

Awakening Shakti The Transformative Power Of Goddesses Yoga Sally Kempton

Brigid is worshiped worldwide as a source of inspiration, protection, and blessing. In *Tending Brigid's Flame*, Lunaea Weatherstone presents the beloved Celtic goddess as a true soul-friend for women today, exploring her legends and lore, attributes and allies, holidays, symbols, and sacred places. Filled with rituals, exercises, and meditations, *Tending Brigid's Flame* shows how to welcome Brigid into your home and make sacred all the activities of everyday life, from food magic to faery traditions, and from scrying to personal healing. Using the symbolism of fires that burn in hearth, temple, and forge, this breathtaking book sends you on a journey through the transformative power of one of the world's most revered goddesses. With illuminating reflections and real-world inspiration from nineteen wisewoman devotees of Brigid

The sages of Tantra taught that when we follow the path of Shakti, the sacred feminine principle personified by the goddesses of yoga, we awaken the full potential of our own inner energies. Kali, teaches Sally Kempton, may be both the most powerful—and misunderstood—goddess of all. Kali—her name means “Black One”—is the original Dark Goddess, whose hidden gift is ecstasy. She brings both fierceness and love, destruction and rebirth—and untamed courage and freedom for those willing to fully comprehend and embrace her many gifts. In this e-book, readers are invited to explore teachings, stories, meditations, prayers, poems, mantras, invocations, and rituals to align with this cosmic force of radical transformation. Program Highlights Kali as the Mirror of Our Own Inner State Kali the Blood Drinker The Two Faces of the Dark Goddess Kali and the Ego Kali's Fierce Forms Kali's Role in Spiritual Liberation Contemplation: The Felt Sense of Kali in Your Life The Tantric Kali: Deity of Heroes The Kali Woman: Archetype of Feminine Power, Sexuality, and Force A Kali Asana Practice A Contemplation on Kali's Audacity The Shadow Kali Kali as the Inner Voice of Destructive Rage Dialoguing with Kali (a guided practice) Kali as the Human Teacher A Visualization Practice for Offering Your Negative Tendencies to Kali's Fire Unlocking the Hidden Kali Meditation: Kali as the Great Void

A beautiful colour, illustrated book of authentic Yoga Meditation techniques that encourage the practice of Yoga in its broadest sense – as a vehicle for calming the mind, enhancing awareness and contentment, and developing deep inner peace. Drawing mainly on the tradition of Kriya Yoga – the goal of which is to attune individual consciousness with the Divine, or Universal, Consciousness – yoga and meditation teacher Stephen Sturgess reveals in this book how to progress beyond the supple body to the vital, contented mind. After first explaining the deep value of Yoga Meditation, outlining the Eight Limbs of Yoga (as presented by ancient sage Patanjali in his *Yoga Sutras* text) and giving clear, comprehensive explanations of our internal energy system (including kundalini, chakras, nadis, the three bodies and the five sheaths), Stephen then goes on to present a wide range of yoga practices that can be used as a regular holistic health programme. If we were to view the body as a temple, the combination of asana, purification and pranayama practices first cleans the temple windows – building the physical body and mind – while the meditations then shine light into the inner sanctum – lighting up the Inner Self and enabling a deep sense of spirituality and peace. A section at the end is then devoted to helping readers develop their personal

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practice, including advice on living with increased awareness, how to make yoga meditation a daily reality and a range of specially designed morning and evening routines, from a 15-minute programme up to 1 hour 45. In summary, readers are guided on a practical and nurturing journey towards a sense of enhanced calm, joy, happiness, harmony and personal fulfilment in life, where they will experience their fullest potential for both creative thought and action.

If you want to love yourself deeply, feel worthy of the life of your dreams, let go of limiting beliefs and pains from the past, while stepping into your own power, sensuality and sovereignty, this book is for you. Author Krystal Aranyani openly shares her personal struggle and the steps she took to reach all of the above, and then some. In *Awakening the Goddess*, she invites you along this sacred journey including thirty-three practices, rituals and Goddess wisdoms she learned from powerful healers around the world. In this book you will learn: How to Fall Madly in Love with your-Self. Meditations, Rituals and Sacred Practices. How to Use Goddess Archetypes for Self-Growth. How to Fully Embody the Divine Goddess within YOU. Foundations of Natural Healing, Yoga, Tantra & Sacred Sensuality. And Many more Divine Practices for Self-Discovery!

Winner of the 2017 Nautilus Gold Book Award! The wisdom of the Mahavidyas, the ten wisdom goddesses who represent the interconnected darkness and light within all of us, has been steeped in esoteric and mystical descriptions that made them seem irrelevant to ordinary life. But with this book, written by a respected cardiologist who found herself on a spiritual search for the highest truth, you're invited to explore this ancient knowledge and learn how it can be applied to daily struggles and triumphs—and how it can help you find unreserved self-love and acceptance. The pursuit of contentment is an innate part of the human experience, arising from a fundamental sense of lack or inadequacy—all the things we believe to be wrong with us when we compare or judge ourselves. In our search for peace and happiness, we may find ourselves fighting the shadows within us, trying to repress or disown certain qualities, especially our anger, violence, discomfort, craving, and disappointment. But in order to stop this fight, we must expand our understanding beyond the dualities of good versus bad, right versus wrong, and beautiful versus ugly, and accept the parts of ourselves we've tried to deny. Pulling from Eastern traditions including tantra and yoga, and focusing on the feminine principle of divine energy also known as Shakti, this book bridges the divide between dualistic concepts and non-dual philosophy. By exploring the symbolism of the Mahavidyas (Kali, Tara, Tripurasundari, Bhuvaneshwari, Tripura Bhairavi, Chinnamasta, Dhumavati, Baglamukhi, Matangi, and Kamalatmika)—each with a veiled face representing a destructive quality that perpetuates ignorance and suffering, and a true face representing the wisdom that stimulates profound transformation and liberation—you'll learn to embrace and incorporate every aspect of who you are. With practices, self-inquiry prompts, and stories from the author's own spiritual seeking, this exploration of the divine feminine will gently reveal the source of your fear, pain, and suffering, showing you that when you allow those parts of yourself to arise and simply be, you can finally begin to heal, overcome your limitations, and open to the light and beauty of your true nature.

When one person dares to speak her truth, it challenges us all to live our own. With *Red Hot and Holy*, Sera Beak offers a provocative and intimate view of what it means to get up close and personal with the divine in modern times. With a rare combination of

audacious wit, scholarly acumen, and tender vulnerability—vibrantly mixed with red wine, rock songs, tattoos, and erotic encounters—Sera candidly chronicles the highs and lows of her mystical journey. From the innocence of her childhood crush on God; through a whirlwind of torrid liaisons and bitter break-ups with Christianity, Buddhism, Sufism, Hinduism, and the New Age; and finally into committed monogamy with her own Red Hot and Holy Goddess, Sera shares transformative insights, encouraging us all to trust our unique path and ignite our own spiritual love affair. Sera Beak's luscious writing and renegade spiritual wisdom that slices through religious and new age dogma made her debut book *The Red Book* a breakout success. With *Red Hot and Holy* she offers a far more personal book—an illuminating, hilarious, and above all utterly honest portrait of the heart-opening process of mystical realization. This hot and holy book invites you to embrace your soul, unleash your true Self, and burn, baby, burn with divine love. Excerpt As a child, I was madly in love with God. Gaga for God. In grade school, I used to write “I (heart) God” at the top of all my homework assignments and in the margins of the notes I passed to my girlfriends about which boys we thought were cute. Next to *The Little Princess*, a children’s bible was kept on my bedside table for nightly reading. Miracles? Prophetic dreams? Angels? Healing the sick? Sign me up for those gigs! And every Thursday I believed J.C. dropped by my bedroom so I could ask him personal questions and tell him which sister was annoying me the most. I was magnetized to rosaries, prayers, and pyramids the way other kids were to doughnuts, MTV and the Cabbage Patch Kids, and every time I saw a religious figure (priest, nun, Buddhist monk, Hare Krishna) out in public, it would take an enormous amount of willpower not to stalk them. When Career Days at school would come around, my questionnaire would look a little something like this: Favorite subject? God Favorite hobby? God What do you want to be when you grow up? God (Okay, there was a brief time when I was six years old when the answer to that last question was “an albino.” I thought albinism would make me glow in the dark.) When I was a child, God was not a belief of a magical Santa Claus type. He was as real as my heart. I felt Him (inside me). I recognized Him (everywhere). I knew Him (personally). We hung out together, and I never wanted our rendezvous to stop. I only wanted us to draw closer. I assumed I was experiencing what many Catholics refer to as “the call” to be a priest, so I matter-of-factly informed my parish priests and Sunday school teachers of my future vocation. They laughed, patted my head, and told me I couldn’t have heard the call to be a priest because I had a vagina. Okay, they didn’t say that last part, but believe me, it was implied. They did tell me that only men were allowed to be priests because Jesus only had male disciples (to which Mary Magdalene juts out her left hip and slaps her round cheek with *The Gospel of Mary Magdalene*). But, of course, I could always be a nun. Revised and updated edition, includes new preface: "Author's Warning" In this courageous and radical book, Uma Dinsmore-Tuli explores the sexual politics of yoga from a perspective that sees women's spiritual transformation as the most revolutionary force. Packed with fascinating real life stories and vibrant testimony, as well as history and philosophy and practical guidance, *Yoni Shakti* is about freedom and power, encompassing yoga, sex, health and spirituality. Always refreshing, irreverent and inspiring, *Yoni Shakti* brings womb yoga, Goddess-focused tantra and vibrant feminism together in an astonishingly potent combination. The universal force known as Kundalini has been shrouded in mystery for centuries, yet

it influences our every breath, thought, and emotion. With Awakening Kundalini, one of the West's most respected teachers and researchers in the field explores this spiritual principle in unprecedented depth, with detailed guidance for discovering and working with it directly. In India's spiritual teachings, Kundalini is known as the principle within that compels us to evolve and grow. Traditions across the globe have described it as a force that lies dormant within us and, when awakened, connects us to the energy of creation and profoundly elevates consciousness. With his unique expertise in modern psychology, neuroscience, meditation training, and spiritual traditions, Lawrence Edwards clarifies for readers the many dimensions of Kundalini awakening, including practices and meditations for recognizing its manifestations and preparing the body and mind to enter its expansive, empowering flow. When experienced skillfully, Kundalini can be the most profoundly transformative experience of our lives. Awakening Kundalini makes available a complete and practical resource for tapping into this transformative force, and realizing our ability to live "radically free."

Feminine Empowerment Path of the Goddess: At the dawn of religion, God was a Woman. The Divine Feminine is known by innumerable names and symbol-rich manifestations across the world's cultures. Throughout the ages the Goddess has been honored and worshiped as the Virgin Mary, Isis, Inanna, Asherah, Diana, Kuan Yin, Kali, Oshun, Athena, Pele, Sarasvati, Demeter, and White Buffalo Calf Woman, to mention just a few. Many conceptions of the Goddess are mysterious and seemingly paradoxical. Yet at its source, the Divine Feminine is one. I Am (With) Her takes you on a fascinating and, at times, surprising journey into the enduring essence of the Divine Feminine. Inside this book you will learn:

- How the Goddess path offers an empowering message and inspiration
- The importance of re-establishing a healthy balance and integration of both the "masculine" and the "feminine" archetypes
- That the notion of God as archetypal "Sky-Father" is fairly recent in Western culture
- Why the wisdom of the Goddess/Sacred Feminine has been ignored, distorted, and oppressed for centuries
- How archetypes, mythic narratives, and qualities of Goddesses are alive within you and how they reveal intimate truths about yourself and others
- How Goddesses can serve as empowering guides in your personal and professional life
- Why especially black Goddesses/dark-skinned Mothers (e.g., Kali or Black Madonna) are a powerful symbol and catalyst for change in our times, both individually and collectively
- And much, much more!

SHAKTI MANTRAS Tapping into the Great Goddess Energy Within • Enhance your spiritual gifts • Lighten your karmic burden • Improve your health and increase prosperity • Live in harmony with the universe Now, with Shakti Mantras, we can all benefit from this ancient practice. Thomas Ashley-Farrand, a Vedic priest, is an American expert in the intricacies of Sanskrit mantra. With nearly thirty years and thousands of hours of experience in chanting, he is supremely well-equipped to write the first book that teaches women (and men as well) to tap into the dynamic feminine energy of love in all its manifestations. By sharing enchanting Hindu myths and astonishing true stories from his own practice, Ashley-Farrand helps us to understand the real power that this age-old

art awakens in those who perform it. Through dozens of actual mantras—each one presented with phonetic spelling for easy pronunciation and recommendations for specific applications—he enables us to increase our “shakti” (power) and use it to solve problems, ensure abundance, create health and well-being, summon protection, and invoke personal and universal peace. Whether you’re new to chanting or an old hand, Shakti Mantras will take you places you’ve never been before . . . and measurably enrich your life.

The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text known as the Vijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's *The Radiance Sutras*. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—what he describes as “answering the call of the sutras you love.” Here is an invitation to experience directly the ecstatic depths of yoga as revealed by the divine partners Shiva and Shakti, through an intimate exploration of: The divinity that is permeating your body at this very moment The alchemical power of Sanskrit Yoga meditation—harmonizing all the elements and levels of your being The depths of your connection to the energies of life Taken as a whole, this teaching is startling in its breadth and the huge range of human experience that it encompasses. This is a book to savor one phrase at a time, over a period of days or years or a lifetime. With *The Radiance Sutras*, yoga and meditation students everywhere can nurture their own relationship with these living wisdom teachings.

As women seek to cultivate an understanding of their lives, a mythological model can provide a tool for self-discovery and realizing individual potential. *The Circle of Nine* presents nine archetypes that represent different, but equally important aspects of the feminine psyche. They portray both the life of the individual and the story of woman as a whole—a circle of ever-changing patterns that is a source of wisdom and inspiration. Three mothers, three queens, and three ladies form the circle. The Great Mother nurtures her children with a love that embraces the cycle of life, the Queen of the Night transforms the raw energy of instinct into skill and vision, and the Lady of the Hearth brings warmth and creativity into the home. By recognizing these and the other six archetypes of the circle, women can hold up a mirror to their souls to gain new perspectives and unlock their potential. Drawing from history, her work with women’s groups, and contemporary observations, Cherry Gilchrist presents a mythology that explores the psychology of the modern woman. Her analysis, interpretations, and practical advice help to unravel the mystery of the divine feminine and provide a useful guide for daily life.

A photographic guide presents more than 200 Indian hand gestures used in yoga and dance, in a fully indexed and cross-referenced format, giving both the Sanskrit and English name for each.

“Sound is more than simply a medium of artistic expression. Sound has practical

and powerful applications in the real world." Mantras, or simple chants, are short phrases packed with energy and intention--specifically designed to generate powerful sound waves that promote healing, insight, creativity, and spiritual growth. Healing Mantras is the practical, how-to guide that makes the strengths and benefits of mantras available to everyone. The transformative power of sound has been passed down to the present from the sages of India, the classical scientists of ancient Greece, and the medieval monks of Europe. Mantras, sounds, and chants have inspired, comforted, and mended the lives of individuals, religious orders, and even entire cultures. Even though the science and discipline of chanting and formal prayer are practiced in every religion around the world, this is the first time that ancient Sanskrit mantras have been explained and adapted to Western needs. One of the few Western experts in Hindu and Buddhist mantras, Thomas Ashley-Farrand has practiced mantra-based spiritual disciplines for twenty-five years. In this illuminating book, he explains how and why mantras work and shows how to use them for everything from controlling habits to overcoming fear, from curing specific ailments to finding inner peace. In each of the more than fifty mantras, all translated from the original Sanskrit, Ashley-Farrand unlocks the power of every word, explains its appropriate application, and tells you how to pronounce it in easy-to-follow phonetic symbols. Inside, you'll find mantras for - Health - Worldly Success - Habit Control - Protection - Grief - Anger - Controlling Fear - Personal Attraction - Wisdom - Concentration and Mental Clarity - Healing Life Issues - and more! These mantras can be repeated aloud or in silence and can be used by people of any religion or spiritual practice, "as you wash dishes, as you drive on the freeway, as you meditate, or as you cook." Sound can help and sound can heal, and Healing Mantras now makes this sound medicine available to everyone. You have a yearning. Something is missing. You crave more sensuality, creativity, and joy. You dream of a more satisfying and passionate intimate life. You aren't sure where your ease and bliss went (or maybe you never really had them) but you know they are MIA. Don't stay forlorn, embarrassed or hopeless. Instead, find out why you and the majority of women in the world are in the same boat. And learn what you can do about it starting today. It's time for a soul-searing, sensual, limitless and joyful Awakening. It's time for a journey back to the YOU that is waiting to return to center stage. Told in the voice of the Mystic Sage herself, OM Kitty is your guide to all things Sexy Shakti. Already heralded as the new Hello Kitty for the Spiritually Inclined, OM Kitty is a gentle voice in the sometimes 'judgey' world of spirituality. Let this kind-hearted guide show you the way home while helping you feel relaxed and cozy, like a slumber party with your best friend. Includes powerful processes, rituals, meditations, exercises, and an assortment of humorous and heart-warming personal stories. *Bonus Audio Recording downloads included! Welcome Home. Let the Awakening commence! A multi-faceted portrait of Lakshmi, Hindu goddess of wealth and prosperity. Includes translations of verses used to invoke this goddess.

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In 1982, at the age of 26, 'ordinary wife and mother' Laura Kamm recovered from a painful and terrifying near-death experience with an amazing new ability - she could tell just from looking at someone if they were suffering from a medical or spiritual malaise. The arrival of this incredible gift changed her life, and she went on to study with shamans and healers from around the world. In her amazing book, she clearly explains the philosophies that guide her work, and reveals how identifying the emotional 'messages' trapped in our bodies can liberate us from conditions such as depression and overweight. She offers practical exercises that help readers learn about their own unique energy systems, develop confidence in their intuition, and resolve their emotional and physical pain. Filled with inspiring stories and written with the down-to-earth warmth of a trusted friend, Kamm's profound insight teaches us how we can heal ourselves of ailments both physical and emotional through working with our innate 'forgotten' power.

This study of various female deities of Graeco-Roman antiquity is the first to provide evidence that primary goddesses were conceived of as virgin mothers in the earliest layers of their cults. By taking feminist analysis of divinities further, this book provides a fresh angle on our understanding of these deities.

You may have seen the movies and read the books about manifestation, but your power to create your dreams still seems to be missing the mark. Don't throw in the towel yet—there's a radically new approach that may reveal the missing piece of the puzzle. With *Creating on Purpose*, innovative teachers Anodea Judith and Lion Goodman present a comprehensive, systematic method for realizing your highest aspirations. Shared with thousands in their popular nationwide workshops, this unique, step-by-step approach guides us through a rich study of the inner self, the outer world, and how to connect the two to make your dreams come true. Manifestation is the process of bringing the spiritual and material together to create a better life for yourself, your family, and your community, explain Anodea and Lion. At the heart of this work are the energy centers known as the chakras, which offer us a profound formula for wholeness, a template for transformation, and a sacred map for manifestation. Learn how to make use of the top-down flow of energy between chakras—an ancient key to effective change, and a way of aligning our desires with our highest good, as you explore: Chakra Seven: Consciousness Creates—Receive guidance and grace, clarify ideas into intention, and clear limiting beliefs Chakra Six: Vision Vitalizes—Imagine possibilities, discover your purpose, and visualize your path to fulfillment Chakra Five: Conversation Catalyzes—Tell your story, refine your mission, and set goals to chart your course Chakra Four: Love Enlivens—Find the right relationships, establish your network, and co-create with beauty and love Chakra Three: Power Produces—Become proactive, strengthen your will, and handle distractions and obstacles Chakra Two: Pleasure Pleases—Ride the river of passion, balance masculine and feminine energies, and attract what you want and need Chakra One: Matter Matters—Honor your commitments, inhabit your body, and complete every cycle “When you align your heavenly wisdom with the love in your heart and combine your future vision with your unique skills and abilities,” write Anodea and Lion, “you can begin to drive your vehicle toward your destiny, giving your gifts for the benefit of all beings.” Here is your opportunity to participate in this important work through *Creating on Purpose*.

This culmination of award-winning author Andrew Harvey's life's work bridges the great divide between spiritual resignation and engaged spiritual activism. A manifesto for the transformation of the world through the fusion of deep mystical peace with the clarity of radical wisdom, it is a wake-up call to put love and compassion to urgent, focused action. According to Harvey, we are in a massive global crisis reflected by a mass media addicted to violence and trivialization at a moment when what the world actually needs is profound inspiration, a return to the heart-centered way of the Divine Feminine, the words of the mystics throughout the ages, and the cultivation of the nonviolent philosophies of Gandhi, Nelson Mandela, Aung San Suu Kyi, and

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the Dalai Lama. Harvey's concepts of radical passion and sacred activism fly in the face of restraint, of pessimism, of denial, of all that is inhumane, fusing the mystic's passion for God with the activist's passion for justice and for healing the division between heaven and earth, heart and will, body and soul, prayer and action. Sacred activism asks that we engage deeply on a personal, spiritual, and political level so as to become a fully empowered, fully active, and contemplative humanity that can turn tragedy into grace, and desolation into the opportunity to build and co-create a new world. Unlike many spiritual books, *Radical Passion* does not veil the dark with artificial hope. It explores the catastrophes of our current times and celebrates the ecstatic hope and divinity that is possible—right now and in the future. From the Trade Paperback edition.

Awakening Shakti Jaico Publishing House

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys

The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

Meditation is like a love affair with your innermost self. At times it can be ecstatic and entrancing, other times simple and still—and sometimes you might not even feel its profound effects until later. Now with *Meditation for the Love of It*, Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body. Drawing on her 40 years as a teacher and a fellow meditator, Sally teaches us how we can connect to our inner longings and creative “shakti” energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion—two key attitudes in sustaining a daily practice—she shares indispensable guidance for this voyage of self-discovery, including: How to tune in to your own “meditation channel,” a bandwidth of tranquillity, energy, and joy Why you don't need a quiet

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mind to meditate How the force known as Kundalini can fuel your practice Connecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth Ripening your practice beyond technique into the “sweet mysterious expanse of spontaneous meditation” More than 20 practices for bringing the peace and insight of meditation into your daily life “Remember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,” teaches Sally. Meditation for the Love of It points us back to our own intimate heart of hearts, our own deepest experience, and the bliss of existence itself. Contents Introduction: Awakening to Meditation Chapter One: The Lure of Meditation Chapter Two: How Do We Experience the Inner Self? Chapter Three: Preparing for Practice Chapter Four: Choosing the Right Doorway Chapter Five: Moving Inward: The Practice of Oneness Chapter Six: Working with the Mind, Part I: Navigating the Thought-Stream Chapter Seven: Working with the Mind, Part II: Liberating Your Thoughts Chapter Eight: Letting the Shakti Land Chapter Nine: Where Do You Find Yourself? A Road Map to the Meditation Journey Chapter Ten: Coming Out of Meditation: Contemplation, Recollection, and Journal Writing Chapter Eleven: The Daily Life of a Meditator: Holding Inner Attention Chapter Twelve: The Three-Week Breakthrough Program Chapter Thirteen: The Process of Ripening Epilogue: Let the Inner Dance Unfold Praise “This is the classic wisdom of the East, cast in a very personal and accessible form. It is authoritative and inspiring and will make you want to meditate for the highest reasons and in the most effective ways.” —Andrew Weil, MD, author of *Spontaneous Healing and Meditation for Optimum Health* “A thoughtful, intuitive, and uncommonly well-written book, which can only be welcomed by all who follow the way of meditation.” —Peter Matthiessen, author of *The Snow Leopard* “Sally Kempton is one of the great realized teachers on the meditation path, whose Integral understanding of life merges seamlessly with her mastery of meditation. She is a guide for our time.” —Ken Wilber, author of *A Brief History of Everything* “Love this book! I’m grateful to Sally for this how-to guide to the soul and am excited to deepen my own experience of meditation through her inspiration and guidance.” —Seane Corne, international yoga teacher and activist, cofounder of *Off the Mat, Into the World*

Discover your ability to be brave in times of adversity with *Courage: The Joy of Living Dangerously*—from one of the greatest spiritual teachers of the twentieth century. Courage is not the absence of fear, says Osho. It is, rather, the total presence of fear, with the courage to face it. This book provides a bird’s-eye view of the whole terrain—where fears originate, how to understand them, and how to call on your inner strength to confront them. In the process, Osho proposes that whenever we are faced with uncertainty and change in our lives, it is actually a cause for celebration. Instead of trying to hang on to the familiar and the known, we can learn to enjoy these situations as opportunities for adventure and for deepening our understanding of ourselves and the world around us. Having courage is more than just heroic acts in exceptional circumstances. It’s a necessity to lead authentic and fulfilling lives on a day-to-day basis. This is the courage to change when change is needed, the courage to stand up for our own truth, even against the opinions of others, and the courage to embrace the unknown in spite of our fears—in our relationships, in our careers, or in the ongoing journey of understanding who we are and why we are here. *Courage* also features meditation techniques specifically designed by Osho to help people cope with their fears. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the *Sunday Times* of London as one of the “1000 Makers of the 20th Century” and by *Sunday Mid-Day* (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Learn how to start living blissfully now! Discover the secrets of Yoga Nidra (Nidra =

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sleep) and its practical applications! This book gives you a comprehensive overview of the deep relaxation and meditation technique Yoga Nidra in a contemporary context. You will learn the theoretical and practical background information about the practice and how to integrate it into your daily life.

Unlocking the Source for True Leadership Too many people, men and women alike, have bought into a notion of leadership that exclusively emphasizes traditionally “masculine” qualities: hierarchical, militaristic, win-at-all-costs. The result has been corruption, environmental degradation, social breakdown, stress, depression, and a host of other serious problems. Nilima Bhat and Raj Sisodia show us a more balanced way, an archetype of leadership that is generative, cooperative, creative, inclusive, and empathetic. While these are traditionally regarded as “feminine” qualities, we all have them. In the Indian yogic tradition they're symbolized by Shakti, the source that powers all life. Through exercises and inspirational examples, Bhat and Sisodia show how to access this infinite energy and lead with your whole self. Male or female, leaders who understand and practice Shakti Leadership act from a consciousness of life-giving caring, creativity, and sustainability to achieve self-mastery internally and be of selfless service to the world.

Winner of the 2014 Nautilus Award represents “Better Books for a Better World”—the Silver Award in the category of Religion /Spirituality: Eastern Traditions. This wise and delightful guide to the benefits of meditation practices will help readers cultivate a calm, peaceful, and enlightened lifestyle. Drawing from his years of experience as a teacher, spiritual leader, and avid meditator, Edward Viljoen directs readers down the path to enlightenment using wisdom such as: Mindfulness practices—Train yourself to become absorbed in a purposefully chosen activity. Sitting practices—Reduce the use of mental and physical resources as much as possible by sitting still and silently. Creative practices—Employ such devices as journaling, observing, and focusing on a favorite literary or spiritual passage. Featuring personal anecdotes and stories from the author's spiritual teachings, *The Power of Meditation* goes beyond a simple how-to book and offers a wonderful reading experience that will inspire readers to live more wise and fulfilling lives.

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.

File Type PDF Awakening Shakti The Transformative Power Of Goddesses Yoga Sally Kempton

Shakti is the pure feminine principle personified by the goddesses of the yoga tradition. The Shakti Coloring Book was created to help anyone begin to activate the transformational currents of this sacred energy in their own lives. Ekabhumi brings readers a serious yet thoroughly enjoyable spiritual practice in ink-and-paper form, including: Twenty beautiful images of Indian, Tibetan, and Nepalese goddesses with written descriptions and mantras of greeting Twenty yantras and mandalas (mystical diagrams based on sacred geometry), one for each goddess and intended to expand and liberate consciousness Dozens of pictures illustrating key principles to deepen your practice Boundless compassion. Unconditional love. Unshakable courage. These are just some of the empowering attributes you are invited to make manifest in your own life with The Shakti Coloring Book. Foreword by Sally Kempton.

A book for anyone who wants to understand the psychological nature of contemplative practice as a transformative process. Renowned psychologist Han de Wit explores the psychology found in age-old contemplative traditions and takes us deep into the mind of the spiritual practitioner. Using Buddhism as a framework, and drawing insights from several world religions, he demonstrates how contemplative practices can open us up to our own wisdom and compassion. The result is a vivid illumination of the process of spiritual transformation and an important contribution to contemporary psychology and psychotherapy.

Discover the Goddess energies that lie within you through nine Goddess archetypes—an empowering guide on finding healing, strength, and transformation, for readers of Warrior Goddess Training The Goddess is guiding your life . . . You know 'the Goddess' as a divine feminine figure of myth, art and faith—but are you aware that, in truth, the Goddess is a life force that lives in you? Did you know that your multi-faceted experiences of life as a woman are influenced by Goddess consciousness? Do you sense that you have a hidden feminine energy that longs to be seen, accepted, valued—and used for a healing purpose? In this highly engaging and stirring book, leading intuitive Sophie Bashford takes you on a journey to meet nine Goddess archetypes, which will help you to:

- Understand the many ups and downs, emotions and cycles of your life through the 'eyes of the Goddess'
- Discover how the Goddesses can ignite your spiritual growth and uncover your feminine healing gifts
- Learn how to work with each Goddess for self-healing, positive inner change and empowerment
- Get in touch with a divine feminine support and healing system comprising nine archetypes, including Kali, Mary Magdalene, Aphrodite and Isis

Sharing intuitively channeled messages, beautiful guided meditations and moving personal experiences, Sophie leads you into safe territories where your darkest fears can be healed, your deepest dreams awakened and your entire life transformed. 'Shakti' or "power, ability, strength, might, effort, energy, capability" is the divine energy which flows through the entire Universe. Shakti is also a personification of the divine feminine power residing in all of us. The Shakti Awakening is a story saga of 24 ordinary women who rose up and showed courage in everyday life redefining feminism. Women, like you and me waking up to their true Shakti and showing what women empowerment is actually about. Each story is a tale of courage to inspire and start a movement across. A movement where all the Shaktis hold hands to unite, help each other rise higher and thereby create a world where the light shines brighter than the darkness.

File Type PDF Awakening Shakti The Transformative Power Of Goddesses Yoga Sally Kempton

This book provides an excellent introduction to the essence of Hindu Tantrism, discussing all the major concepts and correcting many existing misconceptions.

In today's disconnected, distracted world, it seems like deep love gets harder to maintain every day. We spend more time looking at screens than at each other, cycle through new partners every time the spark starts to fade, and wall away our feelings until we become strangers who share a house and kids. But underneath all this, our souls long for an unbreakable love which deepens over time and lovemaking that gets hotter, not cooler, inside a lifetime commitment. This bond we yearn for is not impossible. It's not even improbable. You can create it in your life right now; intimacy that opens both you and your partner to a divine awakening you could not create on your own, lovemaking that curls your toes, and a partnership where both people champion each other's best interests, where even the difficult moments bring you closer together. This is sacred relationship, and it exists in these pages. This book is an owner's manual for intimacy, a map for loving at the deepest level, and an invitation into sacred practice where divine connection becomes part of everyday life.

The Transformative Power of The Goddesses of Yoga 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. 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. Sally Kempton has been studying and teaching the wisdom of yoga for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular *Yoga Journal* column "Wisdom." Sally teaches retreats, teleclasses and workshops internationally. She resides in Carmel Valley, California. Illustrator Ekabhumi Charles Ellik is a poet, artist, husband, student, and teacher of Classical Tantric Hatha Yoga. A student of Nepalese master painter Dinesh Charan, he also studied painting in the lineage of Harish Johari.

Adapted from ancient Sanskrit texts, the stories in *Beauty, Power & Grace* represent one of the most fundamental aspects of Hinduism — the innumerable manifestations of divinity. Among these, the portrayal of the Goddess is perhaps the most alluring. She appears as a devoted wife, a master of the arts, a terrifying demon slayer, a scornful critic, and a doting mother, to name a few of her forms. In Vedic tradition, these depictions of the Goddess reflect the belief that male and female are simply different expressions of one supreme, absolute truth. These profound stories are brought together in an exquisitely illustrated collection that reveals the various manifestations of the Goddess, ranging from the iconic to the obscure: Mother Yashoda peers into her infant's mouth and is astonished to catch a glimpse of the entire universe; Ganga Devi, now synonymous with the sacred river, rides upon a great crocodile and purifies those whom she encounters; and Kali, adorned with a garland of skulls, drinks the blood of her victims on the battlefield. A definitive celebration of Goddess imagery, symbolism, and lore, *Beauty, Power & Grace* displays the fascinating intersection between color, form, and meaning at the heart of Hindu tradition.

What is one to make of a group of goddesses that includes a goddess who cuts her own head off, a goddess who sits on a corpse while pulling the tongue of a demon, or a goddess who prefers sex with corpses? Tantra visions of the Divine Feminine deals with

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Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

Transformational wisdom designed for both women and men to access and enhance the inner power of the Divine • Reveals how to activate your sacred sexual self and find your soul mission • Shows how to access the wisdom of the Galactic Center • Explains why men need the Shakti Circuit to connect with the Divine Masculine Shakti is the Divine life force that ceaselessly manifests, creates, and activates. Igniting this living power within is the key for both men and women to transform themselves and attain union, harmony, and peace. The fluid intelligence of Shakti enflames, empowers, and awakens, igniting life force, joy, and organic wisdom within. Uniting the forms of Tantra Yoga found in Indian, Tibetan, and Aramaic sacred traditions, Padma Aon Prakasha reveals how to activate the power of Shakti by opening the 18 energetic pathways of the Shakti Circuit. The Circuit begins with galactic energy entering the body at the Alta Major chakra, located at the back of the head. Traveling down the pillar of the spine through the root chakra, the Circuit passes through the Seven Gates of the Womb-Grail to link the sacred sexual center and the heart center. From the heart, the energy completes the Circuit by traveling to the third eye and back to the Alta Major starting point to reveal the All-seeing eye. Centered on the womb in women and the hara in men, the Shakti Circuit links the soul, body-mind, emotions, and chakras to the power and loving wisdom of the Galactic Center. The Power of Shakti includes the insights and experiences of both men and women as they activate the power of Shakti and shows that clearing all 18 pathways of the Shakti Circuit enables us to activate our sacred sexual self and find our soul mission.

One thousand years ago, in the valley of Kashmir, a great Tantric master named Kshemaraja wrote his masterpiece: the Pratyabhijnahridayam, which means "The Essence of the Recognition Philosophy". This text was a concise primer, written to introduce spiritual seekers to the Recognition philosophy in less formally philosophical, more approachable language. What Kshemaraja created turned out to be one of the world's great spiritual masterpieces, breathtaking in its brevity but stunning in its power. It came to be considered equivalent to scripture itself by later generations, because of its undeniable inspiration. This book expounds the subtleties of this spiritual and philosophical classic. One of the most powerful and revelatory spiritual masterpieces of world history, the Pratyabhijnahridayam is one of the primary sources for the study and practice of nondual Tantrik Yoga, and it has never been accurately translated or fully explained until now.

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