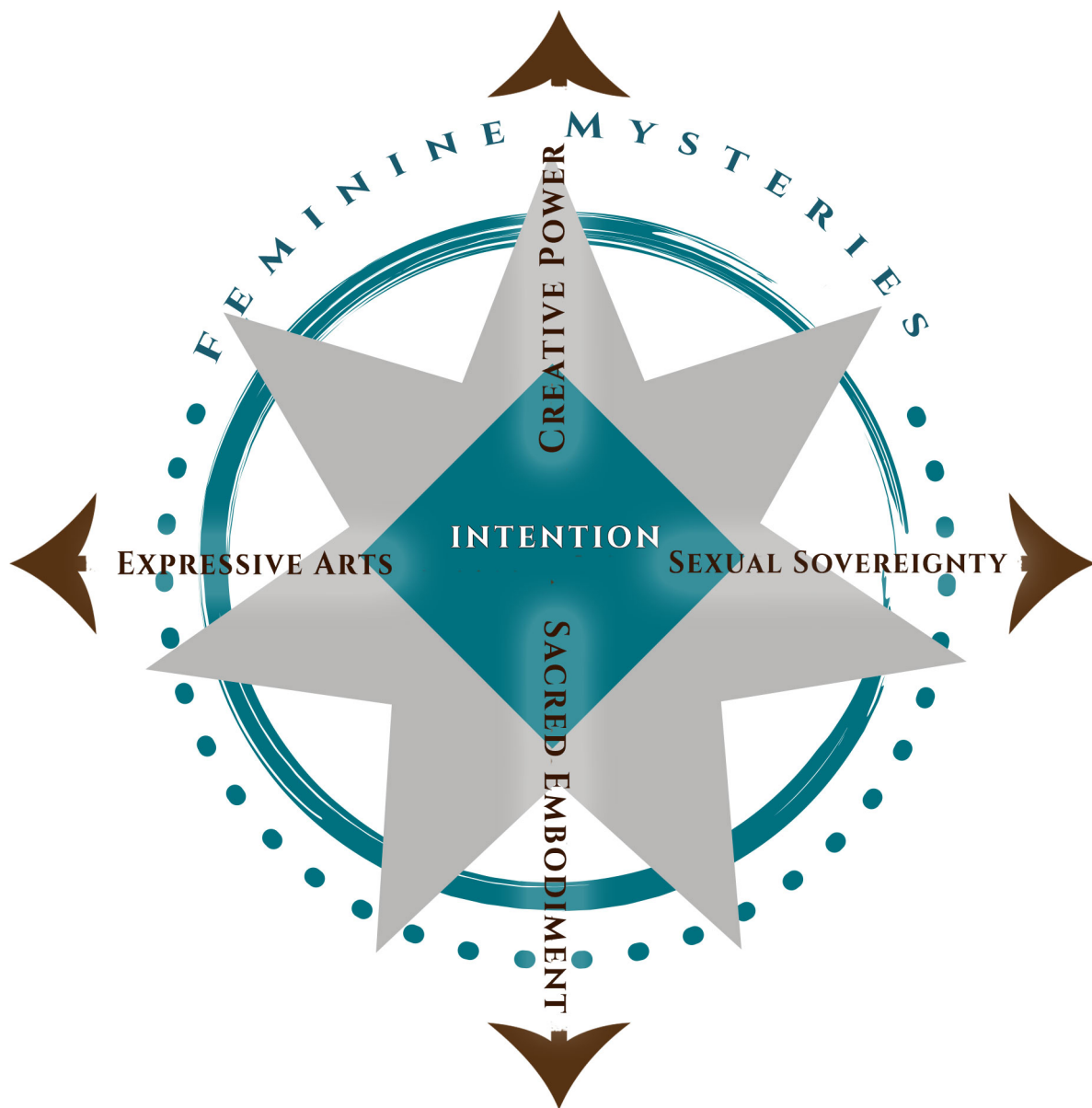


TEMPLE BODY ARTS GUIDING COMPASS



TBA GUIDING COMPASS-

THE CENTER GEM

THE TBA GUIDING COMPASS IS HERE TO SUPPORT YOU IN NAVIGATING ALONG THIS PATH OF AWAKENING. THE COMPASS POINTS ARE: INTENTION, SACRED EMBODIMENT, EXPRESSIVE ARTS, SEXUAL SOVEREIGNTY, CREATIVE POWER, AND MYSTICISM.

THROUGH YOUR TEMPLE BODY AWAKENING JOURNEY, you will have the opportunity to embody these compass points through experience and exploration, paving the way for your creative path to freedom.

Each aspect of the compass offers an access point into your embodied feminine power. Over the next nine months, the modules and trimesters will continue to weave these compass points as a foundation for living as a Temple Body Priestess. We will return again and again to the guiding compass on this path of remembrance as you discover the answers within.

INTENTION

YOUR INTENTION IS WHERE YOU BEGIN. We have the opportunity to start again with each new breath. Intention invites you to align your mindset, thoughts, beliefs and actions with your highest desire, deepest dream and greatest YES. The aim of your intention gives direction and discernment to each step and choice along your life's path.

With your Intention, life is created by your purposeful design.

TBA GUIDING COMPASS-

THE VERTICAL AXIS

SACRED EMBODIMENT

YOU HAVE A TEMPLE BODY. Your experience of being in your body and honoring this sacred vessel as an instrument of the divine is essential to living your highest YES. Sacred Embodiment calls for tapping into your innate wisdom and kinesthetic bliss.

WHEN YOU SLOW DOWN THE MIND AND TUNE INTO YOUR BODY, YOU CREATE A BRIDGE BETWEEN MIND AND BODY, communicating information through physical sensations, feelings, and emotions. Your sensations act as a feedback channel, discerning what is in alignment with your highest YES. Following your kinesthetic bliss inspires you to move through the world in alignment with your natural rhythm. As you listen to your innate wisdom and discover what truly feels good in your Temple Body, you can open up to receive more pleasure and delight. Your body is your temple, your compass, and your highest guide.

Sacred Embodiment is the remembrance of who you truly are with every cell of your body.

EXPRESSIVE ARTS

YOUR BIRTHRIGHT LIES IN AUTHENTIC CREATIVE EXPRESSION. Temple Body expressive arts combines movement, nature-based exploration, visual art, writing, voice, music, and other creative processes to nurture wellbeing, personal growth and build tribe.

YOU ARE A UNIQUE FINGERPRINT OF THE GODDESS AND A VESSEL FOR DIVINE CREATIVE SPIRIT. To be in your authentic expression, you need to feel safe and give yourself permission to be a channel. As you express your essence through different art mediums, you can uncover deeper layers of the stories held in your Temple Body. As you connect with your self-expression, you have more choices in how you consciously co-create your life as an artist.

Life becomes the canvas and you the artist.

TBA GUIDING COMPASS-

THE HORIZONTAL AXIS

SEXUAL SOVEREIGNTY

YOU HAVE THE CHOICE TO BE SOVEREIGN IN ALL ASPECTS OF YOUR LIFE, INCLUDING YOUR SEXUALITY. Temple Body Arts is about reclaiming and awakening your sexual sovereignty.

YOU ARE THE MASTER OF YOUR PLEASURE AND TEMPLE BODY. You have an opportunity to create a positive, loving relationship with your yoni and womb, as you value and trust yourself and say YES to your highest desires. As a sexually sovereign being, you get to choose how you show up in the world and what you say YES to. To live your YES, you must learn to express your NO, which requires listening to and acting upon your discernment.

When you connect with your sexual sovereignty, you learn to move through life in ways that turn your soul on.

CREATIVE POWER

ALL OF LIFE IS FULL OF INFINITE CREATIVE POTENTIAL. Temple Body Arts guides you in harnessing your wellspring of sexual creative energy.

YOUR FEMININE POWER, WHICH IS ULTIMATELY CREATIVE, LIVES IN YOUR YONI AND WOMB. The sacred womb, physical or energetic, creates and gives birth to all of life; a portal to the cosmos. As you claim your sexual energy as your own and recognize that you always have a choice in every aspect of your life, you gain access to the fullness of your creative power.

MOVING THROUGH LIFE FROM YOUR CREATIVE POWER, REQUIRES YOU TO REALIZE AND ALIGN WITH YOUR DREAMS and then take inspired action to bring these dreams into form. Through your creative power, you inherently offer your unique gifts to the world and open up to receive more abundance.

Your creative power is the foundation for Living Your YES.

TBA GUIDING COMPASS-

THE ENCOMPASSING CIRCLE

MYSTICISM

MYSTICISM IS AN EXPERIENCE BEYOND THE WORLD OF FORM, LOGICAL MIND AND PHYSICAL BODY. Through your sacred embodiment and expressive arts, you reclaim sexual sovereignty and harness your creative power. The entire compass is centered around your intention and held by a circle of mysticism.

YOU ARE NOT ALONE. At any moment, you hold the power to call on your allies and guides to be with you and support your journey. Temple Body Arts is the path of remembrance.

AS YOU REMEMBER YOUR SOUL'S ESSENCE AND WHO YOU ARE BEYOND FORM, SPACE AND TIME, you are connected to deeper realms of yourself and inner landscape. This path calls upon surrender, devotion and believing in the benevolent presence of Divine Creative Spirit.

Mysticism is recognizing you are divine love embodied.

TBA GUIDING COMPASS-

NAVIGATING WITH YOUR GUIDING COMPASS

TEMPLE BODY ARTS IS THE PATH OF REMEMBRANCE. As you connect to the guidance of your inner compass and align with the frequency of love, you can remember your divine essence.

SURRENDER AND TRUST

ON YOUR JOURNEY GUIDED BY YOUR INNER COMPASS, YOU WILL NEED TO CULTIVATE SURRENDER AND TRUST TO HELP NAVIGATE THROUGH LIFE'S CHALLENGES WITH GRACE. True surrender means relinquishing attachments, emotions and the busy mind to connect with something greater than yourself. Trust comes through tapping into the place within which knows everything is perfect just as it is. Coming into this place of trust and surrender implies releasing ideas and attachments of how things "should" be and recognizing that the perfection of the universe is reflected in the imperfections; as is the natural world.

THE POWER OF DISCERNMENT TO LIVE YOUR YES

YOUR DISCERNMENT IS ONE OF THE MOST POWERFUL TOOLS YOU CAN CULTIVATE ON YOUR JOURNEY ALONG WITH SURRENDER AND TRUST. Through harnessing your creative power and sovereignty, you will develop your inner sword of discernment as the Graceful Warrior.

IT IS ESSENTIAL TO KNOW WHAT YOU DESIRE IN YOUR LIFE SO YOU CAN NAVIGATE WHAT IS NOT IN ALIGNMENT! When you are in alignment with your personal frequency of YES, you naturally tap into your Power of Discernment. It feels natural to say yes to something, and easy to say no to something else.

WE ARE THE ANCESTORS OF THE FUTURE

TBA IS ALSO ABOUT CONNECTING TO OUR LINEAGES AND ROOTS, TO HEAL AND TAKE RESPONSIBILITY FOR HOW WE SHOW UP AND MOVE THROUGH THE WORLD. We recognize and stand in the knowing that we are the ancestors of the future. Our actions now, affect the future, we must be kind, choosing love over fear and embracing all of humanity.