

Sally Kempton - The Wisdom Goddess

Empowerment Part 2

What You'll Learn in These 7 Modules

Course sessions are on Tuesdays at [5:00pm Pacific](#).

In this 7-module transformational course, Sally will guide you through the fundamental spiritual skills and competencies that you'll need to successfully activate, navigate, and be in right relationship with Kundalini as a powerful catalyst for awakening and sacred service.

Each contemplation and training session will build harmoniously upon the next, so that you'll develop a complete, holistic understanding of the practices, tools and principles you'll need to open your Kundalini and begin to liberate more energy – not only for your spiritual life – but also for your erotic life, your career, and even your creativity.

Module 1: Aligning with Your

Inner Goddess



According to Tantra, individual consciousness evolves through the unfoldment of the Goddess' liberating energy, known as Kundalini. Yet Kundalini has been widely misrepresented and misunderstood. This session dispels myths and opens your awareness to the divine and transformative soul-energy that lives within all of us, as the inner form of the Goddess.

In this module, you'll:

- Understand what Kundalini is
- Develop your relationship with Kundalini as the Goddess
- Learn why awakening the Goddess as Kundalini is essential for spiritual growth
- Open to a deeper relationship with the Wisdom Goddesses and Evolutionary Intelligence
- See how to relate with Kundalini as the power of Revelation

Module 2: The Divine Invitation



To awaken our own liberating energy, we enlist the help of a group of Goddesses whose gift is the empowerment of our own capacity for freedom. This class explores and describes the process of awakening as it is actually experienced, and how the Goddesses unfold this process.

In this module, you'll:

- Learn how Kundalini awakens
- Explore the mystery of the root chakra
- Receive insights into the 3 forms of Kundalini
- Understand strong, medium and mild awakenings and how they affect us
- Learn essential practices for the inner Goddess and your 3 bodies

Module 3: Mapping the Inner Domain



As Kundalini unfolds, she opens your inner body, removing blocks and karmic patterns. This class looks at the process, describing the experiences that arise during this part of the process, and offers guidance as to how to work with purification processes in your own life.

In this module, you'll:

- Understand how Kundalini works in your daily life
- Invoke Goddess Tara for support in emotional purification
- Explore the path of the chakras
- Go beyond chakra balancing: What does it mean to open the chakras?
- Receive the fundamentals on Kundalini and diet
- Learn to awaken the subtle elements in the chakras
- Discover how to work with emotional purification

Module 4: Kundalini, Daily Life & the Unfoldment of Inner Guidance



As blocks are removed, the guiding energies of the goddesses begin to shift your fundamental perception of daily life.

In this module, you'll:

- Deepen your relationship with Wisdom Shaktis, Matangi and Saraswati
- Unveil the depths of mantra practice
- Open to visionary experiences, dreams and how to integrate them

- See what it means to follow the inner Shakti's guidance
- Integrate subtle experience
- Learn how to invoke guidance
- Work with the Goddesses to remove creative blocks

Module 5: Kundalini, Relationships & the Opening of the Heart –



Love is the secret gift of Kundalini, and as we learn to allow the Goddess to open our heart, we discover the extraordinary possibilities of devotional practice. In this class, we look at the path of natural devotion and surrender.

In this module, you'll:

- Learn about Radha and the power of longing
- Receive a heart chakra practice: Piercing the Heart of Longing
- Understand "The Three Hearts"
- Learn how Kundalini heals emotional wounds
- Understand styles of devotion and the Goddesses Radha, Sita and Parvati
- Practice finding the form of devotion that matches your unique self
- Learn how to let the Goddess love you open

Module 6: Kundalini, the Ajna Chakra & the Goddesses of the Awakened Mind



The sixth chakra is not only the seat of the higher mind, it is also the doorway to liberated awareness. This class focuses on opening this center through meditation on awareness. By invoking the higher wisdom goddesses, we discover how to bring together the Inner Witness with the awakened heart.

In this module, you'll:

- Connect with Goddess Matangi and the grounding of higher wisdom
- Study Chinnamasta: The Headless Goddess and the Wide-Open Mind
- Expand your consciousness in the context of daily life
- Develop a subtle understanding of Kundalini and the ego

Module 7: Enlightenment



In the Kundalini tradition of Tantra, the awakened energy is absorbed back into the body, and the process of transformation culminates in a natural flowering of enlightened

service. Yet, there are many stages on the path of enlightenment, and in this class, we'll look at some of the most important milestones.

In this module, you'll:

- Learn to weave the love affair of knowledge and bliss
- Study the phases of enlightened living
- Develop your capacity for open-eyed Samadhi and the Bodhisattva ideal
- Learn about how to engage in truly enlightened service
- Open to Goddess Durga and the power of Enlightened Action