

Awaken The Slumbering Goddess

The Latent Code of the Hindu Goddess Archetypes

Excerpts from recently published book
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*Whenever sacred duty decays
And chaos prevails
Then, I create
Myself Arjuna*

Bhagwad Gita: Chapter 4, Para 7

A patient recently reported this dream in his first session.

I have forgotten the combination code for my safe deposit box. I am desperately trying to remember it.

This is a classic dream that highlights the dilemma of every individual. What is the combination code to open the safety deposit box of our unconscious to harvest the treasures in our psyche? This combination code is the latent code of our soul. Each one of us has a unique code that unlocks the mystery of our potential and well being. This book will explore the workings of this latent code and how each one of us can remember the code to engage the riches of our inner potential.

Life rarely works out as we planned it. Often it works out worse and sometimes better than we planned. It is my hypothesis, based on extensive clinical experience as a psychiatrist and a psychoanalyst - that when we live life out of the outer fringes of our psyche, it works out worse than we hoped for. When we live life out of the deeper center of our psyche – our Soul, it plays out much better than we anticipated. Life lived out of our Ego - the center of our outer, conscious personality is lived on the outer fringes of our potential. Life lived in

tune with the Soul, the center of our deepest personality and the pacemaker of our destiny, blossoms to its fullest potential. The soul conveys its message via the latent code of archetypes or timeless wisdom templates that have crystallized in human consciousness over several million years of experience as a species. This latent code lives in myths and stories of each culture. In this book, I have presented one such group of stories or wisdom templates. This is the latent code of Shakti – the life force that energizes and guides us on our life course. These are the stories of mysterious goddesses of Hindu culture, collectively called Shakti or Spiritual energy that can help us live out of our soul. Welcome to the realm of Shakti-the inner goddess in every man and every woman.

Whenever we are dealing with personal crisis, life transition, a new beginning, a traumatic event, a medical or psychological problem, a relationship tangle, a major life decision, some spiritual or psychological crossroad, this latent code is activated by our soul to guide us. This helps us to make an informed decision consistent with our life purpose and spiritual calling. When there is a big split between our outer life and our spiritual path, the soul creates a symbol that aligns our outer consciousness with our soul's purpose in this lifetime. The latent code may send us a symbol embedded in our medical or psychiatric problem, our relationship difficulty, our hang ups, a significant dream, a synchronistic event or an accident to guide us on to our path. For each specific life problem, there is a corresponding aspect of the latent code that spurs us onto our path.

To prepare for a new endeavor, the latent code of the goddess of arts and academics - Saraswati steps in; to attain peace and prosperity, code of Laxmi guides our path. When we walk the line between self assertion and mutuality, code of Parvati guides our path. When we are struggling to tame the dark side of our personality, the code of Kali helps us trim our shadow. Life transitions often call for a period of void and inner emptiness before new life structures could be created. The code of the Aditi presides over inner void and new creations. When we are trying to integrate the opposites in our nature, the latent code of the archetype of the sacred marriage – the dance of the masculine Shiva and the eternal feminine Shakti provide a useful template.

In my work as a psychotherapist as well in my personal quest, I have found that invoking the guidance of this latent code is essential and invaluable in attending to the process of healing the suffering of the mind and the body. This latent code guides us to destroy the old dysfunctional attitudes. This is guided by Kali; the dark goddess of destruction of old order. This then leads to the creation of a void in our life. The code of the goddess Aditi than invokes new creation by holding us in the void. Often this void or sacred space in the psyche is perceived as depression and the human tendency is to fill it in with habitual diversions like addictions and compulsions. If an individual can honor the void as discussed later in this book, the goddess can guide us in making new beginnings. The codes of the goddess trinity of Saraswati (goddess of knowledge), Laxmi (goddess of worldly success) and Shakti (goddess of enlightenment) preside over this act of new creation in the psyche. Once the new consciousness is created, the latent code of the sacred marriage helps us unite the masculine and the feminine aspects of the psyche. This is the process of the sacred marriage of the divergent aspects of the psyche. The latent code embedded in the myth of the union of Shiva (masculine aspects of our psyche) and Shakti (feminine aspects of our psyche) in its numerous manifestations guides us in attending to this sacred union. This helps us to achieve wholeness and health of the mind, body and the soul.

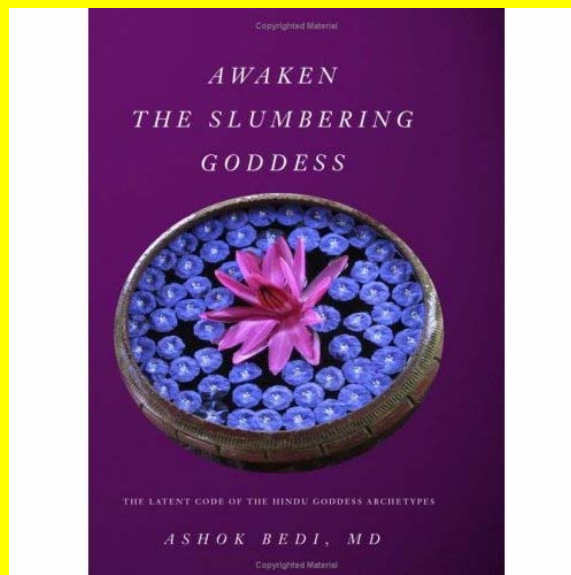
We all live a manifest outer life. Embedded in each individual is a hidden, potential life, aligned to our purpose and true calling. Sooner or later, the river of life finds the way to its destination towards the ocean. Such a meandering course is unconsciously guided by the latent code of the goddess archetypes slumbering to be awakened in the depths of our psyche. If we consciously decipher this code of the goddess, our life journey becomes vital, purposeful and aligned to our authentic program rather than a slip sliding course through the rough and tumble of life.

In this book, you will learn about this latent code of the slumbering Hindu Goddess archetypes and ways to awaken it, decipher it and deploy it in leading a purposeful life. Rishis, seekers and holy men and women in India have refined this latent code over the last five thousand years. The modern psychoanalytical methods are the Rosetta stone which now provides the framework to decode the mysteries of this code of the goddess archetypes, and use it to guide us in ways that rekindle the passion, purpose and momentum of our life.

This latent code of the slumbering goddess guides us through all the important initiations, transitions and developmental passages of our life. The latent code helps us to deal with preparation for adulthood, relationships, parenting, marriage, profession, crisis and adaptation to new challenges. With the guidance of the latent code of the slumbering goddess, we are able to live out the intentions of the universe rather than doing the bidding of our ego. A subset of these goddess archetypes helps us with each specific aspect of our life.

The latent code of the slumbering goddess is orchestrated by the soul, derived from the substrate of the timeless wisdom templates of cumulative human civilization called archetypes and implemented by our ego consciousness. When the ego, soul and the archetypes work in symphony, new symbols guide our life onto a vital, creative and purposeful trajectory. A young soul is transformed into an old soul. Our individual life is assimilated in the harmonious flow of the universe. A symbolic attitude is respectful of the guiding wisdom of the latent code of the slumbering goddess within.

Join me now in awakening and honoring this great mystery of the latent code of slumbering goddess in your soul.



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Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtotheshoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty-five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual "In the Footsteps of Carl Jung in India" study group to several centers in India under the auspices of the New York Jung Foundation.

