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11:11 Talk Radio
Archives Available
February 28th 2013: Sally Kempton

The sages of Tantra have known for centuries that when you follow the path of Shakti—the sacred feminine principle personified by the goddesses of yoga—these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies.

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Featured Guest

Guest Image

Sally Kempton

Sally is the author of Meditation for the Love of It, a groundbreaking book on meditation, which Spirituality & Health called "the meditation book your heart wants you to read." She writes a regular column, Wisdom, for Yoga Journal. She offers monthly teleclasses in meditation, and an ongoing teleconference series called the Transformative Practice Journey, which unfolds different aspects of awakening practice.

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