

ROOTING YOUR TEMPLE BODY

- MODULE 6 -
LIVING ARTFULLY



LIVING ARTFULLY: Living Artfully offers the opportunity to consciously attune to what you are saying YES to and calling into your life. Your presence and focus are the keys to Living Artfully. You can design your life creatively and prioritize what is most important. It is essential to honor and nurture your Temple Body with consistent practices including movement, meditation, mindfulness, nourishment, self-care and that which inspires you to keep your creative channel open. In Living Artfully, all the chakras are activated and aligned through exploring authentic sound and movement.

FULL BODY YES: The more you connect with your hollow bamboo and become empty presence, the easier it becomes to listen to and know your own frequency of YES. It is imperative to know your NO so you can align with your highest YES. Through cultivating kinesthetic bliss and creating new pathways, you strengthen your inner compass to recognize what feels good and aligned with your highest desires and what does not. When you are connected with your highest YES, you will feel an expansion and opening in every cell of your Temple Body: This is your Full Body YES.

EYES AS AN ENDPOINT

WHERE DO YOU CONSCIOUSLY FOCUS YOUR EYES? In Graceful Warrior, we explored our endpoints through movement. The eyes are another key endpoint to bring your attention to. The eyes are a bridge between your inner landscape and your outer landscape, they reflect your presence and current energetic state. When your eyes are open, they become another endpoint in which to direct your creative energy. With presence and focus you create a Drishti, which is a Sanskrit term meaning 'focused gaze.' Finding a Drishti is a technique used in Yogic and Tantric practices to cultivate concentration and balance.

CHAKRAS

LIVING ARTFULLY ACTIVATES YOUR EMBODIED VOICE and deep presence. In this module, we explore the seven major chakras and their Bija (Syllable Seed) Sound Mantras.

VOICE

INTEGRATING THE VOICE IN YOUR TEMPLE BODY ARTS PRACTICES ALLOWS FOR YOUR FULLEST EXPRESSION AND EMBODIMENT. The voice is a powerful tool in which to bring your thoughts and ideas into the world. Each sound and word holds a frequency. As you become more attuned to the frequency of your words and sound, you recognize the power you hold to co-create what you desire through your voice.

ON ANOTHER LEVEL, THE RESONANCE OF THE SOUNDS YOU MAKE VIBRATE IN THE BODY, helping to release tension, and bringing you into your center. There is a magnetic power when you speak, sing or sound from an embodied place. Through working with the sounds of the chakras, you open up your voice.



EACH CHAKRA REPRESENTS DIFFERENT EMOTIONS AND ASPECTS OF THE BODY. By expressing the sounds from the different chakra centers of the body, we get to know ourselves more deeply and recognize what we need to clear out, release and integrate. There are bija seed syllable sounds for each chakra to balance and stimulate these centers. Bija is a Sanskrit word meaning 'seed.' If you feel drawn to a specific chakra, see the Resources Tab, Sacred Tools with Chakra Map, for more Information on each chakra.



FIRST CHAKRA: ROOT CHAKRA - MULADHARA

VERB: "I AM" | **BIJA SOUND MANTRA:** LAM

QUALITIES: ORIGIN, BELONGING, TRIBE, SECURITY, SURVIVAL, GROUNDING, STABILITY

LIFE THEMES: HOME, FINANCES, POSSESSIONS, CAREER

SECOND CHAKRA: SACRAL CHAKRA - SVADHISTHANA

VERB: "I FEEL" | **BIJA SOUND MANTRA:** VAM

QUALITIES: FLUIDITY, PLEASURE, SENSUALITY, CREATIVITY, FEELINGS, WOMB WISDOM

LIFE THEMES: RELATIONSHIPS, BOUNDARIES, SELF-WORTH/ SELF-LOVE, SEXUALITY



THIRD CHAKRA: SOLAR PLEXUS CHAKRA - MANIPURA

VERB: "I DO" | **BIJA SOUND MANTRA:** RAM

QUALITIES: STRENGTH, RESILIENCY, CONFIDENCE, SELF-ESTEEM, COURAGE

LIFE THEMES: POWER DYNAMICS, PURPOSE, DIVINE WILL, TAKING ACTION, DECISION MAKING

FOURTH CHAKRA: HEART CHAKRA - ANAHATA

VERB: "I LOVE" | **BIJA SOUND MANTRA:** YAM

QUALITIES: UNCONDITIONAL LOVE, COMPASSION, BALANCE, ACCEPTANCE

LIFE THEMES: PRIMARY RELATIONSHIPS, RECEIVING, FORGIVENESS, GENEROSITY, MOTHERHOOD

FIFTH CHAKRA: THROAT - VISHUDDHA

VERB: "I SPEAK" | **BIJA SOUND MANTRA:** HUM

QUALITIES: COMMUNICATION, AUTHENTIC EXPRESSION, JUDGMENT, VOICE, RESONANCE

LIFE THEMES: SPEAKING YOUR TRUTH, ASKING FOR WHAT YOU NEED, CREATIVE SELF-EXPRESSION

SIXTH CHAKRA: THIRD EYE CHAKRA- AJNA

VERB: "I SEE" | **BIJA SOUND MANTRA:** OM

QUALITIES: VISION, INTUITION, IMAGINATION, INSIGHT, CLARITY, INSPIRED THOUGHT

LIFE THEMES: AWAKENING TO INNER GUIDANCE, TRUSTING INTUITION, CLAIRVOYANCE

SEVENTH CHAKRA: CROWN CHAKRA - SAHASRARA

VERB: I KNOW | **BIJA SOUND MANTRA:** AH

QUALITIES: WISDOM, KNOWLEDGE, SPIRITUAL CONNECTION, STILLNESS, RECEIVING

LIFE THEMES: EXPLORING SPIRITUALITY OR RELIGION, TRUST, OPENING UP TO DIVINE GUIDANCE



SARASWATI- HINDU GODDESS OF CREATIVITY, INSIGHT, WISDOM, AND SOUND



WITHIN LIVING ARTFULLY, SARASWATI REPRESENTS THE BRILLIANT ARTIST YOU ARE in your full authentic expression, just as you are. She is the flowing Goddess present with you as you create a life of your dreams and live artfully. The essence of Saraswati and her creative watery flow connects you with your womb space and feminine, sensual nature. She is expressed through your movements, sound, art, adornment, writing, and is an ally supporting your pure expression. Saraswati invites you to be a creative channel of inspiration in every breath, every moment, and every sense.

HER **BIJA SOUND** IS AIM, meaning ‘the power of speech and inspiration.’

HER **MANTRA** IS OM AIM SARASWATI NAMAHA, meaning ‘Om, I bow to the flowing one whose essence is wisdom.’

SARASWATI IS ALSO INVOKED THROUGH CONNECTING WITH ALL OF THE BIJA SOUNDS: Lam, Vam, Ram, Yam, Hum, Om, Ah. When embodying Saraswati, experience life as the canvas and you the artist. We will connect with Saraswati more in the next trimester, Awakening the Goddess.



DEFINE YOUR PASSION PROJECT, DESIGN YOUR LIFE

WHAT LIGHTS YOU UP AND TURNS YOU ON IN YOUR VISION BOARD? WHAT GIVES YOU A FULL BODY YES?

IN YOUR VISION BOARD AND INTENTION FOR YOUR TEMPLE BODY ARTS JOURNEY, which Life Aspects are currently calling for more attention in your life? Choose from the examples below and/or add your own:

- | | | | |
|---|----------------------|---|------------------------|
| ❖ | Health & Wellness | ❖ | Financial Life |
| ❖ | Self Love | ❖ | Career |
| ❖ | Intellectual Life | ❖ | Purpose & Contribution |
| ❖ | Emotional Life | ❖ | Love Relationships |
| ❖ | Creative Life | ❖ | Family |
| ❖ | Intimacy & Sexuality | ❖ | Embodiment Practices |
| ❖ | Spiritual Life | ❖ | Sacred Technology |

FIND AN ASPECT OF YOUR VISION BOARD THAT YOU CAN MAKE TANGIBLE AS A PASSION PROJECT. Choose up to three aspects to shape your passion project. For example, If my vision is to support women in self-love and my passion project is to share my messages through an Instagram account, I will focus on sacred technology and self-love as my two life aspects.

PUT IT INTO PRACTICE - CREATIVELY DESIGN YOUR WEEKS

HOW DO YOU NEED TO DESIGN YOUR TIME AND LIFE TO BRING YOUR VISION AND PASSION PROJECT INTO FORM? WHERE CAN YOU REFINE YOUR TIME SPENT?

LIVING ARTFULLY IS A PRACTICE. Based on your life aspect priorities, design your days and weeks ahead to take action in nurturing your passion project and moving towards your vision.



YOU CAN DESIGN YOUR WEEKS TO WATER THE SEEDS OF EACH LIFE ASPECT THAT IS IMPORTANT TO YOU. Be realistic in how much time you allot to each life aspect or project, this way you are more likely to follow your design. Start with one passion project. Less is more. What are you willing to let go of in your schedule to create more space to nurture your passion project? It takes self-discipline to commit to your plans and at the same time leave space for the other life aspects that matter to you.

LIVING ARTFULLY TEACHES US HOW TO BE A CLEAR CHANNEL AND ALLOW CREATIVE LIFE FORCE TO MOVE THROUGH OUR TEMPLE BODIES.

YOU ARE IN A CO-CREATION WITH SPIRIT. Living Artfully is about having a plan, designing your weeks as well as knowing when to surrender and allow the mystery to unfold. As an artist co-creating your life, your presence and how you move through the world is the key to Living your yes.

BECOME EMPTY PRESENCE.

LISTEN TO YOUR INNER COMPASS.

KNOW YOUR OWN VALUE.

DISCOVER YOUR YES..

ALIGN WITH YOUR FREQUENCY OF YES.

NURTURE YOUR PASSIONS.

LIVE WITH INTENTION.

BE A LIVING PRAYER OF GRATITUDE.



REFLECTION QUESTIONS (CONTINUED)

4. As you move through life, Where do you intentionally focus your eyes? In your relationships, practices, work and other life aspects.

5. What life aspects are you prioritizing with your passion project?

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

