



Shakti Meditations: Guided Practices to Invoke the Goddesses of Yoga

By Sally Kempton

Sounds True. No binding. Book Condition: New. Audio CD. 1 pages. Dimensions: 5.6in. x 4.9in. x 0.4in. Everything new that comes into our lives—every change that unfolds—emerges out of Shakti, the universal force of creation and transformation. Shakti Meditations provides an immediate way to experience the many gifts of this divine feminine power. Taught by expert meditation teacher Sally Kempton, these guided inner practices use India's goddesses of yoga as gateways for discovering and inviting the many dimensions of Shakti. Like rivers flowing through us, each deity carries its own unique energies to help empower and guide us in our spiritual, relationship, career, and creative paths. As we meditate upon them, their virtues and energies begin to arise in such forms as: . Durga, for strength, protection, and action . Lakshmi, for abundance and self-compassion . Kali, to ignite our courage and clear inner obstacles . Saraswati, to spark creative inspiration and clarify communication . Maha Devi, to draw us closer into spacious and liberated consciousness For yoga lovers, healers, meditators, and anyone who needs to call on the power of the feminine, Shakti Meditations gives listeners a powerful method to explore this limitless source of light and energy within us....



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