



Awakening to Kali: The Goddess of Radical Transformation

By Sally Kempton

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The sages of Tantra taught that when we follow the path of Shakti, the sacred feminine principle personified by the goddesses of yoga, we awaken the full potential of our own inner energies. Kali, teaches Sally Kempton, may be both the most powerful—and misunderstood—goddess of all.

Kali—her name means “Black One”—is the original Dark Goddess, whose hidden gift is ecstasy. She brings both fierceness and love, destruction and rebirth—and untamed courage and freedom for those willing to fully comprehend and embrace her many gifts. In this e-book, readers are invited to explore teachings, stories, meditations, prayers, poems, mantras, invocations, and rituals to align with this cosmic force of radical transformation.

- Kali as the Mirror of Our Own Inner State
- Kali the Blood Drinker
- The Two Faces of the Dark Goddess
- Kali and the Ego
- Kali’s Fierce Forms
- Kali’s Role in Spiritual Liberation
- Contemplation: The Felt Sense of Kali in Your Life
- The Tantric Kali: Deity of Heroes
- The Kali Woman: Archetype of Feminine Power, Sexuality, and Force
- A Kali Asana Practice
- A Contemplation on Kali’s Audacity
- The Shadow Kali
- Kali as the Inner Voice of Destructive Rage
- Dialoguing with Kali (a guided practice)
- Kali as the Human Teacher
- A Visualization Practice for Offering Your Negative Tendencies to Kali’s Fire
- Unlocking the Hidden Kali
- Meditation: Kali as the Great Void

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