

MEANINGS AND INTENTIONS: Durga Series; Week 2

Durga's many weapons are tools to give us insight into what is needed to face our struggles. Each are filled with a fiery energy and purpose which she uses to destroy negative forces. We will be using them as symbols to help our process of transformation.

"AWAKEN" (Sacral Chakra) –continued

7. Enchantress

Intention: Recognizing our femininity and sensuality, and honoring our inner confidence.

Undulations - sensual, fluid wave like movements that move energy up and down our spine and center



Mudra: "Kataka-mukha" Bring your thumb together with your index and middle finger, as you stretch your ring and pinky fingers upwards.

8. Sacred womb

Intention: Honoring our womb as sacred



Mudra: "Yoni Mudra" (yoni meaning "womb") Promotes yin energy- a more calming feminine energy, quiets the mind and brings inner peace. It strengthens the nervous system and promotes mental clarity.

Durga carries a sacred vessel or pot ("kalasha") representing the womb of the Goddess. It represents the cosmos and creative powers of the Goddess, as well as all women. In the 9-day festival honoring the Goddess in India called "Navratri", the central object that is worshiped on the very day is this kalasha, as the womb of the Goddess

9. Serpentine

Intention: bringing awareness towards awakening our highest self

Snake- One of Durga's tools, the snake indicates the upward movement from the lower state of consciousness to a higher state of existence - ultimately that of pure bliss.



Mudra: "Sarpashirsha" With your palm facing forward, hold your fingers together and slightly round them forming the shape of a snake hood

"CONFRONT & DISPEL" (Solar Plexus Chakra)

10. Circles to prepare

Intention: Taking a moment to gather our thoughts to prepare our mind and body for what we intend to confront and dispel

11. Warrior Goddess

Intention: Focusing on our aim, our goal, with clarity. Your desire to break down your negative tendencies with complete presence and focus is held in this move.

Bow & Arrow- One of Durga's weapons, the arrow represents that we should be steadfast and focused our aim, being very clear about what we aspire towards. The bow suggests that we ourselves have the potential to attain our goals independently.

The bow & arrow represent two types of energy- potential and kinetic. In channeling Durga with this move, you are cultivating YOUR inner power, strength and courage to conquer whatever negativities are in your way by symbolically bursting the bubble of ignorance. YOU have the power to release anything that no longer serves you!



Mudra: "Alapadma" With your palm facing upward, fully extend all your fingers turning your pinky finger towards your palm and the rest of your fingers fanned out evenly away from your pinky finger. This mudra often represents a fully opened lotus.



Mudra: "Shikara" Hold your hand in a fist, and raise your thumb into a "thumbs up" gesture. This mudra is often used to represent holding a bow.