

GODDESS

A MINDFUL COMPANION FOR SHE RISES

Honouring the Divine Feminine in the form of
Saraswati, Lakshmi, Durga and Kali

Written and Designed by Rachel McGarry
Goddess Artwork by Adam Wilkinson of WM Designs

THANK YOU!

Thank you to all who supported the creation of SHE RISES. I could not have done this without your generous support and encouragement.

Thanks to the talented graphic artist, Adam Wilkinson, for creating the gorgeous Goddess images in this booklet, and in the Sacred Art Collection. Thanks for bringing the Goddesses of yoga to life!

If you are interested in the Sacred Art Collection, pieces are available in my SHOP at www.rachelmcgarry.ca. The collection includes the Goddesses: Saraswati, Lakshmi, Durga and Kali, as well as the Gods: Ganesha, Krishna and Shiva.

Feel free to use this book for personal use. Connect with me if you would like to use it in classes/workshops or courses.

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HOW TO USE THIS BOOK

Simply colour the pages as you would any other colouring book.

OR you can take it deeper and use it as an intentional meditation to each of the Goddesses. See below for a couple of invitations.

Invitation One:

Set your space and time.

Put on a song that contains a mantra for the Goddess you wish to work with. (My Spotify account has playlists for each of the Goddesses in this book!)

Set an intention, ask the Goddess for support in her area of expertise - see individual Goddess instruction pages for ideas.

Colour the image as you listen and feel into any messages from the Goddess Herself.

Invitation Two:

You might also like to try a **Likhita Japa Meditation**. This meditation involves writing a mantra over and over, imbuing yourself with its powerful essence as you repeat the mantra. As you write, think about the qualities of the mantra or deity. I like to play a song with the mantra in it as I write. You can also simply use the seed syllable or bija mantra for each of the Goddesses instead of their full mantras. Eim for Saraswati. Shrim for Lakshmi. Dum for Durga. Klim for Kali.

You might resonate with a particular Goddess and want to print out a bunch of pages to work with for a specific period of time, a week, or maybe a 40-day practice?

These activities are meant to be a pleasurable, mindful way to connect with the Goddess. Enjoy! xo

SARASWATI

Saraswati is the Goddess of the Arts, Divine Speech, Knowledge and Spiritual Growth.

Her seed mantra is Om Eim Saraswatiyei Namaha.

"Om and Salutations to the great Goddess Saraswati, the one who leads to the essence of self knowledge."

You can also simply use the word Eim (pronounced ieem) to call on her energy.

Call on her for:

- artistic inspiration, insight, creativity
- positive communication
- truth
- academic support
- spiritual growth

Prompts:

Can I speak my truth with clarity and kindness?

Where do I fall into habits of complaining or gossiping?

Is there a creative project that needs inspiration?

Where in my life do I need more discipline?

Am I starting a new course of academics that needs support?

Is there a spiritual deepening I would like to receive?

Are there spiritual qualities I wish to foster? (love, honesty, forgiveness, peace, grace...)



LAKSHMI

Lakshmi is the Goddess of Abundance, both material and spiritual.

Her seed mantra is Om Shrim Maha Lakshmiyei Swaha.

"Om and Salutations to the great Goddess Lakshmi, she who provides abundance."

You can also simply use the word **Shrim** (pronounced shreem) to call on her energy.

Call on her for:

- material abundance
- spiritual abundance
- balance in giving and receiving
- love, beauty, harmony
- gratitude

Prompts:

How can I open myself to receive the gifts of abundance?

How can I bring more beauty into my everyday life?

How can I balance giving and receiving? Where am I out of balance?

How can I feel more worthy to receive?

Find three evidences of abundance in your life and hold them in your heart with gratitude.

What would you most love to manifest in the material realm?

Is there a spiritual opening you wish to receive? Ask for it now.



DURGA

Durga is a powerful Warrior Goddess, embodying strength, courage, and strong boundaries.

Her seed mantra is Om Dum Durgaye Namaha.

"Salutations to the one who bestows compassion, fearlessness and protection."

You can also simply use the word **Dum** (pronounced *doom*) to call on her energy.

Call on her for:

- courage, bravery, fearlessness
- boundary setting, self confidence
- decisiveness
- protection
- spiritual evolution

Prompts:

Where do I need to speak up for myself or another?

Where in my life do I need to set stronger boundaries?

What challenging conversations have I been avoiding?

How can I build my physical, mental and emotional strength?

Do I need protection in this moment?

How can I fully connect with my own power?

What is one thing I can do today that requires courage?



KALI

Kali-Ma is the dark mother, the fiercest Warrior Goddess.

Her seed mantra is Om Klim Kalikayei Namaha.

"Om and Salutations. I attract she who is dark and powerful."

You can also simply use the word Klim (pronounced kleem) to call on her energy.

Call on her for:

- fierceness, strength, courage
- swift transformation
- inner demon slaying
- ego release
- strong mothering protection

Prompts:

What gets in the way of me standing in my full power?

Where am I standing in the way of my own evolution?

What cords need to be cut? What relationships need to end?

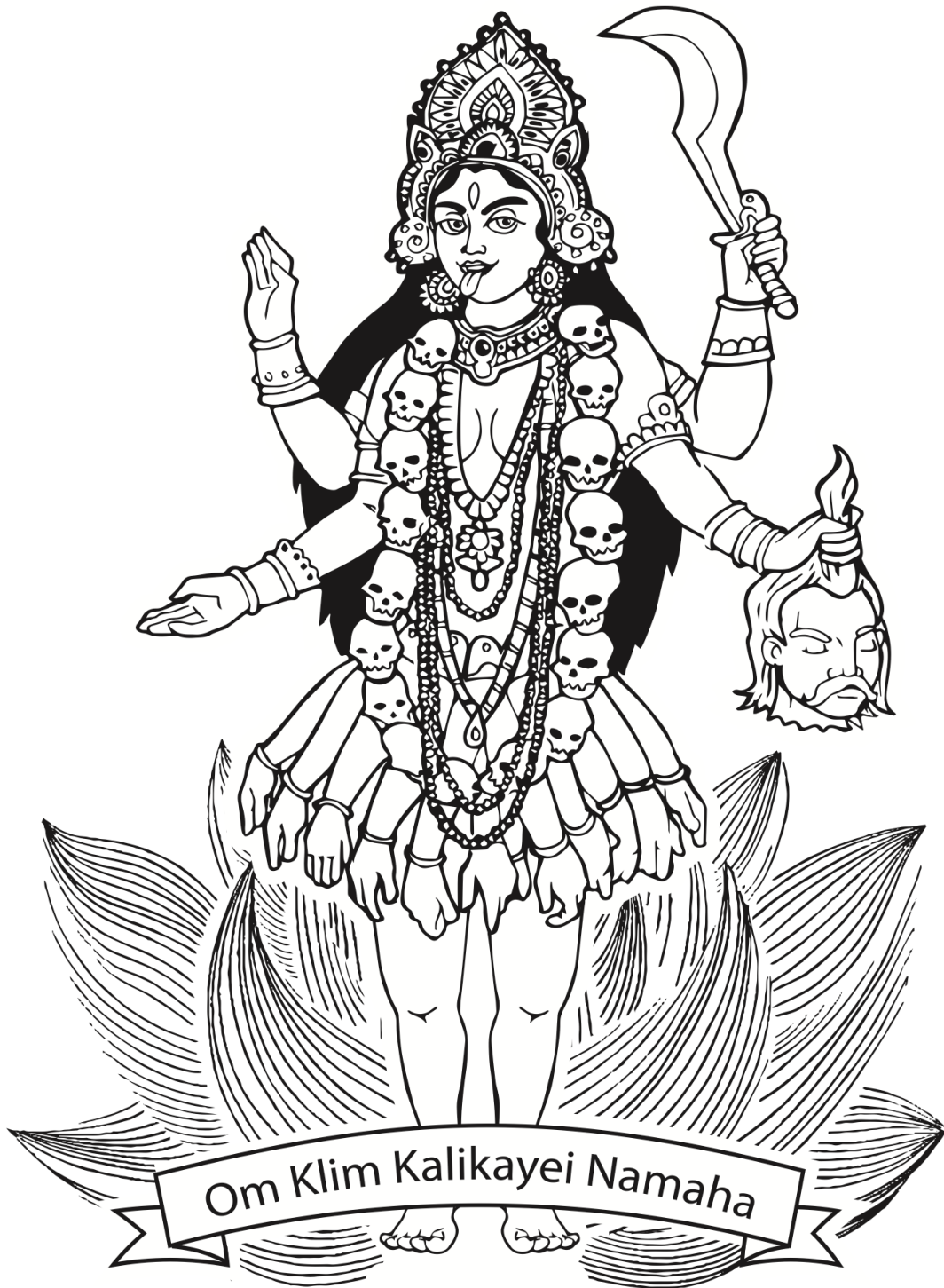
What am I most resisting letting go of?

Where is my ego getting in the way?

Where am I not seeing the truth in a situation?

What limitations do I need to move beyond?

What in my life is ready to end?



In loving service of the Divine Feminine,

Rachel xo