FORMS OF SHAKTI

Nine Agreements

FOR CONSCIOUS WOMEN



THE FOUNDATIONAL PROMISE

To live from an evolutionary perspective

I recognize that I am part of a universe that has been unfolding for billions of years, and that this process continues through us. The impulse to grow, create, learn and become more conscious is not separate from the larger movement of evolution. I want to live with this perspective, not as an abstract idea, but as a responsibility and an invitation to participate consciously in what comes next.

The Navadurga: nine forms of Durga, one for each day of Navaratri

△ DAYS 1 TO 3

Ground and Courage

SHAILAPUTRI

Daughter of the Mountain

To be grounded in the depth of Being

Beneath my history, personality, gender, thoughts and emotions is a dimension of consciousness that is already whole and free. I want to know and trust this deeper ground of Being. From here, I do not need to build my life primarily around fear, insecurity or the need to protect a separate sense of self. I can meet life from a deeper freedom.

BRAHMACHARINI

The Devoted Practitioner

To remain committed to development

There is no point at which I am finished. I want to remain curious, alive and willing to change throughout my life. This means noticing where I have become comfortable, defended or fixed and being willing to move again. Development is not about endless self-improvement. It is about becoming increasingly available to life, to truth and to the evolutionary potential of this moment.

CHANDRAGHANTA

The Fearless One

To have the courage to stand in my own truth

I want to become less dependent on being liked, approved of or affirmed by others. When I no longer need other people to confirm who I am, I can listen more deeply, speak more honestly and take greater risks. Courage does not mean being without fear. It means not allowing fear to determine how I live. From this freedom, I can meet others openly and stand for what I know to be true.

◁ DAYS 4 TO 6

Our Place in Time

KUSHMANDA

Creator of the Cosmos

To take responsibility for the future

The future is not something that simply happens to us. It is being created through the choices we make, individually and together. I take responsibility for my part in that process. I cannot control what happens, nor am I responsible for everything, but I am responsible for how I show up, what I contribute and what I help bring into being.

SKANDAMATA

The Mother

To become conscious of what we carry forward

As women, we carry a long and complex history. We inherit patterns from those who came before us, but we also participate in shaping what comes after us. I want to become conscious of what I carry, what I need to leave behind and what is worthy of being passed on. Whether or not I am a mother, I participate in nurturing the future through what I embody, create and bring into the world.

KATYAYANI

The Warrior

To be free from inherited roles

I honour the many ways women choose to live, including as mothers, partners, caregivers, creators, leaders and contemplatives. But none of these roles defines the deepest truth of who I am. I want my sense of worth and identity to come from something deeper than the roles culture, biology or other people expect me to fulfil. From that freedom, I can choose how I want to live and what I want to give.

▷ DAYS 7 TO 9

Wisdom Lived

KALARATRI

The Dark Night

To face what I would rather not see

I want to have the courage to look honestly at my motivations, contradictions, fears and blind spots. This means being willing to enter the places in myself that are uncomfortable and to question the stories I tell about who I am. I do not need to pretend to be more conscious or evolved than I am. What I am willing to see can be transformed. What I refuse to see continues to shape me.

MAHAGAURI

The Radiant One

To cultivate clarity, discernment and a larger perspective

My feelings matter, but they are not the whole truth. Neither are my thoughts, beliefs or immediate reactions. I want to develop the capacity to step back, question my assumptions, listen to other perspectives and see a larger picture. Especially in a time of polarization and emotional reactivity, I want to meet complexity with clarity and respond rather than simply react.

SIDDHIDATRI

Giver of Fulfilment

To bring our gifts into the world

I want to discover and develop the capacities that are mine to bring into the world, and to use them in service of something larger than myself. I do not want to do this alone. In relationships grounded in trust, honesty, depth and a shared commitment to evolution, we can help one another become more conscious, courageous and free. Together, women and men, we can bring our different gifts into the creation of a wiser and more conscious future.

Credit: These 9 agreements are adapted and derived from the original "Ten Agreements for Evolving Women", developed 15 years ago by Mary Adams and Elizabeth Debold.