

# Taming the Shakti

by Jennifer Buergermeister ©

As if we didn't already know how amazing we women are – juggling chores, bearing children, parenting, meal-planning, and managing careers – did you know that ancient Hindu philosophy claims our female essence is also responsible for the creation of the **entire universe**?

No wonder we might often feel tired and like there just isn't enough time in any day to get everything done? Shakti is a Sanskrit word that means "sacred force" or "empowerment." It is often referred to as The Divine Feminine, responsible for creation and change. If you want something changed, put a woman in charge. The innate creative power of Shakti is our own life-force, full of pulsating potential. Shakti is the force that empowers our body-mind, and inspires all of our experiences and perceptions. She is the flow of energy and information driving our thoughts, behaviors, desires, feelings, and experiences and she provides the raw materials for building our humanity.



## Shakti Loves Shiva

We experience Shakti as the pulsating, vibrating, and throbbing power of manifestation in the material world. Shakti is a feminine attribute to the balance of being (the shakti) from no-thing (the shiva). She is the ultimate creative power of the universe. As women realize this power, we move away from limitation and move toward the awakening of a higher consciousness. As human beings expressing this latent energy, often released in large spurts of creativity, it can often result in depletion or exhaustion. Essentially, we've become low on Shiva, or male counterbalance energy, necessary to promote balance.

We can have a lot of energy inside us flowing as Shakti and yet feel physically exhausted. When we channel Shakti as an open conduit, it can be a challenge to maintain the physical body's energy – creativity sometimes will not let us rest. Since Shakti is also the force that liberates us from individual limitation and can take us to higher levels of awareness, we need to learn to skillfully manage it. At higher levels of awareness we see truth and objective reason through subjective feeling of our higher Selves as well as through our micro-Cell's. Physical, mental, emotional and spiritual bodies become one through Shakti.

Our work then, is to *Tame the Shakti* by restoring and maintaining balance because without awareness of this energy over-expenditure, we can seriously deplete the physical body. Creative people need a lot of rest, often more than 7-8 hours per night! However, we do not always insure we get it. I learned this all too well through personal experience.

## Psychic Grief

My husband passed away in 2001. Immediately afterwards I lost 30 pounds. I couldn't sleep nor could I eat. In the process I became very open to psychic experiences, or shall I say psychic experiences became very open to me. Grieving was a "crazy" time for me, I was frequently "out of my mind." The pain of grief was unbearable at times. I had not known until I suffered this loss that such pain even existed. I knew that I wasn't going crazy in any pathological sense, but strange things were beginning to happen. No wonder yogis remain so light. There may be something to do with the lightness of being that opens us up to extraordinary experiences.

For example, one day, just a few months after my husband Tossi's passing, I was reading a book someone had given me – *Many Lives, Many Masters* written by Dr. Brian Weiss, MD. My dog Henry was sleeping at the foot of the couch when I heard a clicking sound so I looked up from my book. The motion detector in the hallway was blinking. I thought that was strange since nothing was moving in front of it. I thought for a second about whether or not it was running on batteries, realized, no, it was hardwired into the house's electric panel. I returned to my book.

A few moments later the clicking began again, this time faster and it seemed even louder. Henry quickly looked up and I looked over and in the direction he was looking and there emerged the most amazing thing I have ever seen. It was a vortex. It shimmered forward and back, dancing in front of Henry and me. The motion detector was then going wild. My jaw dropped and I stood up. Amazed and completely fearless, I walked over to it. As I got closer I noticed tiny blinking lights inside of it formed into a galaxy spinning at about the level of my chest. I could see it so clearly. Was I dreaming?

I was sure it was my husband here to say hello, and God how I missed him! I stepped inside and my life was changed forever. I felt the love and awe so great and so much larger than human and more intense and sweet than I could have ever imagined. It felt like a breeze that only a perfect spring day filled with the tingling ions of the ocean could bring. I felt calm – a peacefulness beyond words. I knew that everything was going to be okay and that I would get through this “crazy” time in my life. I have often felt that grief experiences such as these have actually re-patterned and reprogrammed me to see a much bigger picture – the holographic nature of life in all its splendor. Hence, I no longer give much energy to tedious life details such as balancing my checkbook!



That experience changed me forever and from that moment, I understood things that I didn't before. I didn't understand how I knew them, but I just knew them. The irony is that as I am crafting this story something happened today that was very special related to that time. I dreamed last evening that I was upstairs in a room catching up with our old neighbor Alex, who lived next door to us with her lovely

family, someone whom I haven't seen in six years. Alex and her husband catered Tossi's memorial service and we were very fond of them and their children. I woke up this morning and said to my roommate that I had a feeling I would run into Alex today because the dream was so real and profound. In my dream she and I had a deep heart-to-heart discussion about life and I recall speaking about “tools” in life and how much we learn as we grow older about love, people, and relationships. Because it was such a very vivid dream, I suspected the synchronous possibility of running into her was very likely. They are special for another reason as well.

The day that I wrote a thank you note to Alex and her husband thanking them for their support while sitting in Tossi's home office at the memorial service and wake, I signed the note from both of us because I knew he would be or *was* grateful as well. Then, as I signed his name too, a pen on the other side of a desk jumped and spun around all by itself, landing back on the desk – yet another moment of awe.

### **Deja Noodle**

Today I taught a class and afterwards, for lunch I knew that I wanted *Jenny's Noodles*. I craved the Infernal Chicken Curry they serve. Cathal, my roommate, met me there and as our dishes were served at the table I hear, “Jennifer Buergermeister, how are ya?” I look up and it is Alex. I looked at Cathal and I introduced him, explaining that she was the person I was referring to in my dream. He was as shocked as I was. These coincidences happen to me frequently, and every time they do it feels as if it is the awe-filled first time all over again. This is Shakti pulling past, present and future into a focal point in the present moment.

From these and other experiences, I learned a lot about energy flow during the grieving process, mostly by feeling my way through. Feeling the awe and the energy of the vortex has taught me to

trust. Feelings are important and awaken the heart energy, a kind of cosmic force that compels us to love and serve. Shakti awakened me and I have felt a drive beyond any other to move forward sharing the knowledge of breath and spirit.

### **Dreaming of Balance**

Still, in order to restore balance, I have to unplug sometimes, which isn't always easy to do. Last evening I turned everything off so that I could go to bed early and rest. Learning to enjoy silent aspect of being is important, in the no-thingness, which led me to a prophetic dream about an old friend. Running into Alex was a blessing, reminding me to respect the Shiva and tame the Shakti.

It is imperative for all of us to rest, exercise, and spend time in nature. *Taming the Shakti* requires balancing with Shiva, holding steady, and moving with grace from the heart, not driven by anxiety or craze from the mind. As I have emerged from my grieving process, I have grown into a conduit of Shakti energy. One important thing for me is to pace myself. I would create 24/7 if I didn't make my routine more conducive to rest.

If you are one of the millions of women who go, go, go, and then wonder why you are so tired all of the time, it might be time to step back, get a grip on your creative force – gently tug the reigns a little, “whoaaaaa,” and spend quiet, self-care time *Taming your Shakti*.