

Aditi

The Goddess of Void and New Creation

Excerpts from recently published book

*AWAKEN THE SLUMBERING GODDESS
The Latent Code of the Hindu Goddess Archetypes*

*By Ashok Bedi, M.D.
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One of the most significant obstacles to engage our full potential is our discomfort with the dynamics of the Void. We are generally fearful of the void, but if we can hold the tension between the void and clutter, we can tune into the flow of the universe and tap into its infinite potential to help, heal and guide us. The great Rishis, the holy men and women of the East, have long postulated that we live in three states of consciousness; awake, asleep and dreaming. But the transition between these states involves engaging the “gap” in our states of consciousness. In this gap, we are tuned into the flow of the great energies of the universe, its timeless wisdom, its infinite void, its immense potential for new creation and countless possibilities. It is also a realm of great danger, where the uninitiated can get lost in the dark side of the cosmos and not find the way back into human consciousness. Different meditative traditions of all the great cultures have some guidelines to soulfully engage this sacred space. Transcendental meditation is one such tradition of the East. The latent code of Aditi guides us in this realm of the gap, the flow, the void, and paves the way to tap into the vast potential of the wisdom of the Universe.

Aditi, although the least understood, is also one of my favorite goddesses. She is the goddess that symbolizes the energy of the void-the sacred space that is essential to make room for new creation. In the extroverted Western culture and more and more in the rapidly materialism driven Eastern world, there is disregard for the energy of the void. We as individuals and cultures have a tendency to want to fill in the void rather than honoring and nurturing it. If we are sitting quietly in the evening, we can't resist turning on the television rather than reflecting and meditating. When we are driving the car, we flip on the radio rather than permitting ourselves some musing time. When we are walking, we put on headphones rather than tuning in to the nature around us. We rarely permit opportunity for the void to whisper to us. If only we can resist trampling the void, Aditi may whisper to us from the depths of our soul and inspire us with a creative new fantasy, image, thought, impulse or possibility that can set in motion the incarnation of a new consciousness in our routine life. In my own life and the lives of my patients, whenever I have resisted the temptations of outer distractions and honored the sacred void, the inspiring and healing guidance of Aditi has blessed me. This has permitted my patients and me to make new beginnings on our path to the soul

In my book AWAKEN THE SLUMBERING GODDESS, I have explored the workings and the mystery of the latent code of Aditi and how we may invoke her to deepen our life, work, love, creativity and spirituality.

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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.pathtothesoul.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.

