

# Preface

One of the main tenets of the Catholic faith is the belief in the Trinity. The Father, Son and the Holy Spirit. In most religions, there is a reference to the number three and its symbolism of creation. In the Tantric yoga tradition that I practice and teach there is also an association to the number three and the creation cycle.

Shiva, the god of dissolution and transforming darkness. Brhama, the emanating force of creation and Vishnu who sustains and maintains the physical form and gives the appearance of stability.

For me, especially as a woman, I'm drawn to the archetypes of the three Goddesses. Kali, Saraswati and Lakshmi the consorts of Shiva, Brahma and Vishnu.

Kali, the goddess of darkness is considered the mother of all. She's also recognized as the goddess of the great void. In her darkness, she contains the unlimited potential of creation. Kali is the crucible that holds your San Kalpa, the intentions of your heart.

Out of Kali arises the erudite Saraswati. The goddess of sequence and flow. She's the embodiment of the arts. Knowledge. Speech. Wisdom. Saraswati is the goddess we call upon to assist us in any creative endeavor. As the goddess of Krama Shakti or divine timing, Saraswati sets the wings of your San Kalpa to sail.

From the depths of Saraswati arises the goddess Lakshmi. The goddess of purnatva or fullness. Fullness in this sense of the word implies richness, radiant with vitality, lush, and abundant. When we awaken and appreciate the boon or gift that is our life, we manifest our heart's desire and actualize Lakshmi.

All three goddesses exist within us simultaneously whether we are female or male. In our humanness, we separate them out in order to understand the contribution that they offer. And how we might call upon these aspects of self when we are in need of the support they symbolize.

It is in their honor that I have written this book in four parts - beginning with Kali. For what appeared to be a dark time in my life, I was always supported by Kali's loving grace and the power of potential for the light of my heart to shine through.

Part Two – Saraswati. As life unfolds in her divine timing this period brought me to the place of developing a deeper relationship with my inner being and wisdom.

Part Three – Lakshmi. At this particular stage, I'm grateful for the ability to appreciate the rich tapestry of the life I have woven together. The golden threads of love and joy as well as the seemingly discolored. They are all threads of the goddess weaving through life. Mine. And yours.

Part Four – Kali. As the great mother, everything begins and ends with Kali. She is the spark that ignites life itself. And to her do we return. As we dissolve back into the subtle void of potentiality we are liberated.