

Kali - Mother of Time

The Goddess Kali has for some times represented a dark, intimidating image to me. But a few years ago I chanted the name of Kali -- along with the name of another Goddess that I truly admired, Durga. The chant was simple - "Kali Durge Namoh Namah" -- translated: Again and Again, I honor the goddesses Kali and Durga. Kali means "black one"; but through her grace we are able to go beyond the limitations of time and find peace in ourselves. Kali is fierce, and it is through her courage and unstoppable capabilities that enables the destruction of ignorance so that we can transcend into a state of realization.

Asanas



Plankasana



Prasarita Padottanasana



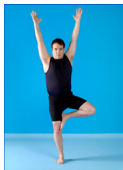
Urdhva Mukha Svanasana



Trikonasana



Virabhadrasana 1



Vrksasana



Setu Bandha



Dhanurasana



Eka Pada Raja Kapotasana



Supta Virasana



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Application: The fierceness and the warlike qualities always turned me off to Kali, but now I understand that it is that steadfast, unstoppable quality that takes us from the darkness into the light. Learning the asana and sticking with the practice takes the awareness from the unknown, confused state to a state of clarity and understanding to incorporate the learning that Kali provides into our practice.

Archive: Devotion

Photos by Alyce Henson

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