

Introduction to Divine Energy (Shakti)

Preface

Having spiritual information on a Deity helps in increasing one's faith towards the Deity. Due to faith, worship is performed with *bhāv* which is more fruitful.

Those who worship Shakti and those who perform sectarian spiritual practice will certainly benefit from this spiritual information. However, an average individual should remember the following rule - When some people read Rāmāyaṇ they feel like worshipping Shrīrām and upon reading Gaṇapati Atharvashīrsha, Shrī Gaṇapati. Similarly, after reading this Spiritual text some might feel like worshipping Shrī Lakshmī or Shrī Durgā. However, this kind of worship will not result in rapid spiritual progress for everyone. Only those who need to worship Deities such as Shrī Lakshmī or Shrī Durgā will benefit more. Otherwise, a lot of spiritual practice will result in very little spiritual progress. An average individual cannot decide whether the worship of Shakti is essential for him; hence, to obtain further information, he should read this Spiritual text. To attain the spiritual experience of Shakti, as the first step in spiritual practice, one can chant the Name of the *Kuladēvatā* (Family Deity). Information on the worship of the *Kuladēvatā*, for example, if the Family Deity is Shrī Lakshmī or Shrī Durgā, etc. is also provided in this Spiritual text. Later, if the Guru advises us to chant a particular Name of Shakti or if their chant is necessary for our spiritual progress in the next stage of spiritual practice, then this information will help augment our faith in Her.

We pray at the Holy feet of Shrī Guru that after reading this Text, may the faith of Shakti worshippers become firm and may everyone be encouraged to perform spiritual practice. - **Compilers**

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