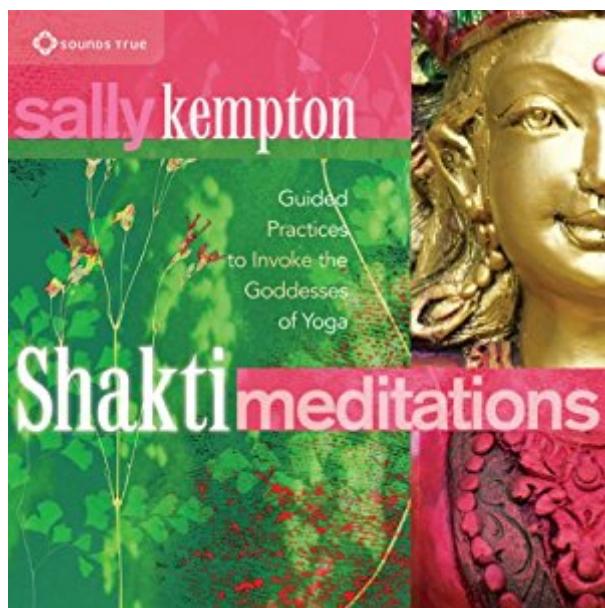


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# Shakti Meditations: Guided Practices To Invoke The Goddesses Of Yoga



## **Synopsis**

Creation and Transformation through the Divine Feminine 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 practitioners, 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.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

The cd set far exceeded my expectations. There are 4 cd's, including explanations of the Goddesses and guided meditations of each aspect of the Goddess. Hours of teaching and practice. Sally Kempton's teaching on the energies of the Mahavidyas give a direct experience of the differing aspects of Goddess energy. Companion piece to the book by Kempton "Awakening Shakti: the Transformative Power of the Goddesses of Yoga." The teachings and practices can be used on

many different levels. The cd set is useful to deepen understanding of Tantra, for going deeper in meditation, or for anyone just wanting to explore personal emotions. Great stuff, so fun, personally insightful practices.

I'm thoroughly enjoying listening to these meditations!! I'm also using them at work and they are well received by people in recovery!

I just can't say enough about this CD. I was new to mediation and Kempton's beautifully told stories of each Hindu goddess and the way that their shakti power comes forward in them, the world and each one of us completely inspired me to step into the mediations/chants she does and to see how is energy exists in my life. I've only started CD 3 and already find myself calling on my own and the universe's various shakti energies. I can't recommend this more. Would make a wonderful gift!

This set was a LOT more than I expected -- FOUR full CDs with background and guided meditation. I was already a Sally Kempton fan, but this is fantastic. I am working through it slowly, as she suggests (one new goddess per week) and I like it that way -- which means I am less than halfway through it after nearly a month.

The stories are a bit long but give you some interesting background from which to do the meditations. her voice is great!

As usual, Sally Kempton excels in providing her audience with the eloquence of sharing her subject. This CD is no exception and every word is a gift of nectar. Sally's voice enters your pores and moves into the core of your heart. The experience of hearing and responding with silence and bliss of meditation is a great offering. Thank you, once again, dear Sally. Julia Carroll, Author & Teacher

Do it! Super powerful stories and guided meditations that have already begun to germinate within me. I HIGHLY recommend this and I have studied and sat with many great masters of yoga.

So transformative, so interesting, so helpful! Gives me new and helpful perception, ability to release negative memories (energies) and allow positive, calming energies! Eternally grateful.

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Transformative Power of the Goddesses of Yoga Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Creative Visualization Meditations (Gawain, Shakti) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Gods & Goddesses of the Inca, Maya, and Aztec Civilizations (Gods and Goddesses of Mythology) Gods & Goddesses of Ancient China (Gods and Goddesses of Mythology) Gods & Goddesses of Ancient India (Gods and Goddesses of Mythology) Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, & Mind Healing Touch Meditations: Guided Practices to Awaken Healing Energy For Yourself and Others Warrior Goddess Meditations: Ten Guided Practices for Claiming Your Authentic Wisdom and Power Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children The Heart of Yoga: Four Guided Classes Combine Yoga with Chant and Ecstatic Dance to Liberate Your Vital Energy Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como ensenar yoga a los ninos mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition)

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