit.

Creating your Practice

Begin H by imagining yourself in sunny and radiant yellow, in a warm rose-red field. You might hold your fists quietly balled. Perhaps you are like a chick in an egg, ready to hatch. Summon your forces to burst apart the egg shell, and joyously throw your arms open apart, weightlessly and lightly, opening yourself to the space around you. Let your feeling take flight, and expand into the air around you.

You can also call yourself back in, creating an H that comes to you from without, as if the Creator calls the world back into his heart.

Thus, H can look like a heart beat, opening and closing, lightly and freely.

Practice opening and closing with the H, throwing your arms open and drawing them closed again.

Play with the words like happy, hearty, hop, hello! Discover light words that you can use to practice more H.

Only occasionally does the sound H become stronger, as in words like heavy and hard. Then when you open in H, you will stop your movement abruptly, and not allow it to disappear into the distances.

H does not have a natural shape to follow, because it can blow in any direction at all. Play with making H in different directions, forwards, backwards, right left! Become as light as a dandelion puff!

To conclude, come to stillness, and let the effect of H work back upon you. Feel the lightness in yourself, and the feeling of well-being all around you. Experience how open you are to the periphery. Perhaps you will feel this soul response: *Holy happiness heals me and makes me whole.*

