HerAwaken

Nine Nights of Shakti

MINI JOURNAL



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Introduction

"Of Her was Brahma born; was Vishnu born; was Rudra born. All wind-gods were born, celestial minstrels, nymphs, semi-human beings playing on instruments, were born (of Her), all around. What is enjoyed was born; everything was born (of Her). Everything of Power was born (of Her). The egg-born, the sweat-born, the seed-born, the womb-born, whatever breathes here, the stationary as well as the moving, and man were born (of Her)."

- Bahvricha Upanishad

Growing up surrounded by Indian traditions, we've always found something fascinating about the many ways the Divine Feminine is celebrated. She can be gentle or formidable, nurturing or fiercely protective, still and contemplative or brilliantly creative. Sometimes, she embodies qualities that seem almost contradictory. And perhaps that's part of what makes her so captivating.

Through this little journal, we'd love to introduce you to nine of her most beloved forms, and invite you to discover what their stories might inspire in your own life.

So, What Is Navratri?

In Sanskrit, Nava means nine, and Ratri means night.

Navratri is a Hindu festival celebrated over nine nights in honour of Shakti, the Divine Feminine power associated with creation, preservation, and transformation.

Across India, different regions have their own rituals, stories, and customs, but a shared thread runs through them: the celebration of the Goddess and the extraordinary power of the feminine.

One widely followed tradition honours the Navadurga, nine forms of Goddess Durga, each associated with distinct stories, symbols, and divine qualities.
These are the nine goddesses we'll be getting to know together.

How to Use Your Mini Journal

We've kept this journal intentionally simple.

Each day, alongside your HerAwaken email introducing one of the Navadurga, you'll find two reflection prompts inspired by that day's theme.

You might like to make yourself a cup of tea, find a comfortable little corner, and spend five or ten minutes with the questions.

Write freely. Be curious. Surprise yourself.

There are no perfect answers, no deadlines, and certainly no gold stars for finishing first! :)

And you don't have to follow a particular spiritual path to take part. Whether you worship the Goddess, appreciate her symbolism, or simply enjoy meaningful self-reflection, there's room for you here. This journal is yours to make your own.

A Little Wish From Us

As you move through these nine days, some reflections might feel immediately meaningful. Others might challenge your perspective, make you smile, or simply leave you with an interesting thought to carry into the rest of your day.

All of that is welcome.

Above all, we hope these pages become a lovely little space to return to yourself, in whatever way feels right for you.

Here's to nine nights of curiosity, discovery, and celebrating all the beautiful possibilities of being a woman.

With lots of love,

Nylah and Afrin

Your mother-daughter friends behind HerAwaken

Day 1: Shailaputri

I am the daughter of mountains, steadfast and high,
With roots in the earth and my gaze on the sky.
A lotus of grace, a trident of might,
I am the strength from which all journeys take flight.

Which beliefs about love, success, femininity, or self-worth did you inherit rather than choose? Which still influence your decisions?

When life last destabilized you, what did it reveal was missing from your foundations? What could you build now to become more secure?

Day 2: Brahmacharini

Barefoot I walk where the mountains rise,
With prayer beads in hand and purpose in my eyes.
No crown do I seek, no comfort I claim,
My devotion is power, my spirit a flame.

Look at how you've spent your time, attention, and money recently. What are you truly devoted to, and does it match what you claim to value?

Where have you mistaken unnecessary suffering for dedication? What would disciplined commitment look like without self-sacrifice?

Day 3: Chandraghanta

A crescent adorns me, a tiger bears my stride,
With ten mighty arms and courage as my guide.
My sacred bell rings where shadows reside,
I am fierce in my battles, yet peaceful inside.

Recall a time you stayed silent to keep the peace. Who benefited from your silence, what did it cost you, and what would you say now?

When confronted or criticized, do you withdraw, appease, attack, or overexplain? What are you protecting, and how could you respond differently?

Day 4: Kushmanda

Before there was sunlight, before there was day,
I smiled at the darkness and lit up the way.
With eight arms of power and radiance untold,
I am the spark from which worlds unfold.

What do you wish existed in your life or community that nobody has created yet? What would its simplest first version look like?

What have you been waiting for permission, approval, or perfect conditions to begin? Which of those requirements are actually necessary?

Day 5: Skandamata

A child in my arms, a lion at my feet,
In me, tender love and fearless courage meet.
My hands hold the lotus, my heart holds the flame,
I am mother and warrior, both one and the same.

Are you doing something for someone that they could learn to do themselves? How might stepping back help them grow?

If the people you care for no longer needed your help, how would you feel? What does that reveal about your identity beyond caregiving?

Day 6: Katyayani

Born of divine fire, with sword held high,
I stand before darkness and never deny
The strength of my purpose, the truth of my name,
I am the fierce will no fear can tame.

What recurring problem in your life keeps appearing in different forms? What underlying cause must change to resolve it permanently?

Which expectation placed upon you as a woman have you followed without truly agreeing with it? What would challenging it require?

Day 7: Kalaratri

My skin is the midnight, my hair the wild storm,
I wear no disguise, nor a delicate form.
I walk through the darkness where others take flight,
For I am the night that gives birth to the light.

What uncomfortable situation have you been explaining away or minimizing? What remains true when you strip away every justification?

Which part of yourself have you suppressed because others found it unacceptable? How could you express it responsibly and unapologetically?

Day 8: Mahagauri

In garments of white, with a luminous glow,
I carry the wisdom that hardships bestow.
No darkness can stain what is steadfast and true,
I am the quiet grace of beginning anew.

How has a difficult experience fundamentally changed you? Are you still trying to return to a life that no longer fits who you've become?

What in your life needs genuine repair rather than a fresh start? What responsibility must you take, and what concrete action would help?

Day 9: Siddhidatri

Upon the pink lotus, serene I reside,
With wisdom and power dwelling side by side.
The fruits of devotion, the gifts of the soul,
I am the sacred union that makes all things whole.

What valuable ability, resource, or influence do you possess that remains underused? Who could benefit if you exercised it more fully?

Which of your greatest strengths sometimes works against you? How could you use that strength with greater wisdom and discernment?


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