

Seven Vowels on a star

You have now completed your study of the seven vowels. Now you are ready to practice them all together.

You can now practice all seven vowels together in a simple vowel sequence.

You may remain with the pentagram. Start in the middle of the star, and walk backwards to the head of the star with the Sun-sound Au.

Move to the right foot with the Venus-sound Ah.

Move to the left arm with the Mars-sound Ā.

Move to the right arm with the Mercury-sound Ē.

Move to the left foot with the Jupiter sound O.

Move to the head with the Saturn sound OO.

Return to the center of the star with the Moon sound Ei.

As you move each of these lines of the star, move each sound with the quality of step that belongs to it:

Au steps are noble.

Ah steps are graceful.

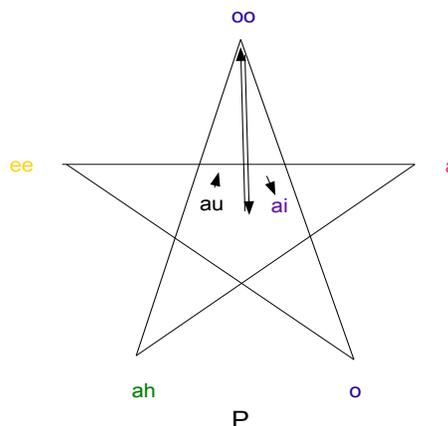
Ā steps are firm and mighty.

Ē steps are light and quick.

O steps are grand and generous.

OO steps are slow and somber.

Ei steps are soft and silvery.



Through the vowels, you have learned the gifts of the seven magical fairy godmothers who have given you the gifts of the planets. Their gifts are found in your language, in your soul capacities, and in the organs and processes of your body.

Now that you have been given the keys to their understanding, deepen your experience of them. What you can learn is for the good of your own self-development and the whole universe.

In the words of Rudolf Steiner:

Look into yourself, and you shall know the world.

Look into the world, and you shall know yourself.