

Awakening Shakti The Transformative Power Of Goddesses Yoga Sally Kempton

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.

If You Want to Awaken the Shakti Within, Then Keep Reading... Are you a yoga practitioner who wants to learn more about the power of yoga? Are you interested in Kundalini Yoga but do not know where to begin? Are you a researcher who wants to know more about Eastern mysticism, cults, and practices of the Indian subcontinent? Do you want to harness the power of the divine mother goddess or Shakti? Do you want to learn more about how Shakti can transform your life forever? If you answered yes to any of these questions, then you are in the right place. This book will explain the various concepts related to Shakti and Kundalini in an efficient, simple, and lucid manner. It will surely help you understand the basics of Shakti in basic terms. In the course of this book, you will learn: What Shakti or the Divine Feminine Energy is The relevance of Shakti in today's world Different theoretical practices associated with Shakti Practical practices associated with Shakti Shakti Mantras Shakti Tantra Shakti Yantras The Worship of Shakti in Buddhism, Hinduism, and Taoism The Cult of Shakti in India and Tibet Kriyatmaka Shakti The Ten Manifestations of Tantric Goddesses Agama Yoginis and Dakinis Kundalini Shakti and its Awakening Dualism of Shakti And a lot more! With this handy little guidebook as your starting point, you will become an expert in the basics of Shakti and the Shakta tradition. It is highly focused on the practical and the theoretical aspects of the Shakti. This dual focus makes this book perfect for not only practitioners but researchers too. Harnessing the power of Shakti in your life will surely change it for the better. Get this book now by clicking the "add to cart" button and let the Divine power change your life forever.

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.

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. Discover the goddess energies that lie within you and are guiding your life, with the ten goddess archetypes in this book. Discover How 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 channelled 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.

The Transformative Power of the Goddesses of Yoga

Awakening to Kali

The Science of the Near-Death Experience

Invoking Lakshmi

Mudras of India

Embracing Shadow and Light on the Goddess Path to Wholeness

Goddesses, Mandalas, and the Power of Sacred Geometry

18 Pathways to Ignite the Energy of the Divine Woman

An accessible, step-by-step resource for setting, communicating, and enforcing healthy boundaries at home, at work, and in life We all want to have healthy boundaries. But what does that really mean - and what steps are needed to implement them in our daily lives? Sought-after therapist and relationship expert Nedra Glover Tawwab presents clear explanations and interactive exercises to help you gain insight and then put it into action. Filled with thought-provoking checklists, questions, writing prompts, and more, The Set Boundaries Workbook is a valuable tool for everyone who wants to speak up for what they want and need, and show up more authentically in the world.

Awakening ShaktiJaico Publishing House

"Return of the Divine Feminine, Rise of the Divine Masculine" explores the spiritual concept of duality and its influence in our everyday lives, down to the way we perceive each other and ultimately ourselves. In this book, the author delves deep into the psyches of men regarding their personal experiences and perspectives towards both the Divine Feminine and the Divine Masculine within themselves. Bringing focus on how society is impacted daily by a limited "either/or" thinking, this book emphasizes how we are all affected on a global level by neglecting the personal aspects of our own Divine Femininity and Divine Masculinity. The men featured in this book explore the religious manifestation and image of a male God, shining light on the fragments that remain without the union and prominent concept of a Divine Feminine figure. Thus, the human male can only fully express his Divine Masculine after he has awakened his Divine Feminine counterpart.

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.

The mantra and kirtan (call-and-response devotional chants) of yoga practice sometimes get short shrift in the West because they aren ' t well understood. These chants are an integral part of most every Eastern spiritual practice because they are designed to provide access into the psyche while their underlying mythology helps us understand how our psychology affects daily life. Sacred Sound shares the myths behind the mantras, illuminating their meaning and putting their power and practicality within reach of every practitioner. Each mantra and kirtan includes the Sanskrit, the transliteration, and the translation. Clear retellings of the pertinent myths highlight modern-day applications so that readers discover their own personal connection to the practice. Alanna Kaivalya has refined her teaching over a decade with tens of thousands of diverse audience members. Her unique and popular approach to human connection and self-knowledge turns a time-tested tradition into a versatile and potent tool.

Goddess Durga and Sacred Female Power

The Spiritual Technology of Manifesting Through the Chakras

Tending Brigid's Flame

Shakti Leadership

Eastern Body, Western Mind

Awakening Shakti

Practical Exercises for Understanding Your Needs and Setting Healthy Limits

The Self-Acceptance Project

"Amazzone's voice is strong and clear. Goddess Durga promises the transformation, empowerment, and dignity that is our birthright."-Marisa Tomei, Academy Award-winning actor.

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.

A multi-faceted portrait of Lakshmi, Hindu goddess of wealth and prosperity. Includes translations of verses used to invoke this goddess. 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! 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

Shakti Rising

Gentle Reminders for Healing, Courage, and Self-Love

Creating on Purpose

The Book of Awakening

Consciousness Beyond Life

You Are a Goddess

Awaken to the Celtic Goddess of Hearth, Temple, and Forge

Discover how to talk instantly to your subconscious and manifest the life you want.

This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This

journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

Learn the practical science to work directly with the root energy of all existence, and experience for oneself the reality of the ancient and mysterious Divine Mother Kundalini, spoken of in all the world's great religions. Includes practices of meditation, transmutation, astral projection, pranayama, and the long-hidden Jinn Science. Rewild the spirit, remember your power. Within these pages are tools for transformation, focusing on sexuality and menstruation, diving deep into the body's wisdom with sacred practices that will radically awaken you. Exploring Tantra, Yoga, and Sacred Sexuality. Meditations - Sacred Mantra's - Menstrual Cycle Awareness - Goddess Empowerment - Earth Wisdom - Herbal Medicine - Nutrition - Recipes. Chantal Allen is a mother, a priestess of Rhiannon, and a yoga teacher. She runs rewilding expeditions for women, and leads workshops on the Divine Feminine and connecting with the Goddess.

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 Goddess of Wealth in Song and Ceremony

Womb Awakening

Meditation for the Love of It

The Shakti Coloring Book

A Woman's Guide to Power and Freedom Through Yoga and Tantra

An Exploration of the Divine Feminine

Tapping into the Great Goddess Energy Within

A Day and Night Reflection Journal (90 Days)

In Praise of Adya Kali details the goddess Kali, and her culture of devotion in West Bengal and South Asia. Different from most contemporary books about this Dark Goddess, this book offers a liturgy of worship—a spiritual practice, the Song of the Hundred Names of Adya Kali, that readers can use to cultivate a direct devotional relationship to Kali. In Praise of Adya Kali is also a context-setting guide, establishing this practice as a general orientation to life. Most compelling, the text of this liturgy and Commentaries contain an intimate revelation of how the goddess establishes herself in her devotees' bodies and thus intervenes, by unconditional love and acceptance, in their lives. A lengthy Introduction, both scholarly and personal, describes the goddess and the possibilities that these prayers will offer. Aditi Devi guides us in how to build a shrine to Kali, various types of offerings to make to her, and suggests a schedule for how to use this liturgy with a long-term commitment over the course of 108 nights. "This Song of the Hundred Names is a powerful teaching that all forms are her forms," the author notes. Male, female, or other gendered, readers are presented with the possibility to experience the depths of their own internal feminine energies, and thereby come into greater healing and wholeness, more readily able to express this often neglected part of ourselves.

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

Tantra in Practice is the eight volume of Princeton Readings in Religions and the first substantial anthology of Tantric works ever to appear in English. The thirty-nine contributors, drawn from around the world, are leading scholars of Tantra. Each contributor has provided a translation of a key work, in most cases translated here for the first time. Each chapter in the volume begins with an introduction in which the translator discusses the history and influence of the work, identifying points of particular difficulty or interest. David White has provided a general introduction to the volume that serves as an ideal guide to the riches contained between the covers of this book. He has organized the volume thematically, providing fascinating juxtapositions of works from different regions, periods, and traditions. Two additional tables of contents are provided, organizing the

works by tradition and by country of origin. The range of works represented here is remarkable, spanning the continent of Asia and the traditions of Hinduism, Buddhism, Jainism and Islam over more than a millennium. With the publication this volume, the long disparaged and neglected Tantric traditions of Asia receive the attention they so rightly deserve. This is a groundbreaking work.

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.

Sacred poetry from twelve mystics and saints, rendered brilliantly by Daniel Ladinsky, beloved interpreter of verses by the fourteenth-century Persian poet Hafiz One of 6 Books Oprah Loves to Give as Gifts During the Holidays “All kinds of beautiful poetry.” -Hoda Kotb In this luminous collection, Daniel Ladinsky—best known for his bestselling interpretations of the great Sufi poet Hafiz—brings together the timeless work of twelve of the world’s finest spiritual writers, six from the East and six from the West. Once again, Ladinsky reveals his talent for creating profound and playful renditions of classic poems for a modern audience. Rumi’s joyous, ecstatic love poems; St. Francis’s loving observations of nature through the eyes of Catholicism; Kabir’s wild, freeing humor that synthesizes Hindu, Muslim, and Christian beliefs; St. Teresa’s sensual verse; and the mystical, healing words of Sufi poet Hafiz—these along with inspiring works by Rabia, Meister Eckhart, St. Thomas Aquinas, Mira, St. Catherine of Siena, St. Teresa of Avila, St. John of the Cross, and Tukaram are all “love poems by God” from writers considered “conduits of the divine.” Together, they form a spiritual treasure to cherish always.

**Tantra, Shakti, and the Secret Way
Teachings of Lakshmi and Saraswati
Shakti**

**Love Poems from God
Enjoying Your Own Deepest Experience
The Yoga of Power**

Return of the Divine Feminine, Rise of the Divine Masculine

The Ultimate Guide to Tapping Into the Divine Feminine Energy, Including Mantras and Tips for Harnessing the Power of this Goddess in Yoga

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 Kamalatkika)—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.

Drawing from original texts on self-mastery, Evola discusses two Hindu movements--Tantrism and Shaktism--which emphasize a path of action to gain power over energies latent within the body.

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

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 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*

A new edition of the #1 NYT’s bestseller by Mark Nepo, who has been called “one of the finest spiritual guides of our time” and “a consummate storyteller.” Philosopher-poet and cancer survivor Mark Nepo opens a new season of freedom and joy—an escape from deadening, asleep-at-the-wheel sameness—that is both profound and clarifying. His spiritual daybook is a summons to reclaim aliveness, liberate the self, take each day one at a time, and savor the beauty offered by life’s unfolding. Reading his poetic prose is like being given second sight, exposing the reader to life’s multiple dimensions, each one drawn with awe and affection. *The Book of Awakening* is the result of Nepo’s journey of the soul and will inspire others to embark on their own. He speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships. Encompassing many traditions and voices, Nepo’s words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability.

And the Men Who Are Calling for Her Return

Reclaiming Your Wild Authentic Self

Working with the Sacred Feminine to Awaken, Heal and Transform

A Guide to Healing the Feminine Body, Mind, and Spirit

Shakti Mantras

Psychology and the Chakra System As a Path to the Self

Tantra in Practice

Switchwords: How to Use One Word to Get What You Want

In After the Rain, celebrated self-care storyteller Alexandra Elle delivers 15 lessons on how to overcome obstacles, build confidence, and cultivate abundance. Part memoir and part guide, Elle shares stirring stories from her own remarkable journey from self-doubt to self-love. This soulful collection is filled with illuminating reflections on loss, fear, bravery, healing, love, acceptance, and more. • Readers follow along her journey as she transforms challenging experiences—a difficult childhood, painful romantic relationships, and single parenting as a young mom—into fuel for her career as a successful entrepreneur and author driven by purpose and passion • Filled with Elle’s signature candor and warmth • Includes empowering affirmations and meditations for readers to practice in their own lives *After the Rain* is a soulful guide to help you embrace all the beauty, love, and opportunity life has to offer. • Presented in luminous package with a foil case and gold accents • A beautiful gift for anyone on the path to self-discovery, and an uplifting reminder that there is always sunshine after the rain • Perfect for the friend who loves meditating, self-care, journaling, or seeking personal transformation and empowerment • Great for those who loved *Present Over Perfect* by Shauna Niequist, *100 Days to Brave* by Annie F. Downs, and anything written by Brené Brown, Rupi Kaur, Rachel Hollis, and Elizabeth Gilbert

As a cardiologist, Pim van Lommel was struck by the number of his patients who claimed to have near-death experiences as a result of their heart attacks. As a scientist, this was difficult for him to accept: Wouldn’t it be scientifically irresponsible of him to ignore the evidence of these stories? Faced with this dilemma, van Lommel decided to design a research study to investigate the phenomenon under the controlled environment of a cluster of hospitals with a medically trained staff. For more than twenty years van Lommel systematically studied such near-death experiences in a wide variety of hospital patients who survived a cardiac arrest. In 2001, he and his fellow researchers published his study on near-death experiences in the renowned medical journal *The Lancet*. The article caused an international sensation as it was the first scientifically rigorous study of this phenomenon. Now available for the first time in English, van Lommel offers an in-depth presentation of his results and theories in this book that has already sold over 125,000 copies in Europe. Van

Lommel provides scientific evidence that the near-death phenomenon is an authentic experience that cannot be attributed to imagination, psychosis, or oxygen deprivation. He further reveals that after such a profound experience, most patients' personalities undergo a permanent change. In van Lommel's opinion, the current views on the relationship between the brain and consciousness held by most physicians, philosophers, and psychologists are too narrow for a proper understanding of the phenomenon. In Consciousness Beyond Life, van Lommel shows that our consciousness does not always coincide with brain functions and that, remarkably and significantly, consciousness can even be experienced separate from the body.

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.

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.

A Thousand Seeds of Joy is a gem of a read! It is a conversation with ascended Goddesses Lakshmi and Saraswati about their many incarnations on Earth. These ascended Goddesses take us on a grand spiritual journey revealing new secrets about Buddhas, and Gods and Goddesses who have walked on Earth. Very insightful, informative and engaging!

Tantra

After the Rain

Goddess Power

112 Gateways to the Yoga of Wonder and Delight

The Radiance Sutras

The Power of Shakti

Initiatory Wisdom from the Creatrix of All Life

Self-Care

Revised edition of the groundbreaking New Age book that seamlessly merges Western psychology and science with spirituality, creating a compelling interpretation of the Eastern chakra system and its relevance for Westerners today. In Eastern Body, Western Mind, chakra authority Anodea Judith brought a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. Arranged schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development. Each chapter focuses on a single chakra, starting with a description of its characteristics and then exploring its particular childhood developmental patterns, traumas and abuses, and how to heal and maintain balance.

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.

Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance. How do we stop from constantly judging ourselves as inadequate, finding fault with our bodies, or being plagued by our inner critics? The Self-Acceptance Project was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are—no matter what our circumstances. Why is it often so much easier to feel compassion and forgiveness toward others than toward

ourselves? Where do our self-critical voices come from? Can we be motivated to grow and excel while still accepting ourselves as we are? In these 20 offerings, some of today's most trusted teachers share valuable practices and techniques for building confidence, transforming our relationships with our inner critics, and cultivating kindness and compassion toward ourselves on a consistent basis.

Exploring the complex and rich tradition of Goddess worship across the Indian subcontinent. She is benevolent and nurturing, yet fierce and terrible, a warrior and a lover. She creates and gives life, is death personified, and the one who grants eternal salvation. She is the ultimate form of reality, the cosmos. As the Saundaryalahiri says, "Only when Shiva joins with you, O Shakti, can he exert his powers as lord, on his own he has not even the power to stir. You are worshipped by Shiva, Vishnu, Brahma, and other gods. How dare I, meritless mortal, offer you reverence and praise?" The Goddess inspires deep devotion and it is not surprising to see Her being worshipped and revered across homes in India. Shakti will delve into this rich tradition of the Divine Feminine as She is represented across India and the subcontinent. Shakti will be a one-of-a-kind linear exploration of Goddess worship, neither a basic guide nor a dense academic treatise. Instead, it will invite the reader to learn about the Shakta culture, while telling the story of its birth and evolution, the many manifestations of the Goddess and their worship, and the myths, legends, and rituals that make up the tradition. This title will position itself as the first point of entry for anyone interested in the world of the Devi and Her culture.

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.

The Goddess of Radical Transformation

Path of Ecstasy

Approaching the Primordial Dark Goddess Through the Song of Her Hundred Names

Awakening the Wisdom of the Divine Feminine in Your Life

Sacred Woman

The Set Boundaries Workbook

Embracing Feminine and Masculine Power in Business

ReWilding Women

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.

How to Be Kind and Compassionate Toward Yourself in Any Situation

A Comprehensive Guide to the Hand Gestures of Yoga and Indian Dance

A Thousand Seeds of Joy

Having the Life You Want by Being Present to the Life You Have (20th Anniversary Edition)

Sacred Sound

Discovering the Myth and Meaning of Mantra and Kirtan

In Praise of Adya Kali

The Yellow Book