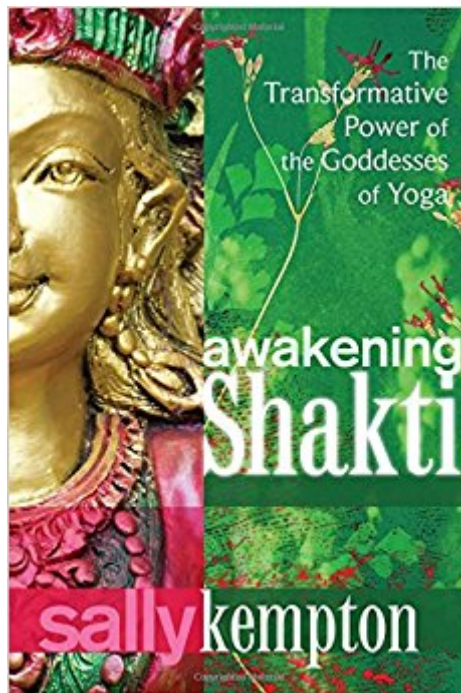




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Awakening Shakti: The Transformative Power Of The Goddesses Of Yoga



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

"Feminine energy is now rising all over the planet, and *Awakening Shakti* shows everyone - both men and women - both how to participate in and benefit from the truly healing power of Goddess energy." —Christiane Northrup, MD, author of the New York Times bestsellers

Women's Bodies, Women's Wisdom and The Wisdom of Menopause "Awakening Shakti is a magnificent contribution to the essential movement of our time-the return of the Divine Feminine in all her passionate glory. Kempton's book is not only a completely lucid and deeply felt exploration of the different facets of the Hindu vision of the Goddess; it is also as down-home as it is exalted, and as practical as it is ecstatic. I cannot recommend this book highly enough."

—Andrew Harvey, author of Return of the Mother and Radical Passion "Rekindling knowledge and worship of the Divine Feminine may be the most important thing we can do to balance our fractured civilization. This book brings the Goddess alive in her many important forms. Well-researched, sparkling with stories, as well as practical applications, this book is your Bible to the Hindu Goddesses." —Anodea Judith, author of Creating on Purpose and Wheels of Life "With her signature combination of sound research, personal experience, and engaging storytelling, Kempton offers an authentic, experiential guide to working with eleven goddesses who embody the totality of life's beauty and challenges. I recommend it highly!"

—Constantina Rhodes, PhD, author of Invoking Lakshmi: The Goddess of Wealth in Song and Ceremony "The ascent of the Divine Feminine is one of the most important developments in contemporary spirituality. As both a skilled journalist and a gifted teacher, Sally Kempton more than does justice to this significant subject." —Philip Goldberg, author of American Veda: From Emerson and the Beatles to Yoga and Meditation "Sally Kempton's new book is a treasure that brings myth, meditation, and everyday revelation together in a way that will allow every woman to embody the divine feminine in her life. Sally enlivens the full spectrum of the goddess—from independent protector, to lover, to dynamic and powerful creatrix. I highly recommend this soon-to-be classic!" —Shiva Rea, yogini "Sally Kempton has given us a mythic manual for a new kind of feminism—a feminism of the soul. And this is a good thing, because humanity needs feminine power now as both a healing tonic and a source of reinvention." —Elizabeth Lesser, cofounder of the Omega Institute, author of Broken Open: How Difficult Times Can Help Us Grow

Sally Kempton Sally Kempton has been studying and teaching the wisdom of yoga for 40 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular Yoga Journal column "Wisdom." Known for her gift of making yogic wisdom relevant to daily life and for transmitting deep states of meditation, she teaches retreats and teleclasses internationally. Sally is the author of Meditation for the Love of It (Sounds True, 2011). She resides in Carmel Valley, California.

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 journalling activities and meditations for facing and working with these tendencies, so that this 'Durga' energy can be better directed and experienced. Lakshmi, goddess of abundance and good fortune is next explored, with the practices in this chapter devoted to helping the reader discover her innate beauty and radiance, and exercises for helping to release blocks to abundance, or to both giving and receiving good fortune. The chapter on Kali helps the reader connect with her deep desire for truth and freedom, and willingness to overturn convention - whether in one's personal life or on a social level - to achieve that. The Parvati chapter focuses on helping us discover our nurturing and devotional side, etc. I think the strength of this book lies in the fact that you can relate to it on many different levels. You can relate to these goddesses as actual deities, and use the more devotional meditations outlined here as forms of worship added to your spiritual practice. Or you can relate to these goddesses as feminine archetypes, and use the journalling exercises and meditations as methods for recognizing those that are already strong in you, and strengthening those that are not. On still another level, it is a serious spiritual guide, offering many truths of the spiritual journey and particularly of Tantra, one of least understood (or most misunderstood) Eastern pathways. The author has walked the walk, both in her own spiritual journey, and in her teaching, and this shows in the many stories that she shares from her life. In that

way, this book offers more than information - it offers a powerful transmission for those open to it. So whether you are interested in yoga or Hinduism or not, I think you will find much of value in this book. And no, it is not just for women, anyone could work with the goddesses in this way, although most of the stories shared are geared for women readers. A wonderful and unique contribution, making knowledge and practices that might have only been available to a few in the past available to all!

I've searched long and hard for my path, taking a bit from here and there, being guided toward a place that I couldn't articulate. The Durga myth gave me goosebumps as I recognized a goddess that I needed to work more closely with. I've enjoyed each description of the goddesses and find the exercises simple but insightful. And I understand now that I've been working toward the claiming of my Shakti, my womanhood, my power, not as a submissive being somehow less than man but as a creative force of nature in partnership with man. Thank you Ms Kempton, for your offering of this to the world. It's changed me and the ladies that I meet with to discuss spiritual matters. Thank you! Tantric Yoga is what I've been looking for all this time.

Really a well written book, very readable by beginner and experienced alike. My yoga teacher recommended it to me, and even though I have been practicing yoga longer than she has been alive, we both have found this book a treasure.

I liked Sally Kempton's other book *Meditations for the Love of It*, but this is something totally different. Using her own experiences as well as research, she speaks of how the primordial energy--the Shakti-- can manifest in our lives. Women will be perhaps more drawn to the information, but certainly men can find insight as well. We as humans certainly embody qualities of both sexes. The energy manifests differently in each of us utilizing our creative gifts and challenging our weaknesses. Finding information in the archetypal goddesses reflected in each of our lives is very exciting.

I have the accompanying CDs on *Awakening Shakti* and bought the book based on this little taste of the study of the Yogi Goddesses! I am so glad I did! This is for me a sort of Source code for so much of our goddess mythology and archetypes. Sally really brings a comprehensive perspective and she makes it so readable without diminishing the sacred nature of the goddesses. Durga as warrior, Kali, Lalita, Saraswati, Parvati- and the awesome Buvaneshwari, the One who creates the

Space and then Lives within it- as aspects of the Feminine as well as Divine Feminine- it is yeast to see and feel Sally's own devotion. I am really enjoying this work.

I originally read this from a copy belonging to the library. I enjoyed it so much I bought a copy as my own reference. Just wonderful!

Great read! Very enlightening and the meditations give detailed descriptions of how to connect with the goddesses. I have been doing these meditations for over a month and find them very helpful, especially when I'm feeling down. You can figure out for yourself which goddess you'd like to connect with on any given day, and depending on your situation. What I like best about this book is that it discusses 'shadows', which is the negative side of each goddess. By becoming aware of these shadows in your own personality you can gain better control over your life and the choices you make. Be consistent and these meditations can help guide you towards a more fulfilling journey. Good luck!

I loved this book and I am sure you will too! Go ahead...buy it for yourself.

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