



Journal Reflection 3: Embody Your Power with Goddess Durga

Quotes from Gloria Steinem:

Power can be taken, but not given.
The process of the taking is empowerment in itself.

I have met brave women who are exploring the outer edge of human possibility, with no history to guide them, and with a courage to make themselves vulnerable that I find moving beyond words.

Whatever you want to do, just do it...
Making a damn fool of yourself is absolutely essential.

Any woman who chooses to behave like a full human being should be warned that the armies of the status quo will treat her as something of a dirty joke. That's their natural and first weapon. She will need her sisterhood.

One day an army of gray-haired women may quietly take over the Earth!

Reflection Practice on Durga:

1. Start by standing, and taking a warrior pose. You might take a wide legged squat, and feel the power of the Mother Lioness coming up from the earth into your legs and pelvis, and from there spreading out to your whole body. Or take Warrior 1 (front leg bent, back leg straight) or Warrior 2 (hips open to the side, one leg bent, the other straight, arms to the side). Take several breaths in this pose, and feel the strength of your body. Feel yourself as Durga, engaged in fighting for what you believe, and doing it with peace and love. Just breathe into that sense of protecting what is good, protecting life, and protecting the earth. Appreciate your own qualities of the powerful warriorress.

2. Now sit down with your journal and reflect. In what ways do I stick up for what I love? What am I being called to protect? What values do I have that I want to honor? Where do I set boundaries in my life? Where have I taken a stand in my life? What motivates me? Why am I passionate about what I do? Where do I see injustice that I would like to speak out against? In what ways could I become more powerful in speaking what I believe? Where I am reluctant to say no, even when I know I am being called to? What practices support me in being powerful in my life? What qualities of Durga do I embody? What qualities of Durga would I like to grow into?