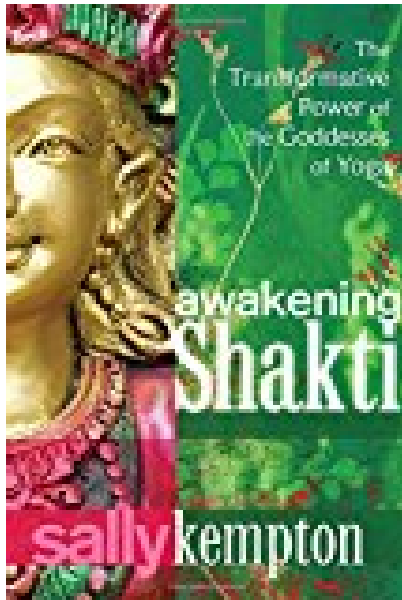


# Awakening Shakti The Transformative Power of the Goddesses of Yoga

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## BOOK DETAILS

- Author : Sally Kempton
- Pages : 392 Pages
- Publisher : Sounds True
- Language : English
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## **BOOK SYNOPSIS**

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 Ellick 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.

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