

Parlor Five: I Came to Slay

Journaling Prompts

1. The Fierce Feminine Heart

Recall a time when your boundaries were crossed—physically, emotionally, or spiritually. How did you respond or react? Where in your life could you invite more of Durga’s purposeful, protective strength or Kali’s cutting clarity to reclaim your space and truth? How would you define the difference between response and reaction?

2. Resonance or Resistance

After listening to the lecture, what commanded your attention most? Do you resonate with the energy of the fierce feminine—or does she challenge, scare, or stretch you? If so, why? What we resist, persists.

3. What Must Be Slayed

What part of you is ready to be released—an old story, a pattern, a belief? What would it feel like to stand fiercely for your own liberation? How do you envision yourself after this change?

4. Battling the Beast

What “beast” lies at the edge of your known world—within or around you? Can you feel what’s ready to be faced in order to transform?

5. Open Yet Fierce

Take a moment to tune into your heart. How does it feel at this point in your life—open, guarded, tender, or closed?

Now bring your awareness to your physical body:

- What is the story of your upper back and chest? Is there openness, tension, stagnation, or imbalance?
- How do your breasts feel—awake, numb, vibrant, or heavy? Is there built-up tissue or energy that feels stuck?

Reflect on how the physical state of your chest and heart space may mirror your emotional landscape. What might it mean for you to stand fully in your fierce love—with an open yet strong heart?

