



siomha

Kuan Yin Meditation

With 3 slow deep breaths, inhale Kuan Yin deep into your body.

Drink in that energy of infinite mercy and compassion.

Keep breathing slow and deep as you allow her energy to touch every cell in your body and every part of your heart and mind.

Now see Kuan Yin walking through the most painful, difficult and challenging parts of your life.

Just allow her to be there. She knows what to do.

Breathe and be with it as long as you need to.

To finish, take a deep breath, exhale. Give thanks.

Make peace with the day.



About Kuan Yin:

Kuan Yin is a Bodhisattva of infinite mercy and compassion. She is often depicted as above, carrying a vase from which pours forth the nectar of compassion.

Someone once told me that she lives on the moon, and I really like that idea:)

Say goodnight to her next time you look at the moon at bedtime.

Here is some more info that I enjoyed, extracted from <http://www.goddess.com.au/goddesses/>:

Kuan Yin's esoteric attributes are those of compassion, healing, and centering.

She lives in the heart chakra, standing in full acceptance, suspended in tranquillity, relishing joy in the silence. Kuan Yin, Mother of Compassion in ancient Chinese culture, blows gently into your life, and should be welcomed as an eternal source of comfort and peace. Kuan Yin's values are about co-operation, sharing, balance, harmony and partnership; she is highly sensitive and aware.

Kuan Yin is light and weightless - the qualities that result from highly tuned values of tolerance and acceptance.