

ROOTING YOUR TEMPLE BODY

- MODULE 4 -
GRACEFUL WARRIOR



GRACEFUL WARRIOR ARCHETYPE: The Graceful Warrior connects us to the qualities of discernment, strength, and grace. She embodies balance and the union of the masculine and the feminine: the Sacred Marriage. She is rooted in herself and armed with a sword of discernment, embodying her inner cross. The Graceful Warrior has an embodied sense of power connected with the solar plexus chakra. She knows how to surrender and trust in the great mystery as she moves through life's transitions with ease.

THE SEVEN ATTRIBUTES OF THE GRACEFUL WARRIOR

THE SEVEN ATTRIBUTES OF THE GRACEFUL WARRIOR WITHIN TEMPLE BODY ARTS ARE A REMINDER TO STAY CENTERED IN YOUR EMBODIED POWER:

- ❖ The Graceful Warrior **is grounded in both body and mind.**
- ❖ The Graceful Warrior **recognizes her self-worth.**
- ❖ The Graceful Warrior **is open and receptive.**
- ❖ The Graceful Warrior **realizes embodied wisdom.**
- ❖ The Graceful Warrior **is courageous and humble.**
- ❖ The Graceful Warrior **embodies the Inner Cross, the balance of creative power (divine feminine) with discernment (divine masculine) to experience the sacred marriage.**
- ❖ The Graceful Warrior **is able to invoke Kali and Durga energy, destroying or changing that within which does not serve and to take action guided by innate wisdom.**

THE INNER CROSS: Metaphorically, everyone embodies an inner cross. Imagine a cross inside your body. The vertical axis of the cross represents the masculine principle, the sturdy vertical sword of integrity able to cut away with precision and penetrate with clarity. It aligns you with pure consciousness. The horizontal axis of the cross represents the feminine principles as an extension of your heart, widening out like wings. It is enveloping, nurturing and opening to receive grace.

IN THE CENTER OF THE CROSS where the masculine and feminine principles meet in balance, lives your inner diamond/gem which glows with your pure essence and value. The inner diamond/GEM is activated when the sacred marriage is alive, and you experience a fullness within. Your inner diamond/gem radiates the magnetic frequency of your divine essence.

YOU ARE INVITED TO COMMIT TO YOURSELF WITHIN THIS JOURNEY AND TAKE ACTION WITH YOUR SWORD OF DISCERNMENT. The more you commit to what you truly desire and show up for yourself in each moment, the more you create the space for your sacred dreams to be birthed.



SWORD OF DISCERNMENT: The Graceful Warrior invites you to activate your inner sword of discernment. It is imperative to honor your sacred NO and your sacred YES, to know what is in alignment with your truth and integrity. You are asked to step forward into the world and take action, to say NO and cut away what no longer serves in order to live your highest YES. Your sword allows you to focus, penetrate, discern and move forward with grace, while at the same time knowing when to let go into love and surrender into the unknown fully.

BAMBOO CORE: One way to cultivate your sword of discernment within your temple body is through activating your bamboo core. In Bamboo Spirit, you learned about your Bamboo Core and Sushumna Channel. Graceful Warrior is about going deeper in accessing your bamboo core as your center, for cultivating balance, strength and Integrity. The bamboo core is the central energy channel in your Temple Body and is also known as the inner flute, Sushumna channel, and hollow bamboo.

As you engage your midline physically and energetically through the various Temple Body Arts practices including the Bandhas and Sushumna breathing, you activate and align with your Bamboo Core. The practices not only emphasize a strong focus on your midline and core but also how to bring your awareness into each of your endpoints, the extremities of your physical body. The awareness of your endpoints allows you to create more space in your body. The more connected to your foundation and your core, the more balance you will feel in your body and the more freedom you have to expand, extend and take flight.



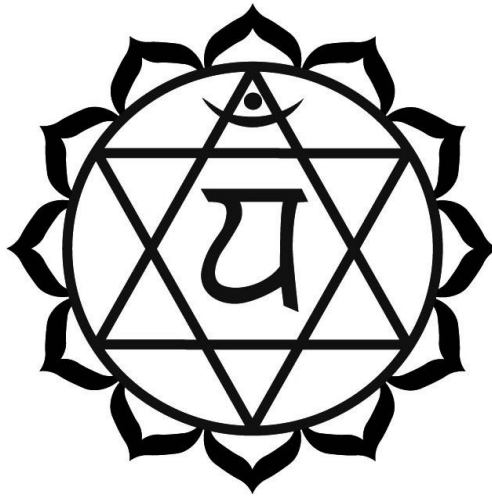
CHAKRAS

GRACEFUL WARRIOR awakens innate power and embodied confidence. In this module, we will explore and activate the solar plexus chakra, connecting you to your power, courage and divine will.

SOLAR PLEXUS CHAKRA

CHAKRA: THIRD | **SANSKRIT:** MANIPURA

COLOR: YELLOW | **ELEMENT:** FIRE | **BIJA SOUND MANTRA:** RAM



LOCATION: BETWEEN THE NAVEL AND THE SOLAR PLEXUS.

THEMES: PERSONAL POWER, PURPOSE, STRENGTH, CONFIDENCE, SELF-ESTEEM, DIVINE WILL.

GIFTS: A CLEAR AND OPEN SOLAR PLEXUS CHAKRA GIVES YOU A STRONG SENSE OF WHO YOU ARE AND ALLOWS YOU TO TRANSFORM YOUR INNER FIRE, AND TURN INERTIA INTO ACTION TO MOVE FORWARD.

CHALLENGES: LOW SELF-WORTH, PERSONAL POWER AND CONTROL ISSUES, LACK OF CONFIDENCE.

MANTRA: "I STAND FIRM IN MY POWER AND EXPRESS MY TRUTH." "I AM FOCUSED. I AM POWERFUL. I AM RESILIENT."



INVOKING THE GRACEFUL WARRIOR FOR PROTECTION

AS A SHINING BRIGHT LIGHT, PEOPLE WILL BE ATTRACTED TO YOU LIKE MOTHS TO A FLAME. It is up to you to know when to open yourself and allow someone else's energy into your space and when to not. Your time and energy are precious and each moment is sacred, so choose wisely how you spend your time and energy. If you tend to attract people into your life that drain you emotionally, this may be an indication that on some level you are allowing this to occur, and you have the power to choose differently and create boundaries.

IF YOU ARE TO WALK THROUGH LIFE EMPOWERED, setting and honoring your boundaries is essential. As you strengthen your sword of discernment and honor your sacred time and space, you will naturally be able to stand firm in your power and boundaries. Boundaries can be energetic, mental, emotional, physical and more. Your boundaries are strengthened by the way you hold yourself and how you express your truth in any given moment.

PAY ATTENTION TO YOUR RELATIONSHIPS and notice when people give energy or drain your energy. Some people are not aware enough to read your boundaries or body language. The graceful warrior protects and honors her energy in all situations.

PROTECTION PRACTICE

CALL UPON THE GRACEFUL WARRIOR to cut away anything that does not serve you as you create a hood, or a bubble around you through visualization. Only allow energy that you consciously invite into your space. You can call forth other guides as well for protection.

REPEAT THIS MANTRA FOR PROTECTION: "I ALIGN WITH THE HIGHEST FREQUENCY OF LOVE, NOTHING CAN TOUCH ME BUT LOVE. I AM SAFE TO EXPRESS MY FULL RADIANT SELF."

ARCHANGEL MICHAEL

ANOTHER GUIDE ON MY PATH HAS BEEN ARCHANGEL MICHAEL. Remember, we are not alone in our circle of mysticism. Archangel Michael is an angel you can call upon when facing adversities or inner battles. You can call upon him for protection by visualizing his blue sphere of light in your auric field for absolute divine protection or by visualizing his golden shield of protection fully around you like a cylinder. You can ask him to use his sword to cut and sever etheric cords that are entangled within your energetic field from all time and space.



EXPLORE WHAT RESONATES WITH YOU IN CREATING A PROTECTION PRACTICE. You can do protection practices each day or before you enter situations that can drain your energy.

