

# 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**

## Index

Introductory Contents	
* Introduction to the Compilers	7
* Spiritual perspective and Principles underlying the creation of Sanatan's sāttvik picture of Shrī Durgādēvī	9
* Combined preface of this Spiritual text series	12
* A unique preface with spiritual terminology	13
* Sanatan's Texts are not only for Hindus, but for the benefit of the entire human race	16
Contents	
<b>1. Origin and meaning of the word 'Shakti'</b>	<b>18</b>
1A. Specific attributes of an object	18
1B. Bestowing divinity to Shakti	18
<b>2. Confusion about Names, power and attributes of Shakti</b>	<b>19</b>

<b>3. Ādyāshakti (The Primal Energy)</b>	<b>20</b>
3A. Meaning	20
3B. Some other Names	21
3C. The three main forms	21
<b>4. Creation of Shaktīs</b>	<b>22</b>
4A. Creation by a Dēvatā	22
4B. Creation from the union of energies of Dēvatās	22
<b>5. Types of Shaktī</b>	<b>23</b>
5A. Shaktīs of God	23
5B. 'Vidyā' and 'Mohinī'	24
5C. Types according to mission	24
5D. Shaktīs associated with Deity Brahmā	26
5E. Shakti associated with Shrī Vishṇu: Shrī Lakshmī	28
5F. Shakti associated with Shiva	33
5G. Shakti associated with Shrī Gaṇapati - Shāradā	58
5H. Total energy, manifest energy and the ability for Creation, Sustenance and Dissolution in various forms of Shakti	58
5I. Types according to the relationship with the Deities	59
5J. Subordinate Shaktīs (Gouṇashaktīs)	61
5K. Types according to the Path of spiritual practice	70
5L. Shakti associated with man	70
5M. Manahshakti based on psychological & spiritual qualities	71
5N. According to the temperament of the one using the Shakti	72
5O. Shakti in evolved souls and reasons for its use	72
5P. Positive and distressing Shakti	75
<b>6. Saptalok (Seven higher subtle regions) and proportion of Shakti</b>	<b>77</b>
<b>7. Mission</b>	<b>78</b>
7A. Shiva as well as Shakti are essential to accomplish any mission	78
7B. As per Lakshmītantra	78
7C. One can evaluate the mission of Shakti but not the Shakti itself	79
<b>8. Limitations</b>	<b>79</b>