



Embody Your Goddess



Which Goddesses Are You?

This questionnaire is based on Sally Kempton's book:
"Awakening Shakti"

Most of us hold the energies of several different goddesses. But often, one or two of them predominate. Below, you'll find some revealing questions that might help you recognize your goddess affinities and which ones tend to predominate in your personality.

Please approach this questionnaire playfully! The more playful you are with it, the more you are likely to discover about your connection to each goddess.

Certain goddesses will undoubtedly resonate with you more recognizably than others but look for yourself in all of the goddesses. All of them are within you.



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Which one(s) are you?

Durga



- Do you have a strong desire to protect others?
- Do you feel acutely the wrongness of social injustice?
- Are you impatient and sometimes hot tempered?
- Do your friends and family sometimes call you bossy?
- Are you often the person others turn to to head the committee or lead the campaign?
- Are you a natural fighter?
- Do you like to be in charge?
- Do you believe that you're usually right?
- Are you capable of doing several things at once?
- Are you the head of a large family, company, or circle of friends?
- Are you a leader?



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Lakshmi



- Are you physically very attractive?
- Do people fall in love with you easily?
- Do you have a strong interest in fashion, decoration, and design?
- Are you good at spotting trends?
- Do you prefer the people in your life to be outstanding in some way?
- Do you prefer to avoid anything unpleasant?
- Do you love a good time?
- Do you secretly believe that you can never be too rich?
- Do people around you feel more joyous because you are there?
- Are you supremely confident that you'll be taken care of because you deserve the abundance of life?
- Are you generous?
- Do you surround yourself with beautiful things?
- Are you a gifted business coach?
- Do you have a natural talent for making/creating money and abundance?
- Do you have a green thumb?
- Have your friends and lovers noticed that their material lives improve when you're with them?
- Are you kind?



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Kali



- Do you sometimes feel that there is a battle cry wanting to get out?
- Is your sexuality wild? Does it sometimes feel out of control?
- Do you sometimes frighten people (or yourself) with your intensity?
- Do you have so much raw power that you can accomplish anything you set your mind to?
- Have you ever felt so repressed that you turned your energy on yourself?
- Do you love fiercely?
- Do you have more energy than anyone you know?
- Do you sometimes wonder if you are a rage-aholic?
- Are you decisive? • Do people ever tell you that since you've come into their lives they feel transformed?
- Do you often feel you have to hold back?
- Do you identify with outsiders and outlaws?



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Parvati



- Are you in a powerful yet combative relationship in which there is a strong drive for equality?
- Are you in a creative partnership of some kind in which your partner is in a leadership role and you handle the relationships?
- Are you an athlete or dancer?
- Do you practice intense yoga or meditation?
- Are you a loving but relaxed mother?
- Are you quirky, independent, and able to stand up to any sort of opposition?
- Are you a man's woman, who has had important male mentors?
- Have you ever set your sights on a lover or a career goal and stopped at nothing to attain it?



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Saraswati



- As a child, did you tend to fall in love with words?
- Do you forget about the outside world when you're reading or problem solving?
- Do you have a gift for eloquence, even if you're naturally introverted?
- Are you a gifted communicator?
- Are you a compulsive communicator?
- Do people tell you that you talk too much?
- Can you sway people with words?
- Are you picky about the words you use?
- Are you careful and detail oriented in your work?
- Is clarity particularly important to you?
- Are you a nitpicker?
- Are you musically gifted?
- Do you naturally understand technology?
- Do ideas and inspirations come to you out of the blue?
- Do you have a beautiful voice?



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Sita

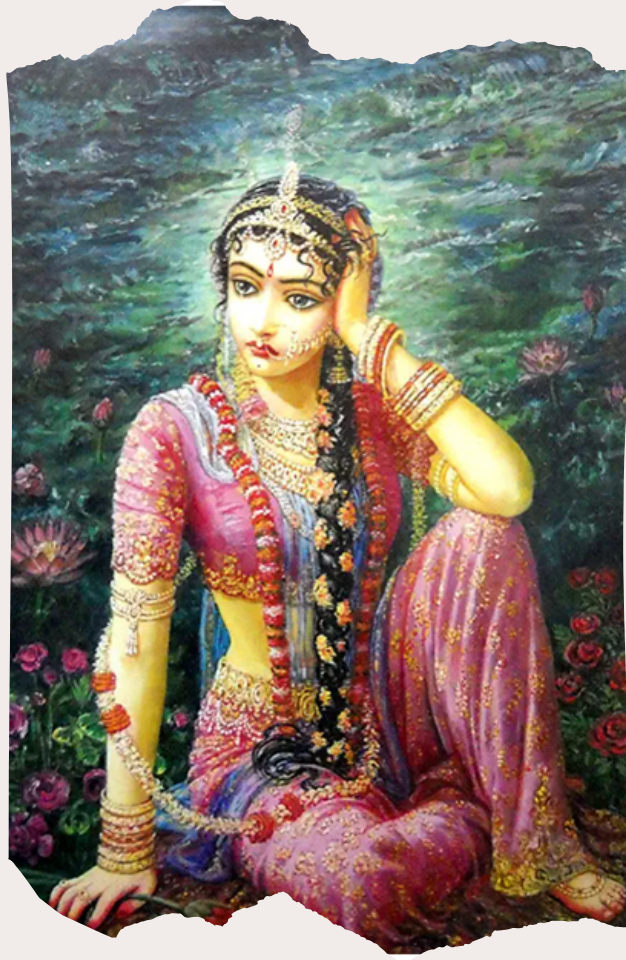


- Do you tend to be loyal and self-sacrificing?
- Are you in grieving over a recent loss?
- Has your husband or lover left you?
- Do you feel that your role in life is to support others?
- Do you tend to be a caretaker?
- Are you pregnant?
- Are you a devoted wife or lover, or do you tend to become consumed by the people close to you?
- Are you able to endure a lot of physical pain or misfortune without complaint?
- Do you have quiet moral force?
- Are you the center of your family?
- Have you ever been raped or sexually abused?



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Radha



- Are you in love and passionate about your lover?
- Do you enjoy flirtation, playful lovemaking?
- If you are not in love, do you long for it?
- Are you a romantic?
- Do you still hold onto the thought of a lost high school lover?
- Are you the girlfriend of a man who is irresistible to other women—but loves you best?
- Are you passionately devoted to the divine?
- Are you a married person in love with someone who is not your husband?



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Lalita Tripura Sundari



- Does every man who meets you fall in love with you?
- Are you beautiful?
- Do you love sex?
- Are you deeply happy with yourself? Are you confident in your own feminine power?
- Do you have an unusually good relationship with your husband or partner?
- Do you tend to be easily successful at most things you undertake?
- Do you gravitate toward circles of power?
- Are you comfortable with power?



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Bhuvaneshwari



- Do you have a natural capacity to create welcoming energy or hold space for others?
- Do people want to congregate in your home?
- Do you have a green thumb?
- Are you the favorite hostess, mom, or teacher in your circle?
- Do you remain friends with everyone you ever knew, including ex-lovers and ex-spouses, because you don't let anyone out of your heart?
- Do people naturally gravitate toward you because everyone around you seems to flourish?
- Are you a therapist, yoga studio manager, or dedicated mentor or coach?
- Do you seem to have a natural healing energy?
- Is your love somewhat impersonal?



Illustrate Your Embodied Goddess

In a sketchbook journal, draw/paint/collage the Goddess that you embody with colors, words, symbols and any other qualities that inspire you and/or that you have transformed into your **Goddess Power**. Let this be an image you create to look at when you want to **embody these super powers**.

