

TEMPLE BODY ARTS

BIRTHING & MONETIZING YOUR GIFTS THROUGH SEXUAL SOVEREIGNTY

- CYCLE I: VISIONS & DREAMS -
MONETIZING WITH THE SACRED DREAMER



Photo by Melissa Robin, Goddess Yoga Arts 2018.

EMBODYING THE SACRED DREAMER

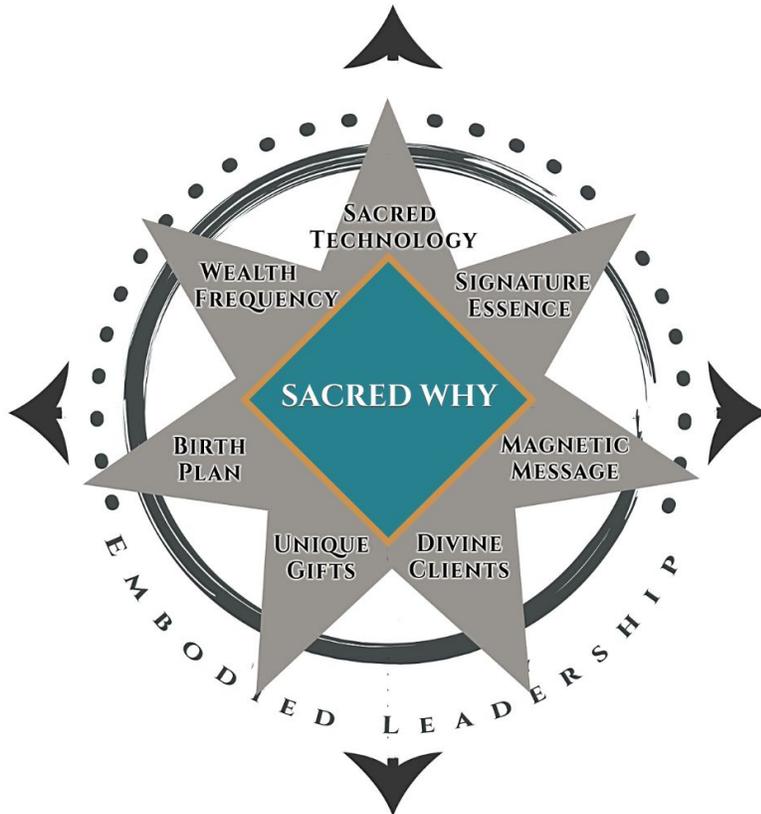
Reflect and receive with the New Moon and your Sacred Dreamer time. In this phase and cycle, you will dream into your soul's purpose and discover clues for your sacred why, unique gifts, and divine clients. The feminine mysteries speak to us through signs and symbols, your role is to listen deeply without judgment. Stay open to the mystery revealing herself through you and your life.

Carve out the space to slow down and go within, journal to receive clarity in embodying the unique medicine you are carrying. Connect with your future self and create a path of communication with your womb space and visions. As a feminine leader, you are on the

This cycle is for you to be with what arises. Rest, reflect, and remember your essence. Seeing through the lens of the Sacred Dreamer, you are building and creating your life from these moments of stillness and pause. This is an essential aspect of the cycle of creation.

CENTER GEM: YOUR SACRED WHY

The Sacred Dreamer is a potent time to tune into your Sacred Why and recognize that ‘what turns you on’ is a guide to revealing your unique gifts and Dharma.



YOUR SACRED WHY IS THE CENTER GEM OF THE COMPASS

IT IS ESSENTIAL TO KNOW WHY YOU ARE INSPIRED TO DO WHAT YOU DO

Your values, sources of inspiration, and what you stand for shape your SACRED WHY.

WITHIN YOUR SACRED WHY,

PERSONAL/LIFESTYLE 'WHY' - 'H aM', tjj 'VaM' Z' b' 'tn| x'uZxynl M'yuaZxZ' M'X'jbZy{tjZ'nl VZ'tn| 'k MIZ' k nxZ'k nl Zt' M'X' aMfZ' k nxZ' tk uMw{¥'H at'Xn'tn| 'XZybxZ' {n'UZ'yZj_xZyn| xVZX' b' M'VbVjt¥'Aaby'uxnVZyy' k M'Uxb' ' | u' | b{ 'nx' ZZjb' `y'n_UZb' `yZj_bya' M'X' b' X|j' ZI { 'M|an| `a {aZyZ'MZ' {aZ'y{nxZy'tn| 'MZ'aZxZ' {n'xZ', xZ'a''

FAMILY/COMMUNITY 'WHY' - ' y', nk ZI S, Z'MZ', bxZ' {n' {ab i' M|n| {n| x'uM{I ZxyM'X' VabXxZI 'M'X' n{aZx'_M' bjt'nx'Vnk k | I bjt'k Zk UZxySZfZI 'UZ_nxZ'n| xyZjfyE) n, 'XnZy'tn| x' fytm| 'n_k nl Z{b' 'tn| x' `b{y'UZi Z_b' 'tn| x'_M' bjt' M'X' Vnk k | I bjt¥''

YOUR COLLECTIVE 'WHY' - 'AZk ujZ' knXt'' x{y' b' fZ' 'tn| ' {n'UZ' {aZ' Zk UnXtk ZI { 'n'_{aM', abVa' 'tn| ' y{M'X' _nx' Aaby' by' {aZ' uM{ 'n' _tn| x' @MxZX' H at' {aM' 'tn| ' , tjj 'yaMZ', b'a' {aZ', nxjX' M'X' b' Vj| XZ' b' 'tn| x' U| yb' Zyy' M'X' n' Zxb' `a' Jn| 'MZ' b' fZ' X' {n'k MIZ' M' tk uMw{SMB' I ' , b'a' ynk Z{ab' `UZtnl X'tn| xyZj'_M'X' {n' jbz' b' XZfn{bml ' {n' M' xZMz'x'VM| yZ'a''

Recognize we are the ancestors of the future.

REFLECT ON THE VALUES YOU ARE ALIGNING WITH AT THIS TIME''

*XZI {b' b' ` M'X' M' b' I b' ` {n' 'tn| x' VnxZ' fM| Zy' by' ZyyZI {b' y| {n' i' l n, ' , aM' 'tn| y{M'X' _nx' M'X', aZxZ' {n' XbzV{ 'tn| x' M{ZI {bml `a' Jn| x' uZxynl M' fM| Zy' b' _nxk' 'Mj' M'yuZV{y' n' _tn| x' jbz' _xnk' 'tn| x' UZjtz' y' {n' 'tn| x' Mw{bml y' GM| Zy' VM' 'VaM' Z' M'X' MZ' | I b' Vj' Z' {n' ZM' a' uZxynl -y'uM| a' M'X' ux' b' x' Z' y' a' H aZi' {ab' `y' _Mj' M' M' {nx', Z' ZZj' n| { 'n' _UM' M' VZSb' by' tk unx{M' { 'n' xZ' { | x' { 'n' n| x' fM| Zy' a' AaZ' A' ` @y{ZxannX'' ` xZzk ZI {y' xZuxZyZI {n| x' VhjjZV{bz' fM| Zy' M'X' b' Vj| XZ' fM| Zy' y| Va' M' VhjjM| n' M' bml S{x| y{SxZyuzV{SxZfn{bml SyZj'_VMZSb' {Z' x' b' tS M'X' ujm'a''

TEMPLE BODY CORE VALUES

?Z_jZV{ 'nl ' {aby 1by{ 'n_† nxZ'GMj| Zyª @jZV{ 'az' fMj| Zy' tn| ' _ZZj' {aZ' k ny{ 'xZynl Ml{', k{a' MlX' MZ' xZNk† 'n' Mjbl ' , k{a' Ml{aby{tk Z' Ny' MZk b b Z jZNkZª°° XX' tn| xn, l' fMj| Zy{nnSb_ {aZ† MZl Ē jby{ZX'aZxZª°

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|------------------|-------------------|------------------|
| ❖ Authenticity | ❖ Fun | ❖ Prayer |
| ❖ Abundance | ❖ Flexibility | ❖ Presence |
| ❖ Accountability | ❖ Focus | ❖ Productivity |
| ❖ Adventure | ❖ Faith | ❖ Peace |
| ❖ Autonomy | ❖ Growth | ❖ Play |
| ❖ Acceptance | ❖ Generosity | ❖ Passionate |
| ❖ Artfulness | ❖ Grace | ❖ Receptivity |
| ❖ Balance | ❖ Honesty | ❖ Respect |
| ❖ Beauty | ❖ Humor | ❖ Responsibility |
| ❖ Boldness | ❖ Humility | ❖ Self-Care |
| ❖ Compassion | ❖ Integrity | ❖ Self-Love |
| ❖ Creativity | ❖ Inspiration | ❖ Spontaneity |
| ❖ Collaboration | ❖ Impact | ❖ Sensuality |
| ❖ Community | ❖ Justice | ❖ Service |
| ❖ Connection | ❖ Joy | ❖ Sustainability |
| ❖ Consistency | ❖ Kindness | ❖ Spirituality |
| ❖ Devotion | ❖ Leadership | ❖ Stability |
| ❖ Determination | ❖ Learning | ❖ Structure |
| ❖ Embodiment | ❖ Living Artfully | ❖ Support |
| ❖ Expression | ❖ Love | ❖ Trust |
| ❖ Empowerment | ❖ Loyalty | ❖ Transformation |
| ❖ Excellence | ❖ Openness | ❖ Visibility |
| ❖ Equality | ❖ Optimism | ❖ Wealth |
| ❖ Evolution | ❖ Passion | ❖ Wisdom |
| | ❖ Pleasure | |

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YOUR UNIQUE GIFTS

WE ARE ALL BORN WITH INNATE GIFTS AND WISDOM {aM' MZ' | l bV' Z' n' | y' M' X' k' ZM' { 'n' UZ' yaMZX' " W' a' n' l' Z' n' | y' a' n' j' X' y' M' X' b' Z' x' Z' l' { 'x' z' w' Z' l' V' t' a' A' x' | y' { 't' n' | x' | l' b' v' | Z' u' M' a' M' X' { a' Z' , M' y' t' n' | ' U' x' b' { 'a' x' n' | ' a' ' t' n' | x' | l' b' v' | Z' ' b' { y' a' * ' _ ' t' n' | ' M' Z' y' { t' j' ' X' b' y' n' f' Z' x' b' ' ' t' n' | x' ' b' { y' S' t' n' | ' V' M' l' ' a' n' j' X' { a' Z' X' M' t' b' { Z' l' { t' n' l' ' b' ' t' n' | x' a' Z' M' { 'n' UZ' y' a' n' , l' ' t' n' | x' ' b' { y' a') n' , ' t' n' | ' Z' Z' j' ' b' ' t' n' | x' U' n' X' t' , a' Z' l' ' t' n' | ' M' Z' Z' k' U' n' X' t' b' ' M' X' Z' . u' x' Z' y' y' b' ' t' n' | x' ' b' { y' , t' j' U' Z' M' M' | Z' { n' { a' Z' , n' x' i' ' t' n' | ' M' Z' a' Z' x' Z' { n' n' _ Z' x' { n' { a' Z' , n' x' j' X' a' "



Photo by Melissa Robin, Goddess Yoga Arts 2018.

KEEP A DREAM JOURNAL AND PAY ATTENTION TO WHO SHOWS UP IN YOUR DREAMS AND SPHERE \$n' l' j' b' Z' M' X' b' { a' Z' , n' x' j' X' M' n' | l' X' t' n' | a' < Z' n' u' j' Z' y' ' x' M' b' | X' Z' M' X' x' Z' j' Z' V' { t' n' l' y' n' _ t' n' | ' M' Z' V' | Z' y' b' { n' { a' Z' a' b' X' Z' l' ' ' b' { y' t' n' | ' M' Z' ' V' W' x' t' b' ' a' ' J' n' | x' h' n' | x' i' Z' t' M' X' b' b' t' M' l' n' l' y' M' Z' t' k' u' n' x' { M' { ' b' ' y' a' M' i' b' ' ' , a' n' t' n' | ' M' Z' M' X' t' n' | x' ' b' { y' a' 5 | x' k' n' y' { ' V' a' M' j' Z' l' ' b' ' ' b' t' M' l' n' l' y' V' M' i' y' l' u' u' n' x' { b' ' a' M' i' Z' y' y' b' ' { a' Z' x' Z' y' n' | x' Z' y' M' X' X' n' x' k' M' i' { ' ' b' { y' , Z' M' Z' V' W' x' t' b' ' a' A' a' Z' ' x' Z' M' Z' y' { ' Z' k' y' M' Z' | y' | M' j' t' _ n' | l' X' b' { a' Z' X' M' i' Z' y' { ' V' M' Z' y' n' _ n' | x' j' b' Z' Z' . u' Z' x' Z' l' V' Z' a' "

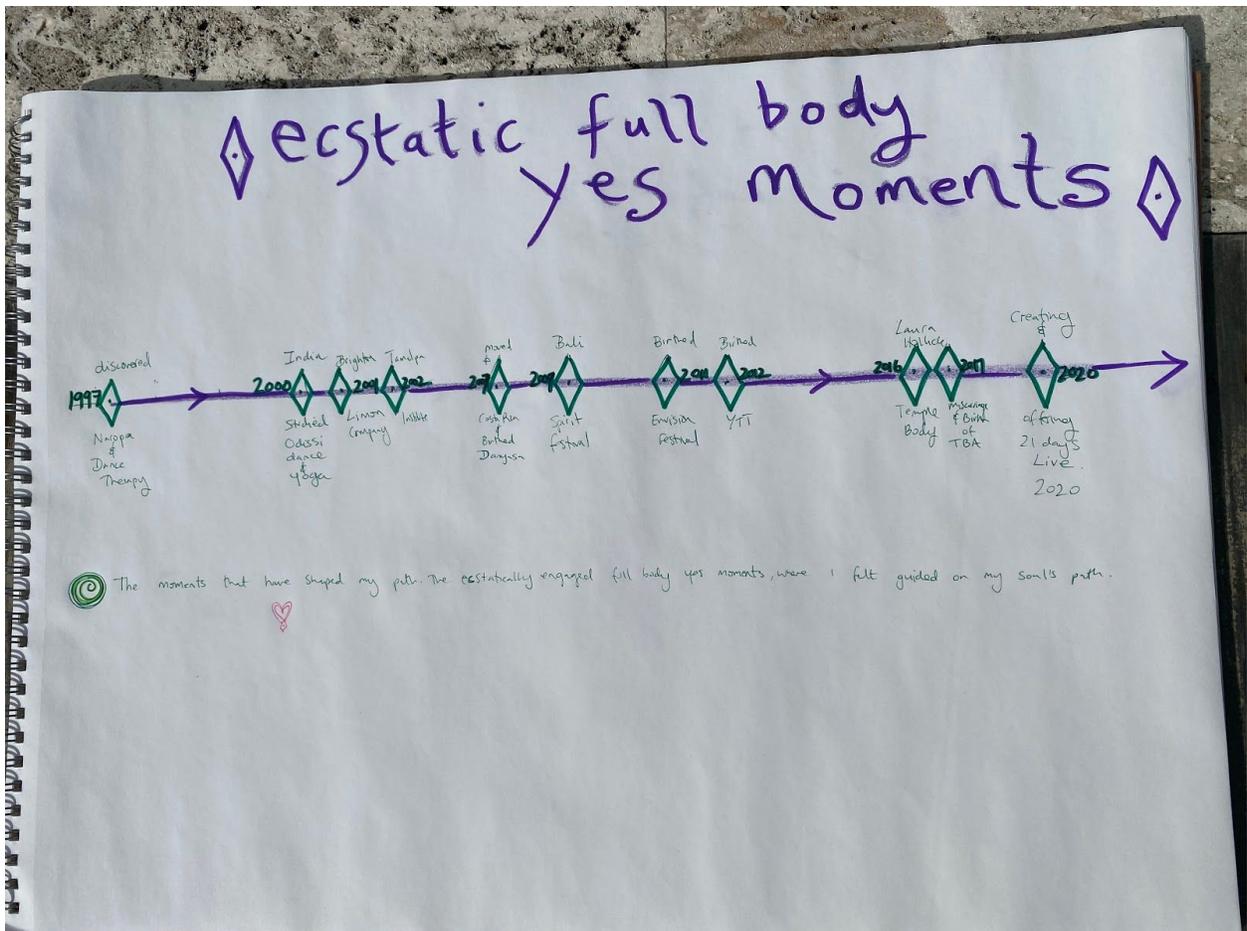
USE JEALOUSY AS A TEACHER AND MEDICINE a' 3n' { b' Z' { a' Z' , n' k' Z' l' ' t' n' | ' M' Z' b' y' u' b' Z' X' U' t' n' x' Z' f' Z' l' ' h' Z' N' h' | y' n' _ b' { a' Z' k' b' y' y' t' n' l' M' X' , n' x' i' ' b' { a' Z' , n' x' j' X' a' " Z' Z' j' b' ' h' Z' N' h' | y' t' V' M' i' b' X' b' M' Z' { a' M' i' t' n' | ' a' M' Z' M' y' t' k' b' j' N' k' b' y' t' n' l' M' X' M' W' { | M' j' t' k' M' ' Z' Z' j' M' j' n' { ' n' _ x' Z' y' n' l' M' i' V' Z' , b' a' , a' M' i' { a' M' i' u' Z' x' y' n' l' ' b' y' y' a' M' i' b' ' a' ' J' n' | ' M' Z' k' Z' M' { ' _ n' x' U' b' ' Z' x' { a' b' ' y' E' B' y' Z' { a' Z' { x' b' ' Z' x' i' n' _ h' Z' N' h' | y' t' n' x' V' n' k' u' M' i' y' n' l' { ' n' j' b' { ' t' n' | ' | u' M' i' X' b' l' b' Z' M' b' x' Z' n' _ { x' M' i' y' k' | { M' l' n' l' ' y' n' i' { a' M' i' t' n' | ' V' M' i' { M' i' Z' M' W' { t' n' l' a' ? Z' k' Z' k' U' Z' x' n' | x' i' M' x' Z' Z' k' Z' l' { y' S' M' y' M' { x' | Z' A' Z' k' u' j' Z' t' n' X' t' ' a' y' { Z' x' S' , Z' M' Z' a' Z' x' Z' { n' "

VannyZ VhjjMUnxMlbnl n'fZx'Vnk uZ{kbln a'AaZxZ'by'xnnk n_x'Mj'n_l'y'n'yab Z^a **And remember sister your very presence IS a gift.**

DISCOVERING YOUR UNIQUE GIFTS

USE YOUR IMAGINATION, MEMORIES, AND DREAMS TO CREATE A TIMELINE OF THE SIGNIFICANT MOMENTS WHEN YOU FELT A FULL-BODY YES. ?Z_jZV{n_l {aZ {tk Zy'b tn| xjibZ, , aZl 'aMfZ' tn| 'Zj{k ny{ 'MfZS {l xl ZX'nl \$uj| `` ZX' b \$uxZyZl {S_l_j_hjZX\$ `xMZ_lj\$nl 'u| xunyZ\$MIX' b yubZX^H aM'MZ'tn| Xnb `¥H an'MZ'tn| , k(a¥) n, 'MZ'tn| n_yZx'fVZ M'X'Vnl l ZV{ZX'n'tn| xyMwZX' k bytbl ¥'f yubtb `VaM' Z'MIX'k Mlb `MXb_ZxZl VZ¥'

INSTRUCTIONS©AMIZ'Mub'ubZVZ'n_uMwZx\$uZl y\$MIX'Vhjnxy^H nxi b ` , k(a'MjM'XyMwZ'nxZl {Mlbnl \$ XXM' Manx'6d {M'jb Z^a @M' , k(a' {aZ' _by{ ZVy{MlV' Z.uZxZl VZ' {aM' Vnk Zy' {n'k b X' M'X' l nZ' {aZ' tZM'pXMXZ\$jnVMlbnl \$, aM'tn| , Zx'Xnb `^f Vj| XZ'a {n'a'k nk Zl {y'k b tk |k ^5l VZ'Vnk ujZ{Z\$XW' {aZ' {axZM'Xy^' /n| xl M' {n'xZ_jZV{n_l {aZ' Vnk k nl {aZk Zy'n_{aZ' Xb_ZxZl {k nk Zl {y^' nx'Z.M' ujZ\$M'j' n_k t' ZVy{MlV'k nk Zl {y'b Vj| XZX'XMI VZ\$Zk UnXtk Zl {S'W' {Sub{ab `SjZ'XZ'xyab' \$M'X'Vnk k |l k^a'



Full Body YES Timeline 2020 by Sofiah.