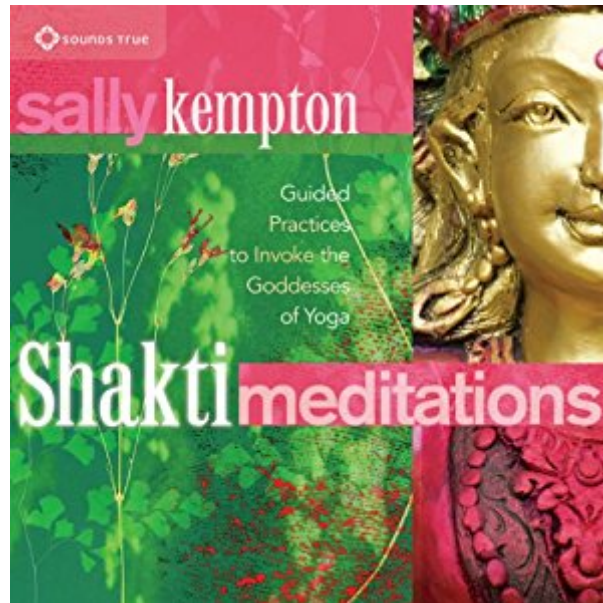


The book was found

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

Listening Length: 4 hours and 6 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: May 31, 2013

Language: English

ASIN: B00D4C8XHS

Best Sellers Rank: #33 in Books > Religion & Spirituality > New Age & Spirituality > Goddesses

#115 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions

#192 in Books > Religion & Spirituality > Hinduism

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 now have the audio book , Awakening Shakti paperback and meditation download and I can tell you this guided practice is a must have . Through story , seed sound mantra's and guided meditations Sally gives you a complete feel and understanding of what each one of the Goddesses qualities are. Beautifully taught and transformative, I highly recommend .

I love this CD set! For each goddess, Sally speaks for about 5 minutes about her story, then the next track is a 10-15 min. meditation with that goddess, starting with her mantra. The stories are really captivating, & the meditations are very powerful tools for self-reflection & energetic health. Really terrific! Please note that no booklet is included. This is not a huge problem, but I found myself sometimes wishing there were images of the goddesses & written mantras so I could fully hear the words accurately (for example, "Klim" or "Krim"). I ended up buying the book also, which I really like, but if you want to choose just one, choose the CD set!

I did not read description and expected an audio CD of guided meditations. I was disappointed to discover that this is simply an audio version of the book, which is how it is described. My mistake, it is not what I was looking for.

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!

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 meditations/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!

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

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