

Durga

Warrior Goddess of Protection and Inner Strength



Recognize Durga in:

- strong winds
- crashing waves and high surf
- the season of autumn
- bonfires
- all forms of bravery in the service of truth
- the will to battle
- powerful leaders who take groups of people through a crisis or a war
- feeling of triumph after doing something difficult
- strong foundations, whether physical or cultural
- mountains
- upheavals that lead to new forms of culture or government
- courage from the heart
- the impulse to protect
- truth-telling
- measured risk-taking

Invoke Durga for:

- physical, mental, and emotional strength
- personal empowerment
- standing up for yourself
- starting a project and getting down to work
- completing a project
- willpower to create positive habits
- help in challenging situations
- controlling unruly emotions
- protecting other people
- ending relationships
- political power and savvy
- fighting for justice
- facing up to (and facing down!) the negative side of your own ego