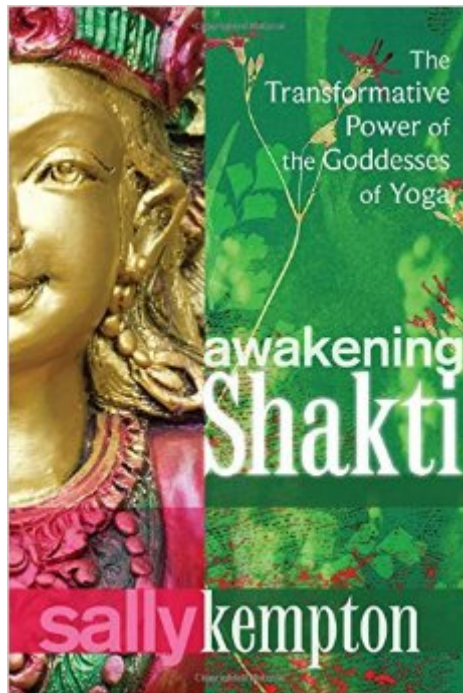


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Awakening Shakti: The Transformative Power Of The Goddesses Of Yoga



Synopsis

How do you live a life of spiritual awakening as well as outer abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti—the sacred feminine principle personified by the goddesses of yoga—these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. When you know these powers for what they are, they heighten your capacity to open spiritually, love more deeply and fearlessly, create with greater mastery, and move through the world with skill and delight. In *Awakening Shakti*, you will learn how to recognize and invite: Kali, bringer of strength, fierce love, and untamed freedom; Lakshmi, who confers prosperity and beauty; Saraswati, for clarity of communication and intuition; Radha, who carries the divine energy of spiritual longing; Bhuvaneshvari, who creates the space for sacred transformation; Parvati, to awaken creativity and the capacity to love. With a wealth of meditations, visualizations, mantras, teachings, and beautifully told stories, *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life.

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Customer Reviews

I so love this book, and I think anyone interested in women's spirituality or personal development, regardless of religious beliefs, will too. It centers around the major female deities of Hinduism - Durga, Lakshmi, Kali, Parvati, Saraswati, Sita, Dhumavati, Radha, Chinnamasta, Lalita, and

Bhuvanehwari (these last few perhaps not so well-known) - and ways of working with them as archetypes or representations of energies within ourselves that can be brought forth. After an introduction to Hindu mythology in general, and her way of working with these goddesses, the author Sally Kempton devotes a chapter to each goddess, each of which follows the same basic format: The mythology of that goddess, and the energies and lessons these stories hold for us, practices for connecting with this energy ourselves, the 'shadow' aspect of each goddess, and then an overview of how that goddess' energy manifests in our world. While this material could get overly abstract or historical, Ms. Kempton keeps it relevant by including personal stories from her own life, and the lives of students and friends. So for example, Durga represents the female warrior, and thus represents the energy we need to move through obstacles in our lives. The journal and practices outlined in this chapter are designed to help a reader awaken her own innate warrior instincts, and uncover ways she might have repressed this side of herself due to social conditioning or personal history. One of the 'shadow' aspects of Durga is becoming overly combative or angry, and so there are also suggested journaling activities and meditations for facing and working with these tendencies, so that this 'Durga' energy can be better directed and experienced.

To be honest, I haven't had much interest in studying the Hindu Goddesses, I've always been more of a Shiva and Hanuman kind of gal. I've seen plenty of their iconography, blurbs here and there, and of course, Heidi Klum's controversial Kali Halloween costume several years ago, but never enough information to draw me in. When Sally Kempton's book *Awakening Shakti: the Transformative Power of the Goddesses of Yoga* was introduced to me, I decided it was high time I broaden my knowledge. Sally Kempton has done a wonderful job organizing these lovely Goddesses in her book, both exploring the light and the shadow side of them, thus inviting us to explore our own light and shadow sides. There are eleven goddesses she fleshes out for us, complete with gorgeous illustrations by Ekabhumi Charles Ellik, meditation exercises, lists of alternate names, capabilities, where and why to invoke them, their bija and invocation mantras, and their personal Gayatri mantra. In addition to the Goddess' story, Sally shares her personal experiences with them and experiences through people with whom she's been involved. On top of the beautiful biographies, Sally has included a pronunciation guide, a "which goddess are you" guide, and a reader's group guide that would be great for yoga and meditation teachers to use in class. Personally, I found myself identifying with Lakshmi (Goddess of Abundance and Good Fortune), Sita (Goddess of Devotion and Mystical Submission), and Dhumavati (Crone Goddess of Disappointment and Letting Go). In the depth of these identities is more than just what their title

implies. In Lakshmi, invoking wealth and sharing it, but not becoming materialistic and attached and when to not over extend.

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