

Guidance of the Goddess
Archetypes to promote Health,
Healing & Wholeness

Excerpts from recently published book

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

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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 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 is my hypothesis, based on my extensive clinical experience as a psychiatrist and a psychoanalyst - that when we live life out of the outer fringes of our psyche, or our Ego, it often 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 that is 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, usually 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 millions of years of collective experience as a species. This latent code lives in the rich myths, fables and legends 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 the powerful and mysterious goddesses of Hindu culture, collectively called Shakti, the 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 a personal crisis, transition, a traumatic event, a relationship tangle, a major life decision, some

spiritual or psychological crossroad, this archetype 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. The latent code of this archetype 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 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, the code of **Laxmi** guides our path. When we walk the line between self assertion and mutuality, code of **Parvati** guides us. 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 **Aditi** presides over the inner void and new creations. When we are trying to reconcile 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 old dysfunctional attitudes. This is guided by Kali; the dark goddess of destruction of the 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 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 (the goddess of knowledge), Laxmi (the goddess of worldly success) and Shakti (the 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.

In the Hindu spiritual and healing tradition, this latent code has a masculine and a feminine component. The masculine god images provide the structure or form to mediate the process of healing and change, while the goddess codes provide the energy and the psychological navigation to make the necessary changes in the healing process. This book focuses on the feminine aspect of this latent code, which leads to healing the rift between the conscious and the unconscious. When a bridge is established across this rift, our ego connects with the infinite and timeless wisdom of our soul and we then live out of our totality. In such a state of totality, the timeless, cumulative collective wisdom of humanity is now available in the form of the myriad myths to guide the individual to deal with life and its problems. Mundane life is now informed and guided by the sacred dimension of the soul and its source, the Spirit.

The book is available at

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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.

