

Awakening Shakti The Transformative Power Of The Goddesses Of Yoga English Edition By Sally Kempton

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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 freedomLakshmi, who confers prosperity and beautySaraswati, for clarity of communication and intuitionRadha, who carries the divine energy of spiritual longingBhuvaneshvari, who creates the space for sacred transformationParvati, to awaken creativity and the capacity to loveWith 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'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

Awakening shakti provides you all of the tools you need to step into your power you will receive detailed instruction for your yogic practices engage in deep reflection and joyful play and build relationships

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