

## K

The sound K, like its softer sister G, belongs to the winter constellation Sagittarius, the sound of the archer. Every person who listens to the sound K can hear the abrupt, sharp explosion that it makes. The K is decisively masculine, demanding courage and clear boundaries. The sound G opened doors wide by pushing them open, but the sound K slams them open with force.

We can also understand how the sound K describes words like condensations and contours, words of crystalline clarity. K breaks things wide open, splits them apart. It cuts and cleaves, and brooks no compromise. When I invoke the sound K in my own being, I learn to be a warrior. The K is the strength of the karate master, the rock cutter.

### **Creating your Practice**

Prepare your K by imagining yourself clothed in fire-red. Your blood becomes hot, and fills your muscles with warmth. The air around you also becomes red and ready. You lift your arms into the air: their movement is light and yellow. Hold your elbows bent and your wrists absolutely straight, as you

concentrate your hot power in your upper arms. For your first K, imagine that you are cutting into a piece of wood with your upper arms. Bring your arms down sharply, and then freeze your movement when you reach the moment of impact.

Try now using this same gesture to cut with your upper arms in different directions: first to the right, and then to the left. Continue playing with this impact sound. Notice how much strength and focus the K sound gives to you, as you hit and hold, hit and hold.

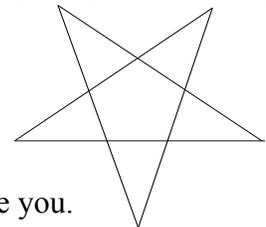
As you become more familiar with the power of K, you can use not only the upper arm but also the lower arm to cut through the space.

You can also easily do the sound K with your legs. You can let yourself be inspired by the kicks of karate, and do K to the right and to the left. You can also match that with your arms.

Finally, use your K to stand in a strong and kingly manner. Find the inner nobility that you gain by knowing your strength. Feeling these words: **Courteous courtesans carry the king's cup with courage.**

It is nice to practice the G and K together, because they are strong partner sounds. You can use a pentagram for this exercise. On every line of the star, open the gates wide with the power of the G. Then, when you arrive at the point of the star, stand in the open gate like a powerful King and create a clear and decisive K.

To close your practice, stand still and let the power of K reverberate inside you. The K will have given you small shocks, and each shock will have cleared your space. Through working with K, you feel purified and awakened. You may feel this soul response: *I am calm, clear and confident. I make my mark on the world.*



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