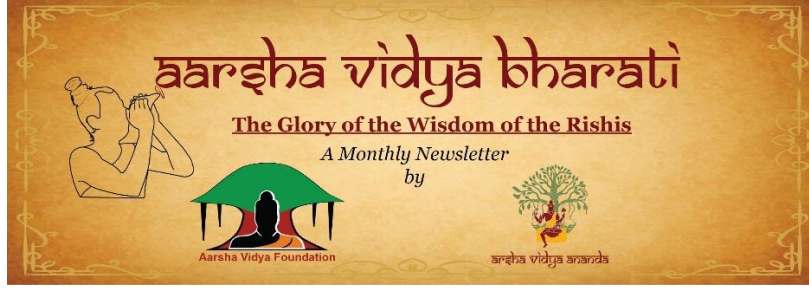

Aarsha Vidya Bharati - Oct 2021

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Oct 2021 issue](#) or read any of the [articles](#).

Spotlight - Shakti

By Swamini Brahmmaprajnananda

Shakti is often translated as **energy** but it is much **more** than that. Newton in his time explained the different phenomena as laws of nature and removed the one who presided over the laws in his theories i.e. God. Historically this was due to the separation of the church and state and hence religion and science. As a result energy is understood by us as a mere insentient physical force which has the form of potential energy, kinetic energy and so on and can be used for our purposes.

Spotlight on word



and meaning for clarity

The **Vedic** tradition reveals that Shakti is derived from the Sanskrit verbal root word 'shak' which means the ability to do something and is pervaded by Bhagavan.

In the *Lalitā sahasranāma*, Devi is referred to as *icchā shakti - jñāna shakti - kriyā shakti svarūpinī*, the one who is in the form of the shakti to **desire and will** (*icchā*), the shakti to **know** (*jñāna*) and the shakti to **do** (*kriyā*). So what? Since she pervades all beings, we are blessed with these 3 shaktis. The shakti does not get wielded by itself. It needs a sentient being whether the elephant is using her shakti to carry logs of wood (*kriyā shakti*) or the human being wills to buy corporations (*icchā shakti*) or the beaver builds its nest with twigs from far and wide (*jñāna shakti*).

Tantra speaks of *sādhana* to raise the kundalini shakti for experiences of oneness, good health and clearing emotional blocks.

If we remove Devi from Shakti then we reduce her to the limited material concept of energy only, which is not correct. Seeing our shakti as a **manifestation of Devi** helps us be more aware, deliberate, responsible and Dharmika in our actions.

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