

## In Praise of Adya Kali: Approaching the Primordial Dark Goddess Through the Song of Her Hundred Names

Aditi Devi



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In Praise of Adya Kali details the goddess Kali, and her culture of devotion in West Bengal and South Asia. Different from most contemporary books about this Dark Goddess, this book offers a liturgy of worship—a spiritual practice, the Song of the Hundred Names of Adya Kali, that readers can use to cultivate a direct devotional relationship to Kali. In Praise of Adya Kali is also a context-setting guide, establishing this practice as a general orientation to life. Most compelling, the text of this liturgy and Commentaries contain an intimate revelation of how the goddess establishes herself in her devotees' bodies and thus intervenes, by unconditional love and acceptance, in their lives. A lengthy Introduction, both scholarly and personal, describes the goddess and the possibilities that these prayers will offer. Aditi Devi guides us in how to build a shrine to Kali, various types of offerings to make to her, and suggests a schedule for how to use this liturgy with a long-term commitment over the course of 108 nights. "This Song of the Hundred Names is a powerful teaching that all forms are her forms," the author notes. Male, female, or other gendered, readers are presented with the possibility to experience the depths of their own internal feminine energies, and thereby come into greater healing and wholeness, more readily able to express this often neglected part of ourselves.

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