



Kuan Yin Blessings

Practitioner's Manual

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Kuan Yin Blessings

About Kuan Yin Blessings

Kuan Yin is the “Goddess of Compassion and Mercy” in Chinese Buddhism. She is considered to be a Bodhisattva, an enlightened being who has agreed to remain in the earth realm until all peoples are released from suffering.

“Quan Yin is one of the most universally beloved of deities in the Buddhist tradition. Also known as Kuan Yin, Quan'Am (Vietnam), Kannon (Japan), and Kanin (Bali), She is the embodiment of compassionate loving kindness. As the Bodhisattva of Compassion, She hears the cries of all beings. Quan Yin enjoys a strong resonance with the Christian Mary, the Mother of Jesus, and the Tibetan goddess Tara. In many images She is depicted carrying the pearls of illumination. Often Quan Yin is shown pouring a stream of healing water, the "Water of Life," from a small vase. With this water devotees and all living things are blessed with physical and spiritual peace. She holds a sheaf of ripe rice or a bowl of rice seed as a metaphor for fertility and sustenance. The dragon, an ancient symbol for high spirituality, wisdom, strength, and divine powers of transformation, is a common motif found in combination with the Goddess of Mercy.”

From <http://www.indigenouspeople.net/Spirituality/Mysticcenter/>

Kuan Yin was originally known as Avalokitesvara, a male Bodhisattva that originated in India. Over the millennia, this deity evolved in China to become the female Goddess of Mercy recognized today.

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Avalokitesvara is still an important deity in Tibetan Buddhism, where he is known as Chenrezig. He also embodies compassion, and our modern day Dalai Lama is considered to be a manifestation of Avalokitesvara.

Kuan Yin is, as such, an archetypal energy that anyone can tap into in order to raise their compassion and connect to spirit.

In this system, we will work with three components of compassion:

Empathy

Forgiveness

Love

Empathy is the ability to put yourself in another's shoes and understand where they are coming from. The color we will associated with empathy is yellow.

Forgiveness helps us to let go of anger we have towards others and especially ourselves. The color we will associate with forgiveness is blue.

Love is the all-encompassing force of connection and compassion. The color we will associate with love is pink.

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Heart Breathing Exercise

Prior to performing a Reiki session with Kuan Yin Blessings, perform the following simple meditative breathing exercise:

Sit in a meditative posture that is comfortable for you. Ask to connect to the energy of Kuan Yin.

Then, as you breathe in and out deeply, imagine the light of compassion coming down through the crown of your head as you inhale. As you exhale, imagine heart energy beaming forth from your heart chakra in the center of your chest.

Do this for a few minutes to center yourself and prepare for your healing session.

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Using Kuan Yin Blessings

The energy used in Kuan Yin Blessings is activated via visualization. While performing a healing session (as in regular Reiki) you will visualize a lotus flower in a specific color: Yellow for empathy, blue for forgiveness, and pink for love.



In a healing session done in person, visualize the lotus flower in the color you feel guided to send (yellow, blue, or pink) coming out of the palms of your hands as you project the energy just as in regular Reiki.

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In a distance healing session, use a proxy such as a teddy bear or photo and send the energy through your hands to the proxy as you would in person.

You may feel guided to send just one color during a session. Some people need to work a lot on forgiveness, for example. Send the color you feel guided to send. When in doubt, send yellow first for a few minutes, then blue for a few minutes, then pink for a few minutes.

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Giving a Kuan Yin Blessing

A simple and powerful form of distance healing is to give a Kuan Yin Blessing. The blessing is performed as follows:

First, ask to connect to the energy of Kuan Yin.

Second, visualize the person in front of you.

Now send the energy in the following manner:

State:

With the blessings of Kuan Yin, I now give you the gift of empathy.

(Visualize a yellow lotus flower entering the crown chakra of the person you are healing.)

With the blessings of Kuan Yin, I now give you the gift of forgiveness.

(Visualize a blue lotus flower entering the heart chakra of the person you are healing.)

With the blessings of Kuan Yin, I now give you the gift of love.

(Visualize a pink lotus flower entering the heart chakra of the person you are healing.)

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Kuan Yin Mantra

The mantra for Kuan Yin is *Na Mo Kuan Shih Yin Pu Sa*. It means “Hail! Regard the World's Cries, Bodhisattva.” You do not chant this mantra to receive blessings from Kuan Yin. Rather, chant this mantra to help you develop more compassion and heart-centered awareness. This will help you become a better healer.

Chanting this mantra will also increase your connection with Kuan Yin. The mantra can be chanted out loud or silently during meditation.

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Kuan Yin Blessings Attunements

To follow is the Kuan Yin Blessings attunement process. You are also welcome to use any existing attunement method you are already familiar with. There are three attunements performed, which can be performed one right after the other. You can also space out the attunements at intervals of days, weeks, or even months, if you feel so guided.

Optional: You can have the client chant *Na Mo Kuan Shih Yin Pu Sa* while receiving the attunement.

In-Person Attunement

Most people you attune to Kuan Yin Blessings should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon Kuan Yin to help with the attunements. Then ask to connect with the higher self of the recipient.

To pass the attunements, place both hands on the client's head.

For the first attunement, visualize a yellow lotus flower entering into the crown chakra, seeing it expand to fill the entire body.



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For the second attunement, visualize a blue lotus flower entering into the crown chakra, seeing it expand to fill the entire body.

For the third attunement, visualize a pink lotus flower entering into the crown chakra, seeing it expand to fill the entire body.

Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunements (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

I am now receiving the Kuan Yin Blessings attunements sent by <your name>. Thank you.



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To send the attunements:

Call upon Kuan Yin to help with the attunement. Then ask to connect with the higher self of the recipient.

For the first attunement, visualize a yellow lotus flower entering into the crown chakra, seeing it expand to fill the entire body.

For the second attunement, visualize a blue lotus flower entering into the crown chakra, seeing it expand to fill the entire body.

For the third attunement, visualize a pink lotus flower entering into the crown chakra, seeing it expand to fill the entire body.