

What is your Kavaca?

Kavaca (armor) is the thing that covers and protects.

What words, phrases, habits and rituals do you have or will you create to protect and honor your goals and desires?



What are the internal demons of your creative process?

How might you address them? Manage them? Slay them?

What external elements of your life
are sometimes a roadblock?

How might you address them?

DUM

Self-Talk

Recognize that the deities are named aspects of who we are.

This is Durga: strong, focused, resourceful, undaunted. You.
What do you need to say to yourself right now about your vision?



What will you *stop* saying to yourself?

Om Dum Durgaye Namaha