**Quan Yin Meditation**

Find a comfortable position and close your eyes.

Allow your breathing to deepen and your mind and body to relax.

Imagine that it is nighttime and that you are on top of a hill looking out over the ocean.

The full moon has just risen and the moonlight shimmers on the water.

You gaze at the moon for a long time; the moonlight is powerful but soft, and looking at it makes you feel calm and happy.

The moon now begins to get brighter and brighter, so bright you can barely look at it.

Gradually, it becomes Quan Yin herself, her whole body surrounded by a glowing aureole.

She stands on a lotus that floats on the waves. At the sight of you she smiles a beautiful smile, and tears of happiness shine in her eyes.

Imagine her radiance filling you, her strength, her peace and her compassion becoming a part of you.

If you repeat her name, your mind will be calm, and she will stay with you.

Finally, it is time for her to leave, and she becomes smaller and smaller.

At last the sea and sky vanish too, and you rest in contemplation of the beautiful, empty space that is left.

Let yourself become space.

When you are ready, come back into your body and slowly stretch.

Open your eyes and look at the world about you.

***A reprint from The Heart of the Goddess, Hallie Inglehart Austin***