The Evolution Sequence: S

In the Evolution Sequence, the S signifies the seeker's growth from teacher to master. Add it to your cycle 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."

Do a light loop to the right with R, feeling, "Restlessly wandering, we roam through the world."

Create a small hill to the right with L, feeling, "Learning transformation, the soul now unfolds from within."

Create a small curve to the right with G, feeling, "I go beyond my gates to begin to grow."

Move forward and to the left in a small curve and then move straight back through the very middle of the form you are creating with *ch*, feeling "I learn to become more human."

Feel the energy you have sent backwards with the *ch* rebound, and shoot forwards straight through the very middle of the form with F, feeling "I free the force of knowledge into the air."

Do an S-form backwards, returning to the beginning of your F-line, starting to your left backwards, as you create a two-armed S with your arms, rising and falling. Feel, "I strive to grow in subtlety and strength."

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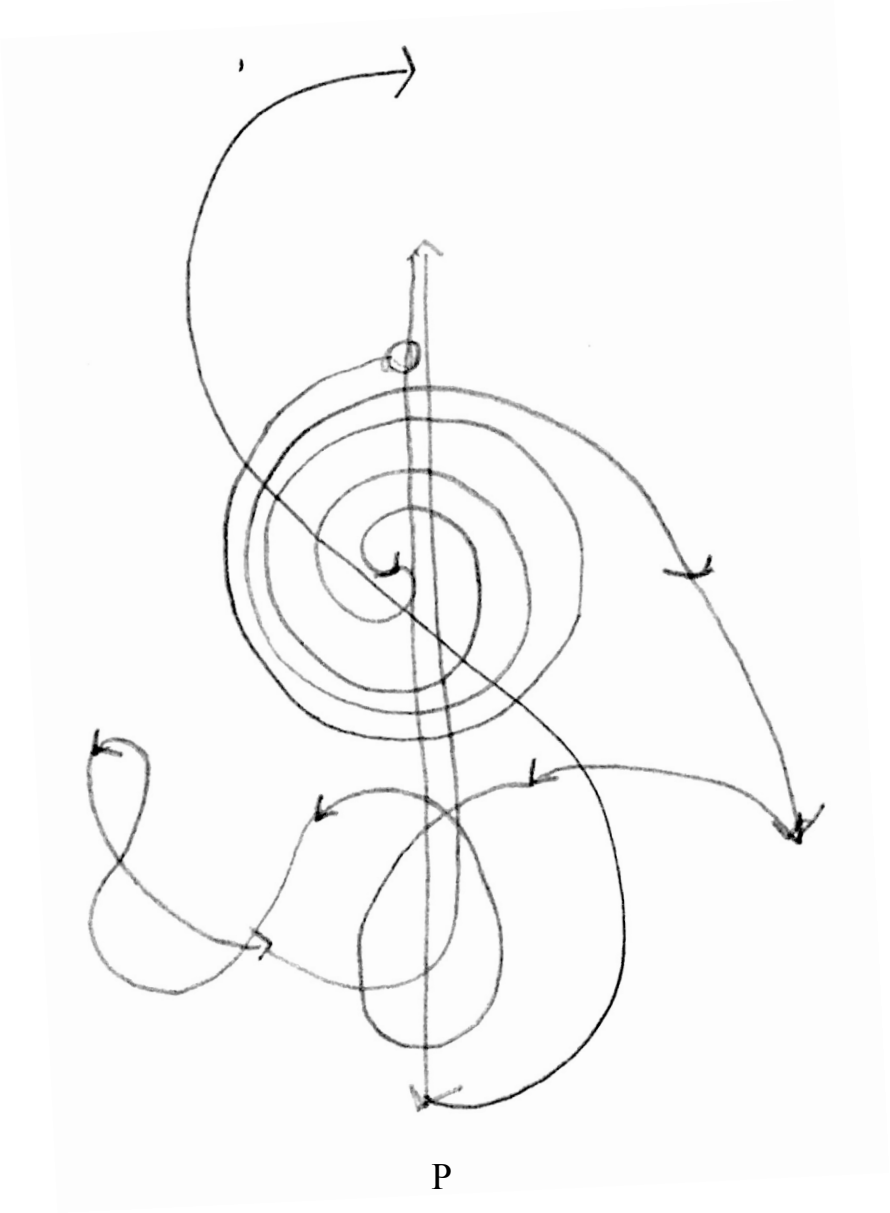

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