



*"The night sky between the stars is black,
The deep ocean is black,
And the infinite is mysteriously dark.
Beyond all these, the inebriating darkness is my beloved Kali."
~ Shri Ramakrishna, 19th Century Saint and Kali Devotee*

Five Principles of Kali: During times of loss, injury, and failure, use these principles to experience maximum ease and grace

1. **Sanctify.** Remember that every aspect of your life is sacred. The dark times are just as sacred as the light. Spirituality is not about looking good. Get curious for the opening that will come. Ask, "What new light will be born here?" Even if there is no apparent light in sight, stay open to its possibility in the future.
2. **Surrender.** Don't fight Kali. Don't struggle against the truth. Surrender to the messages of illness, loss, failure. Surrender to the higher wisdom of the universe. Our loss serves a higher purpose in the cosmic order. Simply watch the ebb and flow.
3. **Nourish.** What cuts off the ego is also the breast of the Mother. Let yourself be nourished like a baby. Take time to cry, feel your feelings. Allowing yourself to feel deeply, whatever that means for you, prevents depression and keeps you flowing with life. Cocoon yourself with love. Give yourself extra time for friends, sleepovers, being in nature, or whatever feeds your soul. Watch a movie; join a women's circle.
4. **Cut loose.** Get a little wild. Let your tongue hang out. Dance. Do something you wouldn't ordinarily do. Let your hair down. Go on a special trip to a place you've never been. Explore a new spiritual practice or teaching.
5. **Be fearless.** Face your fears. Go to the graveyard. What is your equivalent of a graveyard? What are you most afraid of? Can you face that in your meditation? That is when you will become truly powerful.