

# Shakti (Part 1)

## Introduction to Divine Energy

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(An asterisk [\*] has been placed along the important points)

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## Preamble

Having spiritual information on a Deity helps in increasing faith towards the Deity. Due to faith worship is performed with bhav (Spiritual emotion) 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 Ramayan feel like worshipping Shriram and upon reading Ganapati Atharvashirsha, Shri Ganapati. Similarly, after reading this Holy text some might feel like worshipping Shri Lakshmi or Shri Durga. However, this kind of worship will not result in rapid spiritual progress for everyone. Only those who need to worship Deities such as Shri Lakshmi or Shri Durga 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, he should read this Holy text only to obtain information. To obtain spiritual experience of Shakti, as the first step in spiritual practice, we should chant the Name of the Kuladevata (Family Deity). Information on worship of Kuladevata is provided in this Holy text. (If the family Deity is Shri Lakshmi, Shri Durga etc., we can worship that Deity). Later, if the Guru advises us to chant a particular Name of Shakti or if it is necessary to chant the Name of that Deity 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 Shri Guru that after reading this Holy text, may the faith of Shakti worshippers become firm and let everyone be encouraged to perform spiritual practice. - **Compiler**