

# Kwan Yin Teachings

*14 points of light to guide your way*

*Text by Craig Howell, distilled from 8 years of teachings and transcripts*

## **1. Compassion**

Of course, everyone familiar with Kwan Yin knows that this energy is known as the Goddess of Mercy and Compassion from long ago. Compassion does not mean sympathy and certainly does not mean feeling sorry for someone. Compassion is a detached form of sympathy that comes from the heart. It is just “being there” energetically for someone (or being there for yourself) and not becoming enmeshed in whatever incident has occurred and the often chaotic feelings or emotions around it.

Compassion is an understanding of the difficulties that souls go through on the physical plane while they are trying to relearn how to consciously connect back to their Source. It is not always jumping in to help everyone who is calling for it. It is okay to just send loving energy to a person in need, but not directing it to cause a result other than general healing through unconditional love. Sometimes people need to learn a certain lesson and you may be doing them a disservice (and becoming involved in their karma) if you step in to alter circumstances. This detached compassion can be hard to do when a person seems to be in such pain or negativity. Ultimately it is your choice what to do, as always. Just to say that it is okay to do nothing in that moment, other than sitting with a person and loving them.

## **2. Being with nature**

There is something about our connection to the earth that is very important, both for us and for the earth. When we walk into nature without bringing our chatter with us, we become open to that consciousness, that perfect pattern directed by Spirit. Our energy is actually shifted and changed by this interaction.

Kwan yin advises being in nature at least once a day. This may be impossible for most of us working so hard every day, or if it is freezing out or too hot. But maybe we can just step outside for a few minutes, take a deep breath or two, look at the birds, the trees, feel the heat of the sun, see the sky, the moon, the stars, and connect consciously, feeling and loving the beauty of God’s creation, knowing that you are also part of that. Sit quietly and look out your window if there is nature there, or watch a nature show on TV or DVD until you can get outside to the real thing.

As we give love and thanks to the sun and the earth, there is actually an energy exchange that heals any negativity that is around from thought patterns or thought forms, whether they are ours or someone else’s. This in turn actually creates more pleasant or more stable weather patterns. It also helps to smooth out any dramatic earth changes or earth stresses.

Work with nature. Talk to the nature spirits and the elementals. Send the earth your love and thanks, remembering that all things in this physical world originate from the mother earth.

## **3. Blessing your food and water**

One of the first major teachings that came to us involving Kwan Yin back in 2000 was water blessing. This was before Dr. Emoto came in with his “messages from water” experiments. Everything has consciousness – *everything*. Water is so important because it has a natural affinity for purity, but can also become imprinted easily, as well. Love and respect for the water we drink and for the water existing on the planet is essential, especially now.

Our food is contaminated – chemically and energetically –this is the unfortunate truth. But by blessing it, you can at least neutralize any negative energy that has been absorbed by the food as it passes from place to place and hand to hand. Try to eat a little less meat, too. It will lighten your vibration.

Using blessed water, you can take some and pour a little into a water source. Doing this while saying the blessing really helps to change the water’s energy. It may not happen right away, but if you went every day for maybe seven days you would see results. Any water that has had enough prayer, meditation and follow-through of faith can be raised in vibration. Kwan yin says that that if you had someone sitting and meditating next to water, it could be a sacred holy spring in a moment.

Blessing things is the exercising of our spiritual birthright. Bless yourself, others and all things you come in contact with. Kwan Yin suggests a small prayer over the water that you drink or the food you eat to energetically purify it. Here it is:

With these hands, with this heart  
and with the pure intention of God  
this water is blessed,  
removing and transmuting all impurity  
and returning it to the light forever  
Amen

You can close it any way you like. Examples would be: “Peace” or “Om” or “Be It So” instead of Amen. You can also include this: “Bless this water, bless the source, and bless all waters of the earth.” It will raise the energy level and change the crystalline structure of the water, as Dr. Emoto has proven without a doubt. As we bless the water, it becomes more pure. As it becomes pure it carries the blessing with it, healing all that it touches and raising the consciousness.

#### **4. Meditating**

Kwan Yin has always suggested meditation twice a day, at least 20 minutes each time. The best time to meditate is in the morning around sunrise and in the afternoon/evening around sunset. At those times the energies are very conducive to connecting more strongly with Spirit, but anytime is a good time; whenever you can grab a quiet moment in your life (which is probably very hectic). Please try to keep this up. Make a commitment as you would make an appointment with your doctor and then show up. Try to do it when you are not tired. Falling asleep does not count as meditation time.

Meditation is so very important. I used to not think so, but through the years, experimenting with it on and off, I’ve found as usual that Kwan Yin and the Masters are right. It does help. It helps in all areas of your life: from de-stressing the physical to uncluttering the mental and connecting to the spiritual, all of the effects are tangible and positive.

The more we meditate, the more we allow the higher spiritual energies access to ourselves and to our world. We spiritualize the material world. We also easily clear and clean away any dark parts of ourselves. When the light comes in, the darkness must dissipate. Meditation helps us let go of the attachment to the earth plane and at the same time, increases longevity through the stilling of the mind and emotions. It connects us to a part of our self that knows the answers that we seek, the truth of our life plan.

At this time on earth, it is pretty much a given that meditation is the only way now to quickly access the higher vibratory state that the earth is ascending to. We need to bring in the higher vibratory rate to match the earth. Otherwise, we will become an energetic drag which creates tension within and around the earth, as well as inside our energy body. It is a service to yourself, to the earth and to the Universe, as all things are One and are shifting simultaneously.

#### **5. Slowing down**

Kwan Yin says “All the little ones are busy, busy, busy.” This won’t come easy to a lot of people, but in the face of high demands and complex lives, we must simply take a stand to all the frenetic activity and find a way to slow our lives down a little. Some will say this is impossible due to this or that reason. That’s okay. This is just guidance for your spiritual growth. This is one of the things that is good to do to move forward because it gives you time for needed rejuvenation for the mind, the body and, ultimately, the soul.

Rest is very important now. We are in an unprecedented time of spiritual growth, and this growth and rearrangement of vibratory rates is taxing on the body. Not to mention that your soul is doing work simultaneously on many levels and in many dimensions. You are a multidimensional being and all parts of you are working very hard. So, rest when you feel tired, if even for a few minutes. It’s important for your spiritual growth, as it will allow your body to acclimate as Spirit ups your vibratory rate. Spirit will not stop. The energy keeps coming. It’s part of the plan for this earth at this time for us to rise with the incoming energy..

Don’t forget that at this time, less is more. Take a step back and allow Spirit to work in your life instead of trying to push things into manifestation. You can get more accomplished by taking time to meditate. Time spent in meditation will bring you closer to where you need to be faster than any physical actions.

When you slow down and start to meditate, all the wind that is in your brain starts to slow down and come to a central focus. That is the same in the consciousness on the planet of earth. When you are settled down and you are more in peace, there is less turmoil, less mental activity. This also makes space for more peace on earth.

## **6. Breathing**

Kwan Yin advises us to be conscious of our breath. If you notice that you are breathing shallow, take some deep breaths. If you are sad, depressed, angry, fearful, or experiencing any kind of agitating emotion, take time to breathe after the initial shock. If you sit with your breath, you can “breathe into” whatever is in the heart at the moment and ask for guidance, steadying and healing yourself. If you really pay attention to how your breath is going in and out, there will be a lot more nourishment going into the cells. The breath is a powerful tool for healing. Try breathing through your heart. Use your imagination and see the air coming in and going out of your heart chakra. Here is a visualization from Kwan Yin that may help. I call it “The Pinwheel”:

“Practice standing and to breathe as if there is a tube way deep into the earth. Drop your tube into the base, way down and bring energy up. Breathe up through the tube through the space that is in front of your spinal column, right to the heart. You are breathing up from there and then from the top you are putting the tube up into heaven, breathing down and bringing the energy down. You breathe into the head and pull it into the heart. If you have an image of a pinwheel facing in front and a pinwheel facing out (from the back), you want to breathe with the concentration as though you are trying to spin those pinwheels. The energetic of that is to breathe light from below and above to the center, hold, and let the breath out imaging that you are letting it out through the heart chakra. Each inbreath is going to be pulling from heaven and from earth to the heart. The outbreath is going to spin those pinwheels.”

“While you are breathing like this, going up the spine, you are awakening those primitive and exalted cells of the body from whence you first came. Every cell of your body is receiving the breath and expelling the breath. You want to receive the breath all the way down below the navel and expel it. Receive the breath all the way down into the tailbone and expel it, up and out. Receive the breath all the way down into the thighs and expel it up and out, up and out. Receive the breath all the way down to the knees and the feet, and expel it, up and out. Sense yourself as being very light. In the next breath, you are going to receive that breath, which means that you are not struggling for it, You are going to receive it into the body and allow it to go all the way to the bottom of your feet and notice the contact of your feet to the floor. Notice. Expel the breath. This is two-fold. It builds the body energy and the awareness. It also builds a type of awareness of the power of the heart and putting more focus in the heart.”

## **7. Why you are here**

Everyone wants to know the reason they have incarnated. In general, we are here to find happiness, to find joy, to find compassion, to find forgiveness, to find yourself, to find God, and to find the God inside of yourself, which is the happiness, love and compassion.

There are many smaller issues and lessons that each of us must attend to, but in the long run, when we become “realized”, as Kwan Yin puts it, it becomes much simpler. One that is realized knows that all things that are created are really created inside of self and projected out. Becoming realized is becoming self-aware, living in grace. It is as if you raise your energy to the point where you shed enough light so that you can be of service to the others just by being around them.

You are a higher vibration of the Christ Consciousness and the legacy of God for this planet to improve, to increase love, to bring forward the light, to help bring others into greater hope and a greater awareness. But in order to open to a higher understanding of ourselves, of the third dimension (earth) and of this universe, it takes a little bit of work. People must put down some of the old behaviors, old habits and old beliefs.

## **8. Trust (letting go)**

This is a big one. This is about trusting so much that everything will turn out all right, knowing that Spirit is in charge, that we have no fear at all about the future; we don't feel that we have to control it or do anything in particular other than await the positive outcome. I don't know too many people that can do that all the time, including myself, but we can keep trying.

People may fear that their own security is disappearing, that it is only there for a little while, and they make decisions based on this illusion of material or earthly security as if their life depended on it. The only security is God; having a connection to your Source. This strong connection will bring to you everything you need for your soul in the moment. Everything. Trust that your connection to the God energy inside you

will provide for you, because if you put your trust in someone or something outside of that, you may be disappointed more often than not.

People look for approval in the third dimension. Very often when one is taking a big step on a spiritual level there is no approval in the third dimension. One becomes a different kind of being. Surrender; this is the word. Surrender to the consciousness of higher being.

## **9. 2012 and the great energetic shift**

The Mayan Calendar ends a grand cycle of thousands of years in 2012. This is not the end of the world, but the end of a cycle and beginning of another. It is not a harbinger of disaster. It is a wake-up call from the Universe. At this time the earth will be in alignment with the center of our galaxy, The Milky Way. This cycle has not occurred for over 26,000 years.

Kwan Yin says that this is something to pay attention to. She says that by 2012 (or sooner), we will be asked to make a conscious decision to go forward in our soul growth or not. We must decide. This has been decreed, so to speak, from the highest realms because it is time for earth and its inhabitants to move forward after eons of incarnation, and this is the plan. You are living in exciting times. This has never been tried before. All the beings from all the galaxies and all the universes have their eyes on us to see what will happen.

So what may happen? She says that the vibratory rate of the whole universe is possibly going to stand still – to reverse itself in many, many ways – almost like suspended animation. Suspended animation is where all things have the amazing ability to either be reversed, enhanced, charged or undone. Everything becomes more *charged*. Now after the charge comes, we find out whether everyone is going to be more depleted or more energized. That is going to depend on the status of their being before the charging time comes, which has a lot to do with meditation. She says that when she looks around about 2010, 2012, things will be very different.

Those that are able to tune into the higher vibration will be having one experience, those that are not capable of tuning in will be having another experience. The vibrational shift isn't going to be for everyone. Everyone has their own level of shifting and each human being must lift their own consciousness. Therefore those that are vibratorily awake and aware are going to be moving into the realm of light. If the vibratory rate of the being shifts higher, then the vibratory rate will not be connected to the lower vibratory patterns of those things produced in the manner of the human.

## **10. The present moment**

If you have an interest in spiritual awareness, you may have heard from many different sources that all we have is the present moment. Being in the moment is the most powerful thing that one can do, because you can be in charge of what the next moment can be like. It is now in the present moment that you change your future. So if you are feeling stuck and don't know what to do, start with feeling what your heart's desire would be at this very moment and it will start the energy that will lead you into the experiences that will take you to your next destination, your next experience, your joy. The present moment is simply you coming into awareness of you.

Live in the present moment and the rest will take care of itself. If you are centered, you will know what you have to do or where you have to go. There is no salvation in going back and looking at what was. This only creates more of the past. There is only salvation in the moment. You can transmute your whole life right now. It only takes one decision to make that alignment. In the present moment there is a decision to be at peace – not to be at peace with this or with that – just to be at peace.

Remember that you are only on this earth for a short while and we never know when the end of this existence will come. It could be 10 years from now or 10 seconds, so make the most of each moment by living with an open heart and with an awareness of what can help create a better life for the good of all. Your life will be meaningful, with no regrets.

## **11. Acceptance**

Many bouts of anger and depression can be alleviated by accepting “what is”. This means acceptance of not only what experiences come our way, but accepting who we are at the moment. When we try to change something to fit our picture of how it should be, we are straining against “what is” instead of looking at it from the observation mode and seeing the truth. Because we are trying to get more out of the experience

than is best for harmony, for balance, it is like tightening the string that ends up snapping. It is seeking perfection in the third dimensional plane where perfection only exists in the pattern of nature.

Know that many times when we encounter problems, acceptance really opens the door for an easy solution. Because we are not fuming about it and caught up in it, we can ask for and receive spiritual help and guidance, or just brush it off and forget about it altogether, gaining peace of mind.

## **12. Detachment**

It takes great discipline, great determination, to rise above the awareness that you exist in at the moment in the third dimension and to move that into a perception of a higher reality. It is as if the mind must be re-trained to think in a way that is so different than what we are used to; so different than how most others around us think.

When we strive to become more detached about our existence, it is not so much that you become detached so that you do not feel emotions, but that there is an energetic hood that comes up out of the being. It is a protective hood. It protects you and it protects the experience by giving some distance, creating in the auric field some space and expanse. It is like letting the winds of heaven blow between two partners that are having a hard time. Do not attach to the hard time, because neither one can allow harmony to come in if they are feeling the frequency of the other. When you allow distance and you allow space, the vibratory rate of your body can be organizing itself.

Kwan Yin says to allow yourself to come back into observation mode. The more you give yourself permission to be in the observation mode, the more you will be able to observe and allow whatever is out there to happen, but not take it in so deeply as though you had caused it.

Also remember that you are not the body, not the job, not a particular gender. Your soul is infinite. The real you is the Presence of God that has come to experience and learn in this dimension. If you identify with and attach yourself to the earthly part, it's going to pull you all over the place mentally and emotionally. You will be identifying yourself with an illusion of the third dimension and with the ego. It gets you wrapped up in what is unimportant and blinds you to the truth of the moment.

A lot of physical damage happens to the body through overemotionality. Like water lapping against earth, it wears on it. The Masters are always trying to get us to relax and stay out of the drama of the moment while still experiencing it. That's hard to do, especially when you are not in detachment and observation.

## **13. Gratitude**

If we were in gratitude all the time, we would be in a state of grace. Grace is the existence of one who is in the moment with gratitude for every experience, not judging or complaining about any of the experiences. Therefore, judging is inappropriate if you choose to live in grace. To be honestly and truthfully grateful for what you are experiencing in the moment strengthens the positive aspect of life. It helps to see the good in hard situations.

When we are thankful for what we have, this is a signal to the Universe to release more to us. It makes a path back to us. People in general seem to expect a lot these days and never seem to be satisfied – it's just never enough or not exactly what they were looking for. Even when they get what they wanted, gratitude is forgotten, as they are off to the next thing they are wanting. They forget that there are simple things everyday to be grateful for. By expressing this heartfelt thanks aloud or silently within, we align ourselves with the true gifts of Spirit through our heart center, bringing us true happiness and satisfaction in the moment, and in the future.

## **14. In Gods will**

Although we have free will here on this planet and are encouraged to use it, we are asked to remember that there is a larger will in action. This is not the will of a despotic overlord, but more like an energetic decree that moves throughout the Universe to affect everything in a positive way for the benefit of all. God's will is actually the larger part of ourselves. We think we are individuals, but really we are a collective.

When you are seeking to accomplish something, you will get better and more long-lasting results if you keep in mind the silent prayer "In Gods Will". This is the idea that whatever we set out to do would be best served if it helps others in some way as well as ourselves, that we receive benefit as well as others.

This is also important if you are praying about something. When I asked about using prayer or visualization to effect a change in nasty weather patterns (or anything for that matter) without karmic involvement, Kwan Yin replied that as long as you end the prayer with “In Gods Will”, it will all work out for everyone perfectly. This would be true even if people were hurt or property damaged, as everyone has lessons to learn and they also have energy patterns that attract that kind of thing so that they can learn certain lessons. The land also has energetic attractions and may need clearing.

Remember too that no matter what negative situations others are going through, no matter what we may think is the best way for them to be healed, it is always best to stay out of trying to direct a particular result unless asked first. You can bless them and send love. This is a passive form of being in God’s will. It also keeps you from being responsible for any outcome karmically, no matter how well-intentioned.

I want to mention something about the term “God”, as Kwan Yin uses this a lot. As far as I can tell from the information over the years, God is interchangeable with Spirit, All That Is, or any of the ideas that express a unified loving energy force that we are all a part of. It’s just that Marjorie is from the USA where most people have this concept of God in some shape or form and are familiar with it, and the Masters usually use the terminology associated with the channel. When we express something as “God bless this...” the energy of Spirit recognizes the feeling and the thought form of love no matter what term is used. It is also a strong positive thoughtform because it has been used over a long period of time with the same wording and intention.

*For more on these and other Kwan Yin teachings, please see our book, [Through the Eyes of Kwan Yin](http://www.mykwanyin.com/eyes-book-solo.html), available at our site at <http://www.mykwanyin.com/eyes-book-solo.html> Now available at Amazon, too.*