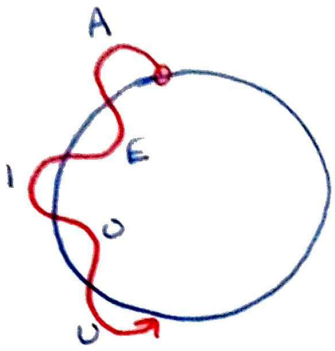
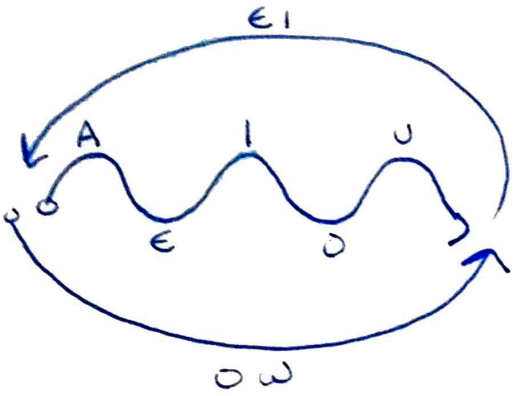
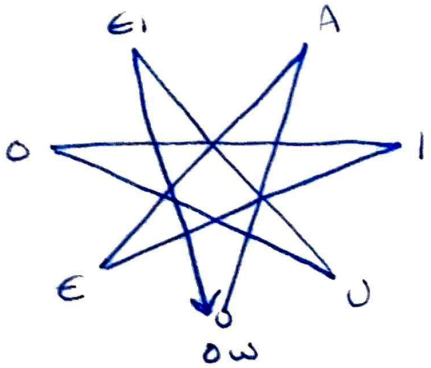


Vowels inside on wave.

Feeling the continuous flow of the wave and letting the sound flow into the movement. Then reverse.



Letting the sound carry the movement - flowing.



Seven pointed star

Each vowel radiating out beyond the point

Five pointed star

vowel at each point.

ei one half way around circle - gentle.

ow one half of circle majesty