

TEMPLE BODY ARTS

AWAKENING THE GODDESS

- QUAN YIN -

BUDDHIST GODDESS OF COMPASSION



MANTRA: "OM MANI PADME HUM". MEANING PRAISE TO THE JEWEL IN THE LOTUS.

BIJA SOUND: "HUM" - THE SOUND FOR COMPASSION HELPING TO CLEAR SUFFERING
ACROSS ALL TIME AND SPACE.

THEMES: FORGIVENESS, ACCEPTANCE, COMPASSION, MERCY, SELF-LOVE.

MEET THE GODDESS

QUAN YIN (KUAN YIN) TEACHES US ABOUT SELF-COMPASSION AND THE IMPORTANCE OF FORGIVENESS, so we can be free from suffering and recognize ourselves as the jewel in the lotus. She holds the frequency of the Divine Mother, all nurturing as she envelops you in her unconditional love and mercy.

QUAN YIN SHOWS US OUR SUFFERING AND TRAUMA CAN BE TWO OF OUR GREATEST TEACHERS. There are many experiences of suffering, subtle or overt, including traumatic experiences of grief, loss, terror, places where you feel blame, shame, guilt, pain, and resentment. Suffering is a universal experience and is different for each person.

WHEN YOU CONSCIOUSLY ACKNOWLEDGE YOUR RELATIONSHIP TO SUFFERING AND SEE IT AS A TEACHER ON YOUR PATH, you create the space for healing. You have the capacity to transmute your relationship with your personal suffering and the suffering of the world. You have a choice to welcome and befriend any and all experiences of suffering and trauma, accepting what is, as you make space for compassion.

CALL UPON QUAN YIN TO STRENGTHEN YOUR CAPACITY to enter the uncomfortable rather than push it away. Through sitting with your discomfort and pain and allowing the wisdom of the experience to come forth, you create the space for divine love. Through this alchemical process of bringing the shadow into the light, you recognize your pure divine innocence and value that can never be taken away.

Invoke Quan Yin when holding space for deep healing and self-love.

ONE OF THE GREATEST LOVING AND NOURISHING ACTS YOU CAN DO for your Temple Body is to bring more compassion, acceptance, patience, and forgiveness to your life. *“Your willingness to be vulnerable especially to painful experiences that stimulate personal growth deserves your utmost self-respect, self-compassion, and unconditional love”* (The Sophia Code by Kaia Ra, Ch.11, Key Code 6).

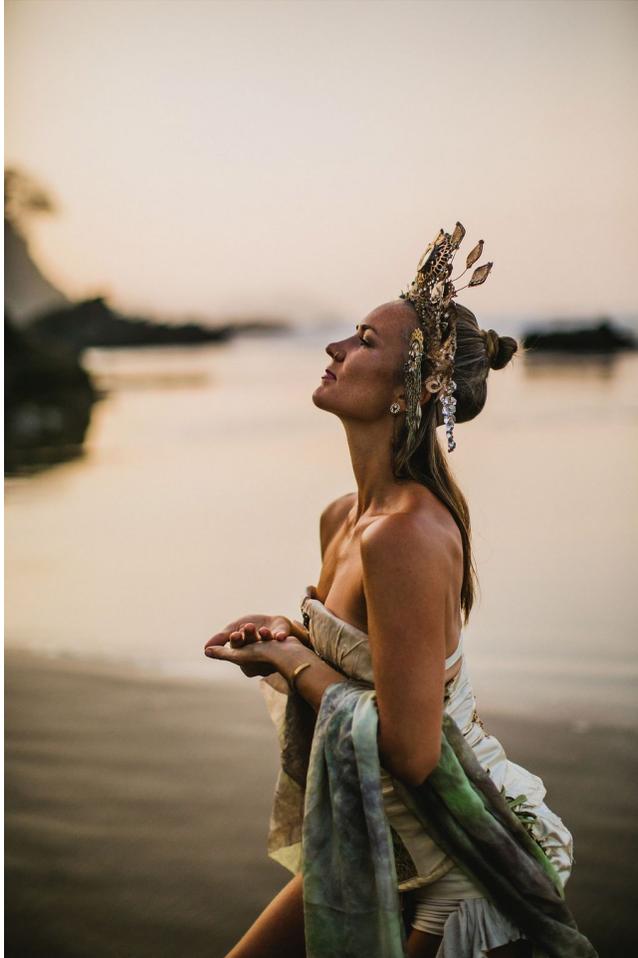
CONNECT WITH QUAN YIN AS AN ALLY TO MOVE THROUGH THE ESSENTIAL PROCESS OF FORGIVENESS AND LETTING GO. Healing from grief and loss takes time. Allow yourself the space to be with and integrate the experience. *“Call upon Quan Yin to soothe your suffering with patience and refrain from pressuring yourself to move beyond unresolved pain”*. (The Sophia Code by Kaia Ra, Ch.11, Keycode 6).

IN THE PROCESS OF BEING WITH UNRESOLVED PAIN, your inner child may also require nurturance and safety. Quan Yin is here to hold you, your inner child and her needs in her embrace. It is never too late to love your little girl and let her know she belongs here and is safe to be fully expressed just as she is. *“When you are authentically present to your healing journey, the innocence of the inner*



child will assert when it feels acknowledged and safe enough to release the suffering that no longer serves you” (The Sophia Code by Kaia Ra, Ch.11, Keycode 6).

WHATEVER YOU HAVE EXPERIENCED IN YOUR LIFE CAN NEVER TAKE AWAY YOUR PURE DIVINE INNOCENCE. As you heal and integrate all parts of yourself, you come home to the knowing that your essence is the precious jewel in the lotus.



AS FEMININE LEADERS HERE TO BE OF SERVICE AND BIRTH A NEW PARADIGM, we must get out of our own way, release the past and recognize whatever pain is present can be integrated into our lives as a teacher. We are presented with the lessons and initiations that we are here to embody and teach. Our personal suffering shapes who we are and can inspire a larger purpose beyond ourselves.

TO BE OF SERVICE, WE NEED TO DO OUR OWN WORK. Ultimately, holding onto the past and pain prevents us from being completely free. It is essential to your sovereignty to forgive yourself and others. As you connect to Quan Yin’s mercy, you can find compassion for all beings and situations.

“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.”

-Nelson Mandela

IT IS VITAL TO GO DEEP INTO THE DARK CAVE OF YOUR EXPERIENCES and recognize the gems held in the darkness. For the greatest gems of wisdom to share on your path come from these deep places of transformation. And as you learn to surrender and trust the process and open to the Divine Mother herself, healing and transmutation will occur. As Quan Yin speaks;

“Your heart has become a living vase of compassion for this entire planet. For every moment that you surrender into the darkness of your suffering, you now embody the light of wisdom for teaching others how to walk the way back home to their own hearts” -The Sophia Code by Kaia Ra, Ch.11, Keycode 6



PRACTICES INVOKING QUAN YIN

ROSE QUARTZ

QUAN YIN'S FREQUENCY OF UNCONDITIONAL LOVE LIVES WITHIN THE ROSE QUARTZ CRYSTAL - the same crystal we wrap our roots around in the center of the Earth. Work with a rose quartz crystal on your altar, as a yoni egg, or under your pillow when sleeping.

WATER PRAYER

WATER CARRIES FREQUENCY. In his book, "The Message from Water," Dr. Masaru Emoto shows how human vibrational thoughts, words, prayer, ideas, and music affect the molecular structure of water. As you invoke the frequency of Quan Yin, you are infusing the waters of your Temple Body with the vibrational energy of compassion.

I INVITE YOU TO GO DEEPER. Each time you drink a glass of water, Infuse the water with your compassionate prayers of forgiveness and understanding, feel the water entering your Temple Body and cleansing any pain, resentment, memories, and stories that are not serving you any longer. Allow the water to go into the places where you may have not been ready to go with your own consciousness. Open yourself to experience the cleansing.



CREATE A RITUAL PRAYER BY A BODY OF WATER, RELEASING AND PURIFYING THE OLD TO CREATE SPACE FOR THE NEW.

LETTER OF FORGIVENESS

WRITE A LETTER OF FORGIVENESS TO YOURSELF OR ANOTHER. Perhaps even send it to the other if you feel a YES. Many times the act of simply writing the letter can be enough to release the pain or stories you are holding within your own Temple Body. Create a ritual of release by burning the letter.

YOU COULD EVEN SHARE YOUR LETTER OF FORGIVENESS INSIDE OUR FB GROUP to feel the potency of the frequency of forgiveness you are sending out into the world.



MUDRA TO CONNECT WITH QUAN YIN

TRIPLE FLAME OF TRANSMUTATION MUDRA
from 13 Moon Mystery School (created by Ariel Spilsbury)



IGNITING THE VIOLET FLAME. Use this mudra for connecting to Compassion. Ring finger and thumbs touching and overlapped in a single 'O' signifying only love. The remaining 6 fingers form triangles in an upward pointing triangle made with hands in the heart while visualizing the triple flame of transmutation burning at the heart."

CLOSE YOUR EYES. Connect to your breath. And bring your awareness to your beating heart. In every heartbeat, feel the compassion as an offering of pure love and acceptance. Feel the forgiveness and love flowing from your heart through your blood, all over your body. Feel the warmth filling you up.

ALLOW YOUR BODY TO RELAX INTO THIS DEEP SENSE OF MERCY AND PURE LOVE. Repeat the mantra "Om Mani Padme Hum" or the mantra below.

(As seen in the video practice, you can also do this mudra with the tips of your first fingers and thumbs together.)

MUDRA MANTRA: "I LOVE AND ACCEPT MYSELF EXACTLY AS I AM. I AM PURE LOVE".



BONUS: YONI EGG PRACTICE TO CONNECT WITH QUAN YIN

THE YONI EGG IS A POWERFUL SACRED TOOL TO CLEAR OUR TEMPLE BODIES. Follow along with the meditation and/or embodiment video for Quan Yin with the Yoni Egg. Working with the Yoni Egg, visualize yourself as Quan Yin, connect to a place of deep forgiveness and compassion.

SIT AND INFUSE THE EGG WITH YOUR INTENTIONS. What do you desire to shift and transmute from the inside out through working with Quan Yin? Have your journal to write about what arises.

YOU MAY ALSO WANT TO TRY WEARING YOUR YONI EGG ONE NIGHT WHILE SLEEPING AND SEE WHAT DREAMS COME.

HOLDING SPACE ON A CALL WITH YOUR SUPPORT SISTER/ QUEEN'S CHAMBER

SCHEDULE A CALL WITH ONE OR MORE OF YOUR QUEEN'S CHAMBER OR WOMEN IN THE SISTERHOOD. Take this as an opportunity to reach out and make a new or deeper connection with someone in the Sisterhood. Hold space for one another and practice compassionate listening.

DECIDE WHO WILL SHARE FIRST AND SET A TIMER. The listening sister(s) can ask the sharing sister about her experience of connecting with Quan Yin including her relationship to this module, her intentions, reflection questions, and practices. Perhaps, the sharing sister wants to be witnessed by her sister(s) in reading the letter of forgiveness out loud. Share and listen from your heart and womb about what has arisen in this module. The listening sister(s) practice listening without responding and simply holding space as Bhuvaneshwari and compassion as Quan Yin, listening with every cell of your body. When the time is up, bring the share to completion and the listening sister(s) can share a few words acknowledging what she sees in the sister that has just shared. Then set the timer again and move onto the next sharing sister.



REFLECTION QUESTIONS

1. What is your relationship with Quan Yin and compassion?
2. What painful experiences, if any, may be getting in the way of feeling free and fully present here and now?
3. How can you love yourself more on your journey?
4. How can you nurture your inner child? When have you experienced your divine Innocence?

Choose ONE of the questions above and share your reflections with the Sisterhood inside our FB Group!

