

*The emotional experiences you have in your life shape the way you think, feel and relate to your world. Whether you are aware of it or not, the strong influence of these early learnings impacted your present-day sense of self more than you may understand. That pattern of learning also affected the main energy centers of your body, both front and backside chakras.*

*Known as the feminine Buddha, Quan Shih Yin has been in direct communication with me for sixty years. I have come to know her as 'Mother' for what has become the whole of my life. She asks that you come to a deeper level of self-awareness by working with your human body to discover what emotional patterns you have created. Connecting with this information enables healing and growth to take place in all areas of your life: physical, emotional, mental and spiritual, in order that you may clear and release your past. This self-understanding is integral to living as a whole being in order to continue your journey and access all the powerful forces of yourself.*

*Quan Yin asks you to breathe with her, feel and experience the vibration of unconditional self-love brought to you through an alignment and clearing of your Chakras by the Gates of Quan Yin – ancient symbols never before published. Utilizing her Gates – ancient ninja (masculine/ yang) symbols, combined with the compassionate mercy of Quan Yin (feminine/yin), your life can return to its natural state of being*

*This Guidebook for the Independent Self combines ancient wisdom and esoteric knowledge with practical perspectives, techniques and solutions to provide a physical, emotional and spiritual approach for life. Finally – balance the masculine and feminine within.*

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# The Independent Self

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## HISTORY OF QUAN YIN GODDESS OF MERCY AND COMPASSION

### MYTH - LEGEND - SOUL SOURCE

Quan Yin has been called Lady Buddha. She is the Goddess of Mercy, Angel of Compassion, Protector of incoming Children, Healer of Mankind. She is a Divine Mother with many names, celebrated and honored in many countries and cultures. For centuries Quan Yin has been one of the most universally beloved of deities in the Buddhist tradition. She is known by several names (with various spellings) in many different eastern cultures: as Kuan Yin, Kwan Yin, Quan'Am (Vietnam), Kannon (Japan), and Kanin (Bali); and, by the name Quan Shih Yin. In Sanskrit, her name is Padma-pâni, or "Born of the Lotus." Quan Yin,

alone among Buddhist gods, is loved rather than feared. The name Quan Shih Yin literally means "the one who regards, looks on, or harkens to the cries of the world." She is the embodiment of compassionate love and kindness. She hears the cries of all beings and manifests into any form necessary to aid and assist.

Quan Yin carries the Goddess and Divine Mother aspects in Buddhism; the same Goddess and Divine Mother energy carried by the Virgin Mary in Christianity. In the Egyptian mysteries this embodiment is carried by Isis; in Hinduism by Shakti, the wife of Vishnu, by Parvati - the wife of Shiva, by Radha - the wife of Krishna and by Sita - the wife of Rama. In Tibetan Buddhism she is equivalent to the Green Tara goddess.

Quan Yin does not come within the true realm of the goddess, for she is more of a deity – a figure represented as the Female Buddha – an Avalokiteshvara, a bodhisattva – an enlightened one – an ascended master who has remained within this 2-dimensional realm for the purpose of

helping others. One of the several stories surrounding Quan Yin is that she was a Buddhist who, through great love and sacrifice during life, had earned the right to enter Nirvana after death. However, like Avalokiteshvara, while standing before the gates of Paradise she heard a cry of anguish from the earth below. Turning back to earth, she renounced her reward of eternal bliss, deciding at that time to remain until the last soul was saved. She found immortality in the hearts of the suffering. As a true Enlightened One, or Bodhisattva, Quan Yin vowed to remain in the earthly realms and not enter the heavenly worlds until all other living things have completed their own enlightenment and thus become liberated from the pain-filled cycle of birth, death, and rebirth. As the Bodhisattva of Compassion, she hears the cries of all beings.

In many images she is carrying the pearls of illumination. The dragon, an ancient symbol for high spirituality, wisdom, strength, and transformative powers is commonly found with the Goddess of Mercy.

Various depictions of Quan Yin throughout history portray her aspects in many forms, each one showing a unique representation of her merciful vibration. As the Goddess of Mercy whose beauty, grace and compassion have come to represent the ideal of womanhood in the East, she is frequently portrayed as a slender woman in flowing white robes who carries in her left hand a white lotus, the symbol of purity.



There are also many symbols associated with Quan Yin: a willow branch, with which she sprinkles the divine nectar of life; a vase which holds the nectar of compassion and wisdom, the hallmarks of a Bodhisattva, and from which she is pouring a stream of the 'water of life'; a dove, representing creativity and fruitfulness; a book or scroll of prayers which she holds in her hand, representing the dharma (teaching) of the Buddha or the sutra (Buddhist text); and a rosary adorning her neck.

Images of Avalokiteshvara often show him holding a rosary; it is said in early writings that he was born with a white crystal rosary in his right hand and a white lotus in his left. In Eastern philosophy,

the beads represent all living beings; turning the beads symbolizes that Avalokiteshvara is leading them away from the cycles of birth and rebirth into the land of nirvana.

Described as a male in the early centuries of Buddhism, she was first referred in form as a female in one early translation of the Lotus Sutra. Scholars believe that the Buddhist monk and translator Kumarajiva was the first to refer to the female Quan Yin in his Chinese translation of the Lotus Sutra in 406 A.D. Of the thirty-three appearances of the Bodhisattva referred to in his translation, seven are female. (Devoted Chinese and Japanese Buddhists have since come to associate the number thirty-three with Quan Yin.)

Despite the controversy over the origins of Quan Yin as a feminine being, the depiction of a Bodhisattva as both 'god' and 'goddess' is not inconsistent with Buddhist doctrine. The scriptures explain that a Bodhisattva has the power to embody in any form - male, female, child, even animal. The Lotus Sutra relates, 'the Bodhisattva Quan Shih Yin resorts to changing into a variety of shapes, travels in the world, conveying the beings to salvation.'



In Tibetan Buddhism Quan Yin is seen in her male form as Avalokiteshvara. Quan Yin's name is a translation of the Sanskrit name of her direct ancestor (Avalokiteshvara, also known as Avalokita). Legends of the Mahayana School recount that Avalokiteshvara was 'born' from a ray of white light which Amitabha emitted from his right eye as he was lost in ecstasy. He immediately said, "Om Mane Padme Hum". This is one of the many mantras which invoke the vibration of Quan Yin in Buddhist tradition.

Thus, Quan Yin, is said to have automatically originated from Amitabha, while being yet another embodiment of 'maha karuna' (great compassion), the quality which Amitabha himself embodies in the highest sense. Many figures of Quan Yin can be identified by the presence of a small image of Amitabha in her crown. It is believed that as the merciful redemptress Quan Yin expresses Amitabha's compassion in a more direct and personal way and prayers to her are answered more quickly. Some Buddhists and other philosophers even state that the current Dali Lama is an

## *The Gates of Quan Yin™*

“Will you come and breathe with me?  
Will you allow yourself to move into the present moment with me?  
Will you consciously embrace the vibration of compassion  
that is within you - for your experience  
and for the good of all things created?”

*- Quan Shih Yin*

For those of you reading these words, you have discovered your strength and your courage to step away from the perceptions of the world. For many individuals today, it is easier to ‘go along’ with everyone and everything. By becoming conscious of what is real for you, of what you are creating within your own world, you can move to the center-point of compassion. It is within this vibration of compassion that unconditional love exists. It is within this vibration that you find renewed strength of heart, goodness, kindness, with acceptance and non-judgment of others, for peace and not war and for the ultimate experience – Love. It is within this vibration that you can create your Independent Self, no longer hinged or joined to the image or ideas of others. It is within this vibration that you reconnect with your own vision, your own knowing, your own gentle power. By allowing your Independent Self to emerge, you can paint your own imagery for your soul’s plan, for your ‘reason for being’ and in turn, become an inspiration for transformation for others along your journey.

You have now stepped forward, laid a stone on your accelerated path. You are alone in this experience. You have moved to the first Gate of Independence.

The calligraphs – Gates of Quan Yin – are ancient NINJA gates that were presented to me in late 2003. Several years before, Quan Yin had said I would receive a ‘gift’ and would, at a given time, reveal and communicate this ‘gift’ to the world. Little did I know that the ‘gift’ would be presented by a man with sparkling eyes who came into my centre (Ancient Wisdom in Boone, N.C. USA). He handed me a folder containing yellowed sheets of calligraphy and other pages with hand-written instructions. The calligraphs were drawn with hard black lines.

The gates themselves are yang (masculine) symbols of energy. Ancient in their history, they were hidden, passed down from master to master - never published. Studied by ninja warriors, their purpose was to assist in balancing and aligning their physical, mental, emotional and spiritual bodies.

Ninja warriors were taught to access kuji-kiri, the positive energy of the Ninja Godai – to dispel fear, disempowerment and soul fatigue. The mysterious ninja warrior was said to be so spiritually advanced that they knew the mind and will of God. Their skills included the ability to transform themselves into any of the elements – Fire, Earth, Water, Air, the Void (the nothingness from which all creation comes). Ninja understood there was no higher power than the realized human being. Continual exercising with the Gates allowed them to combat fear, find true power, clarify vision and overcome soul fatigue (the root of personal and social difficulties) in order to embrace positive energies and recognize the power within.

As early as the Eastern Jin Dynasty (317-420 A.D.), the nine sacred esoteric calligraphs were spoken of in Buddhist Sects, revered and practiced in order to obtain an un-moving and un-enticed mind, while expressing a strong body and strong spirit – an immovable foundation. By training with these Gates and not allowing anything to disturb their focus, the ninja warrior became a person with extrasensory perception, allowing his inner potential to surface.

So – what was I supposed to do with these drawings and why were they given to me? Holding these ninja gates, their power was evident. They certainly felt too powerful for me, so into the drawer of my office desk they went. Every few months I would get the folder out, look at the drawings and then promptly put them back into the drawer. It soon became apparent that I first had to convince myself that I was capable of working with this ‘gift’ - before I could have the courage or even think about sharing it with others. For more than two years, I judged myself to be incapable and not ‘worthy’.

In early 2006, I began working with the first of the gates, practicing the breath techniques, holding the mudras and drawing the calligraphs. The information which came from this practice was strong, powerful and quite intense. The gates were not out of balance - they were perfect for their initial intention; however the forms themselves were not compatible and did not resonate with my knowing of the vibration of Quan Yin. I reasoned that if these were indeed the ‘gift’ from my beautiful lady, then they ought to be something which would represent the compassion and self-knowing of Quan Yin. In the state they were received, they were hard, powerful and

contained only masculine energy. My own comfort zone was being stretched and I looked to Quan Yin for guidance on how and when to proceed.

It would be almost another year before the information came: The Gates were to be matched with focus and in color to the seven main energy centers of the physical body. When activated, each gate would in turn open, awaken, align, harmonize and balance each of their respective chakras. Through the grace of Quan Yin, these ancient ninja gates (masculine) were matched with the color of each chakra and her feminine energy and vibration. Instantly, they felt balanced. Working with them you will soon discover Quan Yin's wise counsel:

‘The sacred feminine cannot be embraced until the sacred masculine within is first accepted and these two selves are in balance and alignment.’

Activating the gates enhanced my intuitive abilities and reinforced the compassionate vibration of Quan Yin: no judgment, no opinion of right or wrong with a total acceptance of everyone and everything in creation. Using the gates allowed me to move to my own Independent Self.

Initially, a Manual was created with the seven chakras and their respective seven Gates. Another two years later and two additional Gates were gifted to me – Gates that would represent the Astral Journey of the soul and our Divine Connection with all creation.

Some of the hand mudras shown within the Gates of Quan Yin have been practiced since the Third Century by hermetic and esoteric Hindu and Buddhist sects and in many old traditional schools of Japanese martial arts, including those that have ties with ninjitsu. Originally thought to have originated from Taoism and brought to Japan from China by Buddhist monks, the mudras have found their way to current day kuji-in practitioners. While some users have related the hand mudras to a ritual technique that stimulates the mind to acquire the revelation of the truth about the self, others have had postured that the hand symbols develop a magical tool for defeating one's enemies. Nonetheless, kuji-kiri is the spiritual and mental strength the ninja possessed to channel energy. The hand mudras were taken from the practices of the early Buddhists to build confidence and strength in the practitioner.

The hand mudras are: Rin, Phy, To, Sha, Kai, Jin, Retsu, Zai and Zen. Each invokes different strengths and abilities. Although believed to be from a Ninja secret, no one is quite sure where

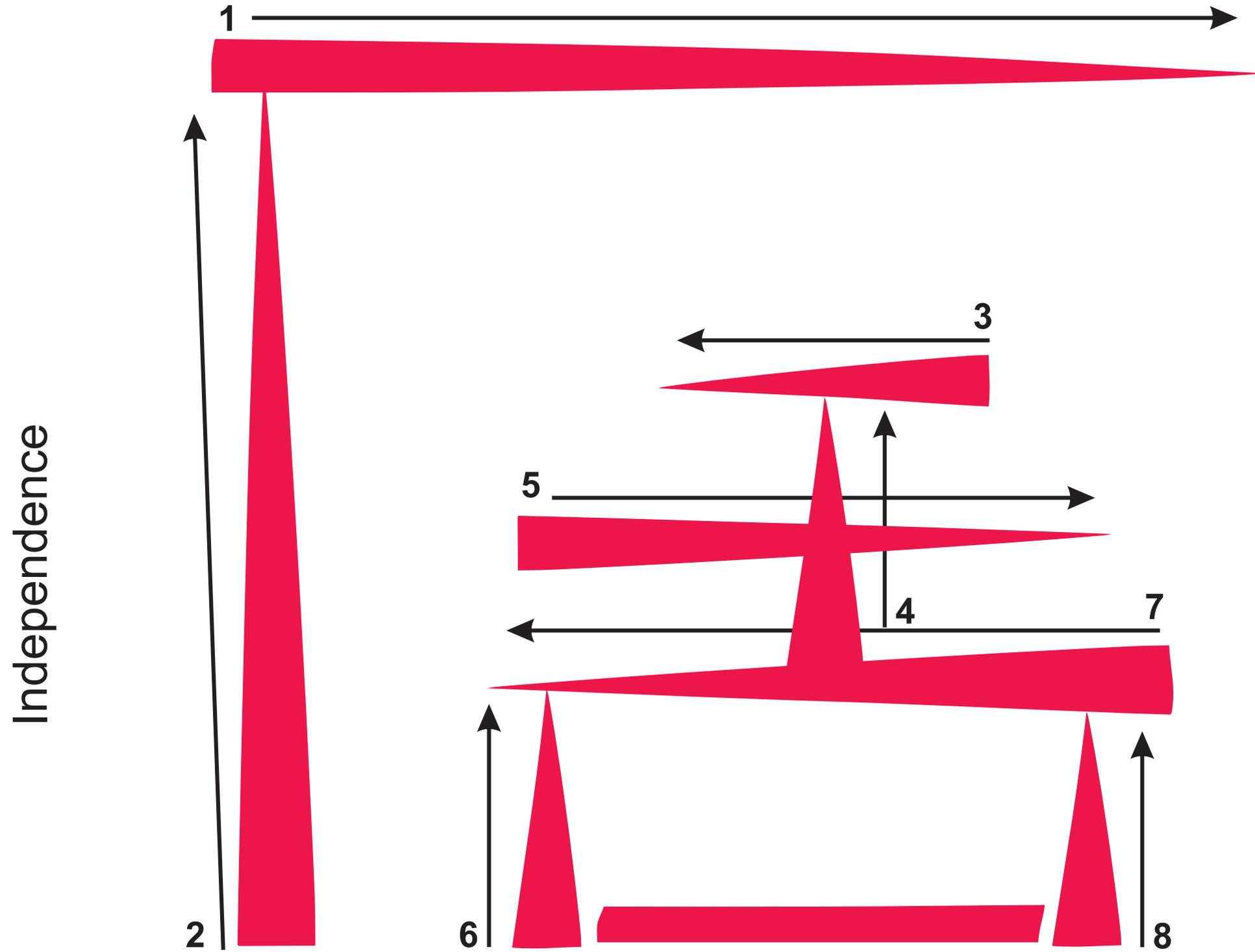
the practice of these hand mudras began; yet they do share similarities with Hindu and Tibetan mudras. The practice of holding hands in a particular form is more a way of concentrating the mind. In the Gates of Quan Yin, the hand mudras are held as each of the Gates are drawn or focus of breath is needed, thus placing intention and concentration to receiving the information held within each Gate.

Nowhere before have these ancient ninja gates been combined with their breath exercises and the esoteric hand mudras.

The Gates of Quan Yin will assist you in moving to another vibration - not just a lighter or higher vibration - a different vibration than you have ever felt before. It is possible for you to live your life's purpose. Recognize the creator within, bring about the peace and joy you have always wanted – for yourself. Just as Reiki was initially brought forth to heal the self, the Gates of Quan Yin have been given to assist in your awareness that you are a Creator, capable of existing as an Independent Self.

These Gates provide a tool for breaking the destructive habits of the past – creating a bushido – a personal code to live by. Quan Yin directed that the messages and the exercises within her sacred Gates will help you find the inner truths you have searched for, the compassion you have yearned for and the life purpose you have been waiting for. Allow Quan Shi Yin to bring you to the center point of balance for a true direction on the compass of your life. Discover for yourself - the path to love begins with Compassion.

Move from being a dependent individual to an Independent Self in the balance of human self and spiritual self. 'All the Spiritual Disciplines teach us how to be spiritual - none of them teach us how to be human'. Remember – YOU the spiritual being chose your time on this earth to have a human experience.



FU  
CHO - TUMO

First Vibration



### A QUAN YIN MEDITATION

This is an easy way to begin working with Quan Yin for yourself. Remember, call her name three times and she will be present with you.

Quan Yin - Quan Yin - Quan Yin  
Quan Shih Yin - Quan Shih Yin - Quan Shih Yin  
Quan Yin - Quan Yin - Quan Yin

Sit in a comfortable chair, or on a cushion in lotus position. Close your eyes and allow yourself to relax. Breathe in through your nose and out through your mouth, exhaling longer than inhaling. Notice that your breath begins to taste sweet as you inhale. Just focus on your breathing for a few moments.

Now, feel yourself sitting on your favorite beach. It's a beautiful beach, a safe beach and everything around you feels magical. This is your space. It's dusk and night has begun to fall.

The waves coming to shore create a rhythmic sound - they seem to speak to you. Everything feels safe and relaxed. You can smell the sea air as your toes bury themselves into the sand beneath your feet.

The stars begin to appear and the soft clouds of the night sky part to reveal a beautiful Full Moon. The Moon is bright and glowing as you look at it. Feel your gaze on the moon and watch as the glow of its fullness extends down to the water's edge. Just allow yourself to look at this beautiful full Moon. Slowly, the moon before you gets brighter and brighter.

Out of the glow around the moon, a figure appears. It begins to move towards you, as if floating on the top of the waves. A lovely Quan Yin stands before you in a lotus blossom. She smiles and tilts her head in a small bow to acknowledge your presence.

As she comes closer, you feel her peaceful compassion radiating towards you. Breathe in and feel that energy become part of you. Open yourself to the experience of Quan Yin. Feel yourself merging with her compassionate vibration. Just allow yourself to totally relax into her energy until it is part of you – until you no longer feel any separation between yourself and Quan Yin.

Surrender all your fears, your insecurities, your doubts and your confusion into this moment. Feel the embrace of Quan Yin's compassionate energy as it surrounds you and fills you. In this space, there is no thought – no time – nothing and no one that will hurt you or cause you pain. Every aspect of yourself is totally accepted within the vibration of compassion. No judgment of any actions. No criticism of any words. No shortcomings, weaknesses or failings of any kind exist in this space; just the all merciful, ever present compassion of Quan Yin for yourself and for everything else in creation.

Allow yourself to stay in this space for as long as you like. Know that whenever you return to this place and invite Quan Yin's presence, she will appear. You can begin your own dialogue with the Goddess of Mercy and Compassion. You can ask and she will answer.

When you are ready, smile softly and the Goddess will gently disappear from your vision.

Breathe deeply and slowly. Be gentle with yourself. Allow yourself to slowly return to within your own body. Breathe several times and feel yourself back on your chair or cushion. When you are ready, open your eyes.

Whenever there are moments when peace seems to escape your reality, gently place your right hand over your heart chakra and call her name. The presence of the Goddess will be with you. You can return to the center point of compassion and peace for yourself. Within this centered point – you find the Love and acceptance of Self.