

- EMPOWER -

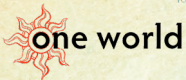


- The Voice of Kali -

SPIRITUAL POETRY AND MESSAGES TO
INVOKE THE FEMALE WARRIOR ENERGY

Written by

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*for my guru, Swami Vivekananda
for Vedanta*

INTRODUCTION

Our energies are a combination of both; male and female dimension. *The Voice of Kali* focuses on the feminine energy within us. Every time I refer to 'women', I am referring to the feminine energy in all. I truly believe that women are naturally and innately empowered beings.

Have you ever seen a mother instantly transform into a gorilla state when her child is being attacked or is in danger? She needs no lesson in embracing empowerment. Her dormant Kali will instantly flare up when she needs to shield her family. Because women are also born out of perennial beauty of mesmerising spring, they are deeply connected to the personality traits of mother nature. This makes compassion, empathy, nurturing and discipline her natural state. When nature's imbalance is even slightly disturbed, it results in catastrophic disasters. The same air that helps us breathe can turn into tornadoes; the same fire that warms our house can burn in fury; the same water that relinquishes our thirst can drown in rage. This is the power of the mother nature that quietly nurtures and witnesses millions of lives repeatedly go through their karmic cycle.

This is also the power that is burning within every woman. She will lovingly nurture and closely watch her family evolve, but when her patience, love and compassion is tested to its limit, the dance of imbalance is unleashed, and from there, right from the ashes of humiliation and transformation, sprouts her inner Kali: the one who knows to protect fiercely, embrace compassionately, heal lovingly, love unconditionally and nurture carefully. Every woman has these archetypes within her. Kali, the warrior, encompasses all the archetypes. She will take the form of the energy that your soul is seeking and lovingly remind you that you have the power to rise from the ashes and completely transform your life.



CIRCLE OF HEALING

Although numerous treatises have been written in the glory of Kali, not many speak about her essence in the simplicity that it exists. Spiritual experiences must be understood in the psychic realm but within the physical realm; each experience must be dealt with the same childlike wonder and seen with the eye of naivety.

The journey comes to a pause the day one ceases to wonder what vibrates in the subtle movements of the mind, and likewise what exists in the silence when the movement stops. This inquisitiveness is the essence of knowledge. Its core lies in the centre of a timeless void; the space from where, with each experience, the dots start joining together to form the circle of awakening. With every new revelation, the circle comes closer to culmination, and depending on our choices, it gradually illuminates the truth of our existence. The journey goes on a timeless loop till the illusion of form is broken and the soul realises that there is no beginning, no end; the liberated energy then merges back to a void of higher dimension. This darkness, this void, is where the empowered energy of Kali vibrates and initiates the process of creation.

Energy, as we know, is neither created nor destroyed. It has neither the feminine nor the masculine form. Just as wa-

ter takes the shape of its vessel, the energy takes the form it vibrates in. Since Kali is the beginning, she animates within all forms. Kali's essence, though, is that of the feminine warrior, which reflects that she will raise the psychic state of empowerment with compassion. The feminine form is the nurturer and the healer whose innate nature is to restore the initial destruction of illusion.

The energy of Kali initially awakens the masculine energy of power and aggression within us and concludes with the contradictory nurturing, reasoning and healing feminine energy. For those who need a trigger to break the illusion, she resonates the intensity of masculinity, and for those who need to open perception, she vibrates the feminine energy. This dance of destruction and nurturing goes on endlessly until the form merges in the void. It's imperative to know that energy resonates in the void too. Sometimes the fleeting vibrations of the higher dimension connect with a distant energy on the physical dimension – in the form of thoughts, intuitions, visions or dreams. Through this book, my ardent quest has been to demystify the myth that the psychic ability belongs only to the spiritually gifted; all souls are spiritual and gifted with absolute knowledge. We just have to learn to find our own individual circle of awakening. If we peruse carefully, we can see that there are patterns and secret codes within the depths of our soul, which, when illuminated, become our guiding light.

As a young girl, I was always scared of the persona of Kali. I could never quite comprehend the need for a goddess to look so fierce. Though my soul was drawn to her energy, my ignorance about her essence clouded my intuition. The universe had other plans, and it's only through her I understood the true nature of my soul. Her visionary messages and her aura have left mind expanding imprints in my consciousness. The bizarre way that energies of the revered master Swami Vivekananda and many more have opened the secret codes of life for me is overwhelming and magical. This book is, however, not about magic and miracle or mythology and culture. It's about the energy that I embraced through my spiritual journey and its power. I want women to know the power and love that the energy of Kali radiates. I wish for them to forget her form and just connect to her energy.

There is a surge in fear and uncertainty in the lives of people, but women, even under the chaotic circumstances, know how to hold on to hope. My aim for this book is to open the path of that small ray of hope and give tools to women for turning that tiny beam of light into a raging fire of wisdom, honour, love and courage. The need of the hour is to show women a way to illuminate the world through their energy, doing so with an optimum power and by making the right choices. They need to honour their intuition and their warrior archetype, their Kali.



We are nothing but vessels. Pour, don't store.

Initiation

EMPOWERMENT

Kali, become my voice, guide what I say,
She laughs merrily at my ignorant display.
Have you been the one to speak?
Are you the one to awaken the meek?
You are inviting me to my own abode.
I have travelled many times on that road.
Your form diminishes and decays,
My power is infinite, I rule the night and day.
I colour your soul red with passion and wisdom,
Merge in my madness, dance in my rhythm,
I was never away from your side,
You searched everywhere but never inside,
You are Kali, the lover and teacher,
You are Kali, the life in every creature,
You are Kali, the warrior in action and saint at heart,
You heal, you empower, you are the soul of every art.
Awaken the woman you always were,
No bondage of fear, no norms to concur,
Be Kali, the free spirit of divine,
My power is yours, let your pain be mine.

—Ekta



THE EMPOWERED WARRIOR WOMAN

Within every woman lives another woman waiting to be discovered. She will be revealed gradually. Sooner or later, one of these women will show up time and again in different circumstances. If you are a woman, you will know what I am saying. If you are a man, you must have at some point seen a glimpse of the mysterious woman masked behind the veils of your girl.

Either way, the encounter might have baffled you, clouding your mind with numerous questions. Who is she? Do I know her? She looks distant yet deeply intimate. You possess her heart but her spirit is free. The truth is, she is the essence that lives within each and every woman. This essence can be seen and felt even in little girls. What we perceive as mood swings are, in reality, a switch of energy in that little angel. She is gradually polishing her skills, discovering her uniqueness, and understanding that she has the natural ability to withstand every storm. She has an inner fire that will guide her to connect with complimenting energies. Her intuition, her dreams, her charms, her ways, her words, her world is different and this is something that every girl knows right from the time her mind has learnt to comprehend life. Now, as this little girl grows into a woman, this feeling of uniqueness will either elevate or alleviate. Depending on her choice of thoughts, she will either feed her soul with depth or doubt.

The girl could grow up totally unaware of her powers, losing the sight of them under the dust of social norms. There is also a possibility that maybe she keeps the little light within her burning, feeds it often with her belief and finally one day discovers the path that leads to the true light of her soul. No matter what your choices have been as you grew, you will at some point feel the trigger of light, bouts of latent power, shown glimpses of a shadow that follows your doubts, nudges of awakening and alienation from your outward masked self.

Your soul recognises the energy that is calling you but you are still not ready to embrace it. The energy will follow you constantly, compel you to question your choices, to dig deep within the open wounds, to sink seeds in the barren patches of your soul and explore your deepest, darkest thoughts. You might run, hide or ignore, but some day you will embrace that power and let it envelop you with its grace until you completely surrender and awaken to its glory. When that happens, and once you have done what she directs you to do, that's when in one instant you will realise that you are part of an infinite flame. **You are the energy that you have been dodging; you are the truth that you have been searching for;** you are the healer, the nurturer, the carer, the giver, the seductress and the lover. You are the life that dwells in the veins of the tiniest flower.

You are the strength of the mountains; you are the fighter, the Buddha, the warrior. You are Kali, the powerful, forgiving, enriching and encompassing warrior woman, Kali.

Kali is our inner voice, the truth within us. She brings forth what's authentic and banishes the fake. She dwells in passion and inspires us to work towards a better life with vigour. She manifests as energy and guides us to eliminate the darkness within us and around us. Kali is a force, a light that takes birth in our darkest times.

It's true that we women are much more scared of darkness than men. Have you ever wondered why? What is it about the dark that kindles the thought of an unknown presence in our minds? Every single sound, every movement, every breath becomes prominent in the depths of darkness. Think back to a time when you were in a dark room all by yourself. What did you feel? Were you suddenly aware of someone's presence? You probably frantically searched for the light switch to relieve the anxiety. Once that light was switched on, life felt normal again. You went back to singing, reading or simply merging yourself in the humdrum of life. But, clearly, that moment when you were in the dark was one of the few most intimate moments you have ever spent with yourself. It was a time

when your conscious was aware of the sounds that otherwise bypass your ears. Your soul could sense the vibrations that are an intrinsic part of our universe. Your senses were heightened; you were aware of even the tiniest beam of light and were probably thankful for its presence for leading the way to the light switch. **This is what darkness does to a woman. It elevates her senses and brings her forth to an intrinsic sense of intuition.** She gradually adapts to morph into a fighter and a survivor. Darkness compels her to use her powers and gives her a glimpse of the warrior within her, something that the illusion of light conceals.

Try this when you are ready. Switch off the lights in your room at night. Gradually become aware of the sounds, the vibrations and the smell. These are not alien to you; they are the energies that you have played with all your life, sometimes through intuition and sometimes because of deep insight. Merge your fear in the darkness and let it guide you around the room. You will be amazed at how easily and powerfully you naturally command the dark. Tune into your soul power, your thoughts and your dreams. Take a deep breath and command the space you are in. Now, with confidence, walk towards the light switch and turn it on, not with fear but with dominance. Remember, one who conquers the dark commands

the light. It may be momentary, but you have evoked the Kali within you. These small little steps, small, tiny beams of lights, will gradually take you towards the infinite power and light that dwells within you. This analogy is not different to what women experience in their dark times. A feeling and sense of being lost is subtly replaced by a heightened sense of perception, cautiousness, comfort and understanding.

Her Kali guides her, soothes and empowers her to gradually rise to a new level of inner consciousness. Guided by her instincts, she befriends the dark times. Challenges become opportunities, and, somehow, she finds that she is the queen of light that brightens to its brim in the midst of darkness.