
RISE UP & CALL HER NAME

*A Woman-honoring Journey into
Global Earth-based Spiritualities*

WRITTEN AND EDITED BY

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Entire curriculum re-release 2007 contains:

- ❖ Leader's Guide
- ❖ Companion DVD
- ❖ Music CD
- ❖ Sourcebook on CD-R

(Personal stories included in written form for dramatic reading; no longer available in recorded form.)



For more information or to order, please see:
www.RiseUpandCallHerName.com

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SESSION
FORMAT

1. Preliminaries (10 minutes)
 2. Teach Song "The Dark" (10 minutes)
 3. Ingathering: Sacred Female Power (15 minutes)
 4. Video (15 minutes)
 5. Drawing a Personal Shakti Design (15 minutes)
 6. Break (10 minutes)
 7. Kali Ma (40 minutes)
 8. Ritual: Kali Fire (25 minutes)
 9. Journal Writing (5 minutes)
 10. Conclusion (5 minutes)
- Sacred Bundle
Preview of Next Session
Sing "We are Sisters on a Journey"

SESSION
LOGISTICS

ITEMS NEEDED FOR SESSION

- Enlarged copy of Shakti patterns from SOURCEBOOK AND JOURNAL
- White drawing paper and colored crayons or pencils for drawing Shakti designs
- Masking tape to affix Shakti designs to wall
- Red pieces of paper large enough so participants can write several words on them — one for each participant (will be burned in the Kali fire ritual); pens or pencils
- Container for a fire (or you may wish to use a fireplace if one is available) or a large pot symbolizing fire
- Materials to make a fire, including fuel and matches
- Audio player
- RISE UP CHANT TAPE
- Copies of readings to be read by group members (For instructions on how to prepare these, see the section "How to Use RISE UP" in the LEADER'S GUIDE.)
- VCR, TV, and RISE UP VIDEO
- Easel and "Session Format" written on a flip chart pad (optional)

SETUP

If possible, set up tonight's centerpiece using items that come from India and Southeast Asia. These can include fabric, statues and/or small art objects. Also place on the centerpiece a copy of the Shakti patterns, enlarged if possible, that are included in the SOURCEBOOK AND JOURNAL. If you are using a cauldron for the Kali fire, you may wish to place that on the centerpiece as well.

Tables with materials for drawing Shakti patterns should be set in a separate part of the room.

Session opener art: Photograph of Kali, detail of temple in Kathmandu, Nepal, 1960, by Peggy Dixon. Used by permission.

PRELIMINARIES*(10 Minutes)*

- Read to group "Discoveries on the Journey" and go over session for mat.
- Catch up from last session by answering any questions.
- 12 volunteers are needed to read during this session.
 - * four volunteers to read during the Ingathering
 - * four volunteers to read introduction to Kali
 - * two volunteers to enact interview
 - * two volunteers to read alternate verses of hymns to kali

**TEACH
SONG***(10 minutes)***THE DARK**

Words and Music by Mary Grigolia. This song first appeared in the songbook entitled COMMITMENT TO A VISION a collection of songs written by Mary Grigolia. Recorded on RISE UP CHANT TAPE by Mary Grigolia. Used by permission.

NOTE TO LEADER Teach the song "The Dark" by Mary Grigolia which will be sung at the end of the Kali Fire ritual. Because there are several verses to these song, they only appear in the SOURCEBOOK AND JOURNAL. It is also sung by Mary on the RISE UP CHANT TAPE. Before practicing the song, it may be helpful to play the tape so participants can hear the tune.

**INGATHERING:
SACRED
FEMALE POWER***(15 minutes)**First reader*

In India today, every village has its Mother-Goddess, sacred to that place, with her own name and her own story. Her residence is often marked by a humble stone or tree stained with the red color of the Goddess. It is here that her devotees come with their petitions and offerings. Although her powers are specific to that locality, she is linked to the greater pan-Indian Great Mother.

*Second reader*

For the Goddess is the matrix of all that exists: whatever is, in the world of things, from Brahman (the Ultimate Reality) to a blade of grass, owes her its origin and is dependent upon her.

*Third reader*

The color red is associated with the Goddess because the menstrual flux, which is red, is held as her flower from which she produces the cosmos. In Shaktism, since women are seen as the embodiment of the Goddess, the menstrual fluid is regarded as sacred and becomes the object of veneration.



Fourth reader

In Shaktism, a menstruating woman is placed in a special category during ritual practice. Her energy at this time is said to be different in quality, and the rhythm that occurs in her body appears to be related in a mysterious way to the processes of nature. At menstruation, when the body passes its blood-food, it is believed a woman often senses an ingathering of her energy and feelings related to a deeper center below the threshold of consciousness. The masculine adept of Shakti-worship becomes "ideal" if, by ritual techniques, he can arouse his own feminine qualities.

NOTE TO LEADER *The following part of this ritual has several steps you will need to facilitate. Within the steps, there are short segments that you read or paraphrase.*

1. Draw attention to the Shakti patterns that are on the centerpiece (from the SOURCEBOOK AND JOURNAL.) Point out the downward pointing triangle which represents female genitals or yoni. It is called a yoni-yantra, the sign of feminine energy and the Great Goddess. Many mandalas, or geometric patterns drawn as pictures to aid meditation among Hindus, feature a yoni triangle. The Shakti or yoni triangle, from which all life emanates, is central to a Shakti design.
2. *Leader read or paraphrase* A great devotee of Kali once said, "All women are the embodiment of Shakti. It is the Primal Power that has become women and appears to us in the form of women."
3. Ask participants to close their eyes and think of ways they feel positive toward female sexuality, either their own if they are female or that of women if they are male. (*Allow a moment of silent meditation.*)
4. Ask participants to call out the qualities they have been meditating on.
5. When you sense that everyone who wishes to has had a chance to say aloud a quality, read the following to end the Ingathering.

Leader read

That power who exists in all beings as Peace, reverence to Her, reverence to Her, reverence to Her, reverence, reverence.

VIDEO

(15 minutes)

NOTE TO LEADER *This video includes images of a wide variety of goddesses from India, Nepal and Southeast Asia. The video ends with an explanation of Shakti which leads into the next activity. If possible, encourage participants to move immediately to the tables where you have placed paper and colored crayons and/or pencils.*