

Sacred Feminine – Fall Practice option

There is this Prajnaparamita, a kundalini energy, or power of the feminine, of life and creation that flows through all of us. Prajnaparamita may flow differently and manifest differently in different bodies based on form, hormones, social conditioning, and many other factors. Various types of oppression regarding the feminine also manifest differently, (e.g., sexual, social, political, ideological, emotional, spiritual, etc.), externally in society, internally within women, nonbinary, transgender, and male individuals. How can we, together, realize this power of the sacred feminine as inherent to ourselves and find more ways to include this power within our daily lives, not only for our collective awakening, but also to cultivate notions of leadership and belonging for all.

In this practice period you are invited to explore guiding questions like:

- What is the sacred or divine feminine?
- How am I manifesting Prajnaparamita?
- What is the denied feminine? What is the twisted masculine? Do I recognize internalized oppression? What ways am I embodying life-limiting energies?
- How can I better connect with the sacred feminine, Prajnaparamita, as well as the divine gender-fluid and divine masculine in ways that are life-giving?

Texts and Resources

Here is a list of Buddhist texts and other resources to further your understanding and exploration.

- Pamela Ayo Yetunde. [*Casting Indra's Net: Fostering Spiritual Kinship and Community*](#). Shambala Pub, 2023.
- Thanissara, [*Time to Stand Up: An Engaged Buddhist Manifesto for our Earth*](#). North Atlantic Books, 2015.
- Roshi Ilia Shinko Perez. [*The Zen Priestess and the Snake : A woman's path of transformation and healing through rediscovery of the great mother earth*](#). Sumeru Press, 2020.
- Hsiao-Lan Hu, [*This-Worldly Nibbana: A Buddhist-Feminist Social Ethic for Peacemaking in the Global Community*](#). University of Hawaii Press, 2011.
- Bernie Glassman. *Infinite circle: Teachings in Zen*. Shambhala Publications, 2003. (Heart Sutra chapter)
- Thich Nhat Hanh. [*The Heart of Understanding: Commentaries on Prajnaparamita*](#). Parallax Press, 1988 (PDF)
- Zen Peacemaker's "[Characteristics of the Five Buddha Families](#)"
- Lion's Roar "[What are the Five Buddha Families?](#)"
- Visit "[TravelingNunk.org](#)" website of Bhikkhuni Clear Grace Dayananda.
- Watch [5 Buddha Families – 5 Wisdom Energies](#) video by Zen Priest Mike Mui Lewis