

KALI MA

The Goddess of Radical Transformation, Death & Rebirth



Kali's name means "the black one" or "dark one" in Sanskrit
The word "kaal" means time, hence she is time herself
She is the ultimate power of time that takes the soul from death to immortality.

Kali is a Primordial Goddess - She has the power to destroy the world, returning us into the dark void, the
place of *limitless potentiality*

Just as much as she is the Goddess of death, she is the Goddess of rebirth, which are two ends of the same
coin.

She brings about radical liberation

The Essence of Maa Kali?

If you want to feel her energy just stick your tongue out and say "Aaaahh."
That's Kali right there.

She's fierce. Powerful. Strong. And not putting up with anyone's BS, with motherly love.

Fear Around Kali

There tends to be a lot of fear around Kali, based on her appearance and stories but she is not a Goddess to be afraid of.

She brings about TRUTH. She takes away only the falsities that are holding you back. She will never take away what is based in the truth.

Most of the population is not willing to let go of things, even if they're not in their highest good because they're so afraid of the unknown. They rather be comfortable yet confined in the matrix.

Kali is NOT about that life.

When we are fully committed to operating from our highest expressions and a soul level, then there is nothing to be afraid of.. in fact Kali's energy is welcome!

Kali will kill the ego so your SOUL can be free

She will call out anything that is fake, limiting or a lie, and then lovingly support you to full truth

Continue to call upon her motherly aspects (Kali Ma) to bring about her softer qualities

Kali has 3 parts to her:

- Mother
- Lover
- Protector

She is normally depicted in her protector essence and is feared/misunderstood by many but she is SOUL much more. Women are often depicted as "crazy" when they fully express their emotions like she does with her tongue out

There are many different stories around her

She gives us permission to be our FULL, emotional, feminine, powerful selves

She slays being so they can release the confinements of their ego and become one with their true essence

She is connected to the throat chakra, which is where we slay the ego

She is sensual, sexual energy, which is our most powerful energy and that which creates all life

Many modern stories try to keep her away from her more fierce, sexual form because of the patriarchy

We depict her as scary to make us afraid of our sexuality, our fierceness, our power

Honoring our Kali within allows us to ACCEPT all aspects of ourselves and not be afraid of our FULLness

YOU ARE NOT TOO MUCH.

Kali Ma comes with the message to finally become the person you've been too busy to be

Who are you underneath your busy schedule?

What have you been escaping from?

What aspects of your life need to be looked at more deeply?

What limitations have you placed on yourself?

What traumas have you suppressed?

What do you have to let go of to move forward?

What gifts were you born with that you are ready to share?

It's time to rise up

Signs You Need Kali Ma's Medicine

- You need a change in your life
- Life as you knew it has shifted
- The rug seemed to have been pulled from under your feet
 - You are doing deep shadow work
 - You are ready for transformation
- You are committed to embodying your full truth
- You are ready to claim your full feminine power

She is...Fierce, Bold, Transformative, Protective, Loving, Strong, Truthful, Sharp

She will burn down your home.. so you could build a better one
She will eliminate anything that was not in complete alignment with your truth
Though her medicine can seem harsh, she's really serving you what you truly need



Her Appearance

There are different appearances of Kali Maa, from beautiful & graceful to fierce.
In some depictions she's black such as Bengali and others blue (modern Hindu.)

Ma Kali wears a garland of skulls and a skirt of dismembered arms because the ego arises out of identification with the body.

The garland and skirt represent the impermanence of everything that is born. They are trophies symbolize having liberated her children from attachment to the limited body.

She holds a sword and a freshly severed head dripping with blood from battling the demon Raktabija (aspect of the ego)

She is depicted as standing on Shiva who lays beneath her.

Shiva represents pure formless awareness sat-chit-ananda (being-consciousness-bliss) while She represents "form" eternally supported by the substratum of pure awareness.

There are many stories explaining this image but to me, it represents the wild, free feminine in her radical sexuality and the masculine holding space for her fullest embodiment.

Dropping the Domestication

We have all been domesticated. It's the conditioning of our society. And now it's time to look at it and throw away all that is not serving us so we can come back to our true, Goddess essence.

Domestication looks like:

- Saying yes when you want to say no
 - Hiding your truth
- Feeling embarrassed about who you are
 - Second-guessing yourself
 - Lying to yourself
- Denying yourself of what you truly desire
 - Thinking of dreams are unrealistic

How domesticated are you?

- People-pleasing
- Doing what's "convenient"
- Putting other people's needs before ours
 - Holding ourselves back
- Thinking we look/ sound stupid
- Feeling like we aren't worthy

The Opposite of Domestication is Liberation

It's time to liberate yourself

To be free in your body

Free in your decisions

Free in your expression

Free in your purpose

FREEDOM IN EVERY DAMN CORNER

Free in your desires

Free in your sexuality

Free in your words

Free in your relationships

Free in your spirituality



What Chakra Does She Relate To?

Root (our foundation)
Solar plexus (our power)
Throat (slay the ego)
and Third eye (our truth)

Kali has many sides to her

“At the level of orthodox Hindu religious practice, Kali is Kali Ma, a benign, respectable, garland-bedecked temple icon, invoked as the mother of the universe, worshipped as a source of blessing. At this level, her wildness is explained away as purely symbolic or metaphorical. The skulls around her neck become symbols of the sound syllables that create reality, while her apron of hands stands for the multiple powers of the divine. She is a warrior, yes, but the demons she slays are the demons of the ego, the attributes of our ignorance.

To them, and to anyone who seriously meditates on her and studies her, Kali is not only fierce, she is also motherly. Behind her scary face is the face of the Divine Lover, the almost overwhelmingly dynamic force of divine love. Her darkness is the mysterious darkness of the ultimate void, into which we can plunge and, in the words of the Bengali poet Kalidas, drown our individuality and merge with the ultimate.

From the point of view of esoteric practice, Kali is the dynamic force of liberation, the inner kundalini energy that awakens us and guides us to realization of our identity with divine Consciousness itself. In the great game of freedom and enlightenment, she is the one who cuts the nooses that tie us, smashing our concepts, freeing us of beliefs, false personal identities, and everything else that keeps us from recognizing our true identity. In other words, part of what Kali represents in yoga is the power to cut away the false self, the persona, and to release that in you which is true—not only ultimate truth, but the truth that is uniquely yours. That power often remains in shadow, hidden behind our social masks, and even behind some of the masks we assume in yoga.

So tuning into Kali in daily life often means tuning into aspects of ourselves that we normally don't have access to, a power that can step outside the conventional and become bold and fierce, fierce in our love, fierce in our ecstasy, fierce in our willingness to stand up to the 'demons' in ourselves and others. We don't become free just by going with the flow. We become free by knowing when to say “No,” to fight for what is right, to be appropriately ruthless, to engage with the fiercer forms of grace.” – Sally Kempton

Truth

It is time to honour who you are and who you came here to be.

No more playing small.

No more sitting on the sidelines of your life.

No more dimming your light.

No more fitting in.

It's time to let your inner Kali out.

Your Femininity is Fierce

We often label feminine as soft and masculine as strong which is NOT true. Kali is here to share that.

She is fierce, empowered, strong, transformative..and a mother, who cares for all her children and empowered in her sexuality.

She shows that you can be it all- sexual and motherly. Fierce and soft. Empowered and graceful.

There are as many aspects to Kali as there are the feminine.

Kali Journal Prompts

Letting Go

I am ready to let go of..

It is holding me back from..

If I don't let go I will..

If I do let go I will..

Letting go will cost me..

Letting go will give me..

How I will feel when I let this go is..

I'm ready to let it go!

Freedom

In what ways am I holding myself back?

How is my domestication showing up?

What would total freedom look like for me? What about that time gave you such a sense of freedom? What were its qualities? What were you free from, what were you free to do and who are you free to be?

When in my life did I feel most free?

On a scale of 1 to 10 (1 being totally constrained and 10 being totally free), where am I?

What can I do to feel more free at this moment?

How am I ready to live more freely after this?

Letting Go Ritual

On a piece of paper, write a list of everything you are letting go of. For example:

- People-pleasing
- Feelings of unworthiness
- Not speaking my truth
- Unease with my body
- Second-guessing myself

Then look at each thing on your list and write next to it what is the COST of not letting go of it.

- Emotional eating
- Anxiety around getting sick
- Fear of being rejected
- Fear of public speaking
- etc

For example:

- People-pleasing --- living a life that isn't truly mine
- Feelings of unworthiness – not going after what I want
 - Not speaking my truth – ending up unpleased
 - Unease with my body – lack of pleasure
- Second-guessing myself – not having what I desire
- Emotional eating – extra body weight and more unease with body
- Anxiety around getting sick – constant fear, anxiety and tension
- Fear of being rejected – not putting myself out there
- Fear of public speaking – not sharing my voice

Look at that list and feel the heaviness of it. All that you've been denying yourself because of limiting beliefs.

Rank them in order of how much they're holding you back, 1 being the least holding you back and 10 (or the total number of your list) the most.

Then put a monetary value next to each one of how much you would pay to have that problem solved. Add up the total value.

Again, take a look at that list. That's what you're sitting on top of. And that is what Kali Ma is here to resolve.

You are now willing to let go of all that is no longer serving you. You know exactly what it is and you are asking Kali Ma for her loving support.

You can say a prayer such as:

“Kali Ma, please support me in letting go of all that is no longer serving me. I am willing and able to let go of these shadow aspects of myself I've held onto because I believed they would protect me. I can see now they cannot, but actually held me back.

I know that I am safe. I am loved. I am supported.
I am ready to step into my highest evolvment and away from my limiting beliefs.
I am ready to embody my fullest truth.
I am committed to shining my fullest light.”

Kali Tapping

Tapping (Emotional Freedom Technique) is a powerful way to reprogram the subconscious using meridians in the body.

We can clear subconscious blocks that are holding us back from abundance by using this incredible method!

Repeat the following statements while tapping on the EFT points

Freedom Tapping

Top of the Head: Even though sometimes I feel like constricted and like I can't fully be myself

Eyebrow: I feel like others will laugh at me or not take me seriously if I'm my total self

Side of the Eye: In fact, sometimes I don't even know who I truly am

Under the Eye: Even though I feel so confused

Under the Nose: I completely love and accept myself

Chin: I am ready to let go of what is not serving me

Collarbone: I am ready to step up more fully into my truth

Under the Arm: I am ready to be my fierce, bold, beautiful self

Top of the Head: So even though fears and insecurities come up

Eyebrow: I completely love and accept myself

Side of the Eye: I release myself from all limiting beliefs

Under the Eye: I release myself from my fear of rejection

Under the Nose: I release myself from trying to gain the approval of others

Chin: Because I know I am a powerful, sensual, radiant Goddess

Collarbone: I am radically expressed in my fullness

Under the Arm: I am a Goddess in human form

Kali Meditation

Connect with Kali Ma Energy

- I invite you to place a picture of Kali (a beautiful one to evoke her motherly energy rather than her ferocious form) at your altar or look at her on a screen in a sacred place.
 - Notice her details, her hair, her hair, her fierce beauty.
- Pay attention to the emotions that come up for you, whether it's aversion or excitement or fear or curiosity.
- Close your eyes and feel her loving energy blessing you with strength, wisdom, freedom and truth.
 - Feel her clear away anything that is no longer serving you.
- Meditate on her energy and allow any messages/ visions to come through.

Kali Affirmation:

I release all that doesn't serve me. It is time to be the truth of who I am.

Repeat while meditating