



The Celebration of Feminine Energy in the Hindu Culture



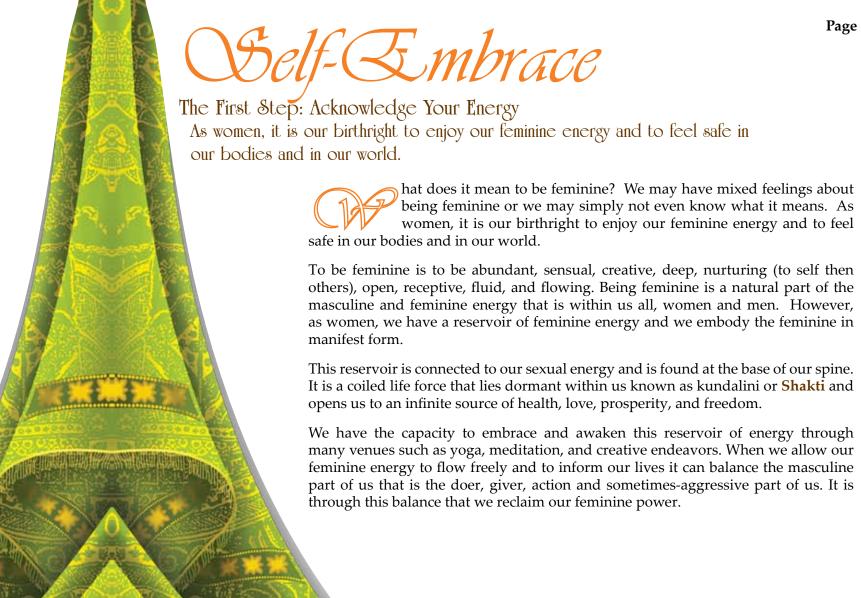
Shakti:The Definition

In Hinduism, the concept of divine, personification of feminine creative power is called Shakti. In the Asian body of belief called tantra, the power of Shakti is connected to sexual energy. Also defined as the sacred force of empowerment, Shakti is thought to be a primordial cosmic energy representing the dynamic forces that move through the Universe. Sometimes referred to as the great Divine Mother in the Hindu religion, it is their belief that the dynamic force of Shakti manifests on the earthly plane mainly through female embodiment and fertility. This female energy is also believed to be responsible for creation and the agent for change.

About the Author

Eleonore Koury has been a student of various spiritual, healing, and meditation traditions since 1990. She holds a Bachelor of Arts in Psychology, is a Reiki Master Teacher, Healer, Spiritual/Life Guide, Meditation Coach and Visionary.

Eleonore is author of Seeds of Love, A Personal and Planetary Transformation touching on the areas of empowerment, balance, and the creation process. She is creator of MeditativeWordTM: A Journey Within, a simple guided meditation CD to support individuals in developing a meditation routine and connecting to their source within. Find more information on her book and CD, private individual and group sessions visit www.sacredventures.com.



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Self-Discovery

The Second Step: Abstinence

Whether it takes the form of one day, one month, or one year take the time to discover your answers to:

- Who am I?
- What do I like?
- What do I want from life?

nother way to tap into our feminine power is to take a period of self-discovery, a time to really be with ourselves, without the pursuit of external things, achievements, or a mate. We can use this time to abstain from any sexual interaction (whether currently in a relationship or single.). Abstaining can take the form of one day, a month, or a year. Whatever calls to you.

Once you are clear on a period of self-discovery, commit to refraining from behaviors that involve thinking about or acting on romantic desires. Instead, focus your energy on discovering you! Who am I? What do I like? What do I want? Take the time to discover your body and explore its magnificence, not attached to a pant size or the right outfit but just as it is. Explore your sensuality and the sensuality of life around you. Dance and free form movement is a beautiful way to learn about ourselves and move into the sensuality of life. Explore your inner self, journal, go on walks in nature, take yourself out on a date, or go on a trip. Take a journey to a sacred site or somewhere you have always wanted to visit.

This can be an empowering period awakening inner qualities, which once lay dormant. We encounter strength, courage, joy, peace, adventure, and as a result, our outer world expands as our inner world deepens. We open the gateway to a wellspring of love that lies within us, rather than something we get from the outside. Many of us have developed our identity and worth from the responses and reactions of others. The ways in which others have loved or not loved us, taken care of us or abused us has shaped our view of the world and ourselves. This time of self-discovery allows us to discard the "garbage" of our experiences and opens us to the truth of who we are and the truth of the Universe.

It is natural to find that at this time our soul can awaken to a renewed vision. We can write this vision down or create a vision board of our soul's desires. Allow your vision board to reflect not only the external things you want, but also the inner and broader qualities you wish to experience such as peace, joy, abundance, love, service, etc. This time out can be a yearly event in which you evaluate your creations and your inner state, discarding what no longer fits and opening to a renewed vision of yourself and your life.

We may find that because of taking time to ourselves, our relationship with our partner strengthened and our sexual union enriched. As single women, we may attract a more suitable mate that reflects our inner state and our true vision of partnership. A time of celibacy can lead us to a rich sexual life in which we discover the depth and wealth of our spiritual connection reflected in our sexual union. Rather then looking to our sexual relationship to fill us up – we bring to our sexual partner our fullness, enhancing our union and experience of pleasure.

As we open the door to our soul and see the truth of who we are and what is within us, we inevitably uncover a source of feminine power that is infinite. This source is available to us, within us and in all of life. It is our primary relationship and the source from which all of life and manifestations come. For many of us our concept of a higher power is masculine in nature. When we look deeper, we discover that God, Universal Consciousness, and Source whatever you want to call it is feminine as well as masculine and that God is as much female as it is male, ultimately without gender. When we step into this awareness we begin to awaken to a world that is then reflective of ourselves as women, and a source of peace, joy, abundance, pleasure, freedom etc; a world in which we have choice and the power to co-create our reality. We find our personal power, living as empowered women "dependent on noone and yet interdependent with the entire Universe." (Wikipedia definition of Shakti)

