

Easy Practices and Tips to Get Empowered

The WARRIOR — SPIRIT —



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**How To Use Hidden
Mind Powers and Ancient
Wisdom To Create Wealth
and Much More**

Mary Rivas

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The Unavoidable Meeting

A very distressed man seeks the help of a wise elder.

The somber man had tried everything yet nothing had alleviated his sorrow. His only hope now, he thought, was to get help from a powerful wise sage. He had heard amazing stories about this old sage—about his incredible powers to read minds, see into the future and become invisible. It was said that the old man was in his eighties but had the vitality and strength of a man of twenty.

There was a part of him that was skeptical about the sage's rumored magical powers, but deep down inside he wanted to believe in miracles. The distraught man knew that he needed nothing short of a miracle to help him turn his life around. He was willing to go along with whatever the old one asked of him. His imagination went wild as he thought about what the sage might do.

He drove hours to meet the sage at his home in the desert. As the distressed man approached the sage's house, he walked dragging his feet and looked down on the ground. Before he had a chance to knock on the door, the sage came out of his home and invited him for a walk in the desert. As they walked towards the east in the warm desert, the sad man could hardly contain himself. He eagerly began telling the sage his sorrowful story.

"I lost my life savings in the stock market meltdown, I was fired soon after my investments collapsed, and, to make matters worse, I am single and lonely," said the distressed man. The sage replied, "I see. So what do you think is the problem?" The distressed man, feeling rather annoyed, replied, "What do you mean? I just told you my problem." The sage shook his head, as if in disbelief and said, "This is the greatest opportunity you've ever had to unravel the secrets of personal power. The trick is in what you continually choose. You can either make yourself miserable or make yourself happy. The amount of work is the same." The distressed man looked confused and replied, "But how do I know what to choose?"

The sage suddenly stopped walking and looked at him straight in the eyes. As he looked into the sage's eyes, he felt like he was looking into an infinite tunnel. He heard the sage say "Listen to the faint voice within. It's always there to guide you." As the sage turned away from him, he waved good bye and continued to walk deeper into the desert. He invited the distressed man to come back some day to tell him what he had learned from his choices.

Introduction

Do you worry that time is speeding by and you haven't achieved what you deeply long for? Are you feeling tired of the daily drudgery that makes life feel empty? How would your life be different if you had freedom to live your life doing what makes you feel alive?

Your challenges (and my past challenges) are the reason I wrote *The Warrior Spirit: How To Use Hidden Mind Powers and Ancient Wisdom To Create Wealth and Much More*. Whether your dream is to enhance your life, financially or otherwise, or to radically change it, the Warrior Spirit gives you tools to change your reality.

The Warrior Spirit teaches new ideas about manifesting—warriors' ideas. You will learn to use your mind powers to achieve your deepest goals with speed and wisdom. Anyone with an open mind and determination can use the knowledge and practices shared in this book with incredible results.

While this book focuses on helping you achieve your financial goals, it offers you far more. Its ultimate purpose is to help you connect with that higher force within you and strengthen the faith in the power of yourself.

As you'll soon learn, I changed my life for the better, and you can too, once you discover your inner power. For fifteen years, I had worked hard to climb the corporate ladder in the money management business. Yet, for all my hard work and dedication, I felt dissatisfied with the results in my life. I certainly wasn't happy about my daily three-hour commute to and from the office.

As time passed, I began to ask myself questions: Why was I sacrificing my best years just to stay afloat in a sea of never-ending financial obligations? What was I really getting in return for all my toil? Where would I end up if I continued running like a hamster on a wheel?

The more questions I asked, the clearer it all became. One day, it hit me like a lightning bolt. The faint voice within came through loud and clear. It woke me up and helped me see through the illusion. I wasn't going to get richer—financially or emotionally—by staying on the same old path.

I had lived my life based largely on a false assumption: I believed that by working in one of the most highly paid fields, I would discover investment secrets that would enable me to create wealth and achieve freedom. I had blindly followed the herd mentality of working an 8-6 job, just as I had

followed the herd mentality of investing in the stock market. The conclusion? Following the herd could not give me the freedom I was after.

The very act of becoming aware of my limiting beliefs opened up a new world for me. I had insights and could see amazing possibilities for the first time in my life.

About a year after I saw through the illusion, my life transformed completely, and almost all at once. In 2006, I resigned from my position in Los Angeles, met the man of my dreams, moved out of the city, went to live on an island and spent my days doing what I loved. Since then, new paths have opened up that have been, and continue to be, more amazing.

Can you create a different reality? Absolutely. You can change your reality once you learn how to follow an uncommon set of rules. And, you can start today.

How? It begins with understanding that you need sufficient personal energy to change your reality. As you relinquish self-defeating beliefs and heavy emotions that imprison you, your personal energy grows. What do you gain from that? Inner transformation. You become empowered gaining new insights and abilities that help you achieve what you set out to do.

Now, I'm going to tell you the most important part of the story.

During my years working in the money management industry, I lived a dual life. During the day, I worked in the corporate world. In the evenings, I studied ancient wisdom with teachers on the shamanic path. Ancient wisdom, specifically shamanism, opened up new doorways that I never knew existed. Though I have a degree in psychology, I discovered that ancient wisdom holds the most powerful knowledge about mind powers.

What can you expect to get out of The Warrior Spirit?

Here are a few highlights from the six chapters:

Change Your Reality Now prepares you internally for creating a different reality. You will learn how self-defeating assumptions and heavy emotions drain your energy and keep you stuck—financially and otherwise. This section lays the groundwork for eliminating that which weakens you and for building up your personal power.

Discover Your Warrior Spirit reveals ancient secrets about mind powers and how your mind really works. This section explains that you have a map within you that leads to your Higher Self, to your Warrior Spirit powers. It shares how you can break free from self-imposed bonds that imprison you in a world that can feel empty and dissatisfying.

Access Your Hidden Mind Powers In 5 Ways explains what to do to easily access your mind powers and grow your personal energy. It provides steps, practices and tips to empower you. As your awareness increases, you perceive new possibilities and new ways to achieve your heart-felt goals.

Let Go Of What's Holding You Back teaches how to release self-defeating ideas and habits that hold you back. You won't be able to move forward very far, if you keep repeating old patterns that weaken you. As you clear out blockages, you'll increase your energy and feel more empowered to accomplish what you deeply desire.

Manifest Inspired Goals Faster Using 4 Steps provides step-by-step practices to help you manifest inspired goals faster, easier and with wisdom. Do you know what you really want and why? What does true wealth mean to you? This section will help you get answers to often-overlooked questions.

Keep Growing Your Power On the Warrior Spirit Path gives you tips and shares more wisdom to help you keep growing your Warrior Spirit. There will be challenges as you move closer toward reaching your goals. However, when you walk the Warrior Spirit path, you'll be able to more easily overcome any challenges that come your way.

As you learn what's revealed in its six chapters, you'll gain momentum. Its practices, steps and strategies teach you how to go beyond your present capabilities. You'll soon realize how strong you really are and the immensity of what you can accomplish. Your power is inescapably linked to the Source of Creation. And, you have a direct link to this force.

You've waited too long to become the powerful being you are meant to be. Now is the time to connect with that higher force within you and discover your power. Now, more than ever, we all need to use our Warrior Spirit.

Mary Rivas

Notes On Book's Unique Approach

Without a doubt, a highly effective way to learn and integrate life-transforming knowledge is to learn it from different perspectives and apply it. That's why I introduce you to various teachers and give you practices to do.

Each teacher has a unique style of teaching and can help you advance even further. Some will tell stories and be entertaining, a few will be academically-oriented, and others will teach from a shamanic and warrior perspective. They teach different levels of empowering principles according to their purpose. You'll be instinctively drawn to what you need to achieve your purpose.

At the end of each chapter, you're guided to do specific practices that will help you integrate the knowledge in your life.

Don't worry if you don't understand something right away. Often in the process of learning, we won't "get it" right away at the conscious level. In such situations, the knowledge we acquire bypasses the critical thinking level and goes directly into our sub-conscious mind. There, in the sub-conscious, the seed grows. Then, one day, as we continue to learn, we have an "aha" moment where we get what we need to understand.

There are layers and layers of teachings in this book. Yet, a single idea can be powerful enough to radically change the direction of your life.

1

Change Your Reality Now

"You can have all the knowledge and skills in the world, but if your "blueprint" isn't set for success, you're financially doomed."

--T. Harv Eker

Do you write down your financial goals but have little or no improvement in your finances? Do you repeat affirmations about your goals but don't get the results that you want?

Writing down your goals and practicing positive thinking are helpful, but that's only part of the formula for creating what you desire.

If you want to learn how to achieve your goals with greater ease and speed, you need to become aware of energy. Everything is energy. Everything that you experience with your physical senses, such as the clothes you wear and the home you live in, once existed in the world of thought.

In this chapter, you'll discover the power of words, thoughts and other hidden forms of energy that influence your physical reality. To change your reality requires energy. You need to know that self-defeating assumptions and heavy emotions drain your life force and keep you stuck—financially and otherwise. This chapter prepares you internally for creating wealth in all its forms. It also lays the groundwork for helping you eliminate that which weakens you and to increase that which strengthens you.

By expanding your awareness of energy, you will change the way you think and act. That's just the way it is. Awareness leads to change.

What Does Energy Have To Do With Wealth?

Everything. Growing research in science is now beginning to confirm what ancient wisdom, specifically shamanism, has taught for eons. Everything is alive and interconnected in a web of energy. Your thoughts are not separate from your physical reality; they create your reality. You and the Source of Creation are one.

Physicists, for example, have come to realize that the universe is interconnected in much subtler ways than once believed. Quantum physics

shows that the observer and the observed are not separate; the observed is affected by the observer and vice-versa.

Shamans, for eons, have passed down amazing knowledge about the nature of our reality that we have yet to discover. Shamanism predates all known religions, psychologies and philosophies. You can think of it as a set of tools developed over the ages that help people bridge the apparent separation between the physical and spiritual world.

Do you remember Einstein's theory of relativity and the principle that energy and matter are interchangeable? It's fascinating. Matter is nothing more than a form of energy; it is slowed-down or crystallized energy.

Visible forms of energy, such as money and your home, once existed in the world of thought. They were once ideas that coalesced into form and density until they materialized on the physical plane. The question is then, how can you materialize your ideas?

First, know that thoughts and words are powerful forms of energy. They are, in fact, the magical property of whomever knows how to use them wisely. Before we go any further, you need to ask yourself some important questions.

What Are Your Wealth Beliefs?

Take a few minutes to complete the Wealth Beliefs Questionnaire that's in your *Warrior Spirit Workbook*. (You received it when you purchased this program.) Be honest with yourself. Don't worry about the results when you score it.

Stop reading right now and answer the questionnaire.

This questionnaire will help you become aware of your thoughts and beliefs about wealth. You'll learn about limiting money beliefs that keep you stuck. You'll gain awareness about self-defeating assumptions that could be costing you money, time and happiness.

Once you become aware of your money beliefs, you'll be in a more advantageous position to start creating a different reality. Awareness is a powerful ally that should not be underestimated. By asking yourself questions and reflecting on your beliefs about wealth, you start the process of changing your probable future. You're learning how to become your own teacher.

Now that you're more aware of your beliefs, you're ready to dig deeper into the power of hidden allies.

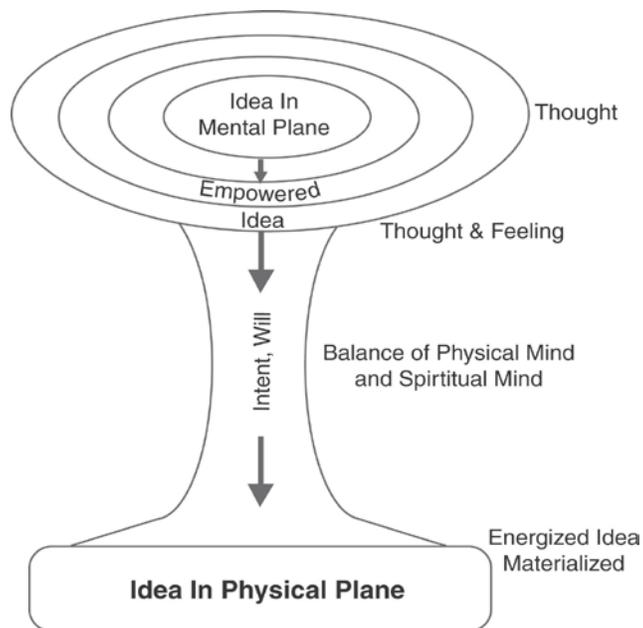
Is Your Reality Negotiable?

Beliefs carry enormous power. You don't experience them with your five senses, but they are just as real as anything you touch, taste, hear, see or smell. They are alive and absolutely influence your probable future. Yes, reality is negotiable. You can change it once you learn the rules of the game.

Look at the illustration below. What does it show you?

Simply, it shows you that when an idea is empowered with energy from allies such as thoughts, feelings and will, it changes into form and materializes on the physical plane.

How Thoughts Become Results



To transform an idea into a result on the physical plane, you need to energize it in a certain way with your mind and emotions. If you write down a goal, but you spend most of your waking hours imbuing it with doubt, chances are the goal will not manifest any time soon, if ever. The reason is that heavy emotions, such as worry, doubt, and fear, weaken the energy behind your idea.

The moment you have limiting thoughts, you push the results that you want away. There's truth in the law of attraction. What you focus on does

expand. That's why you need to continually be aware of your thoughts and choose them carefully. They not only create your external reality, they influence your inner world too. That's right, your thoughts influence what you experience out there and what you experience within.

What Does Energy Have To Do With Health?

Everything. The groundbreaking research of Dr. Masaru Emoto, a scientist and visionary, reveals how thoughts and emotions can change physical reality.

His studies have shown that thoughts, words, ideas and music affect the molecular structure of water. He visually documented molecular changes in water by means of his photographic techniques. He researched how thoughts and words affected the formation of distilled water crystals, using words such as love, war, Mother Theresa and Adolf Hitler.

Dr. Emoto's research found that when water was exposed to loving words, it transformed into beautiful, complex, and colorful snowflake patterns. In contrast, water exposed to dark thoughts, such as war and hate, formed incomplete, asymmetrical patterns with dull colors. Dr. Emoto's research supports the knowledge that thoughts and emotions create physical reality.

His findings are especially interesting when you consider that both our bodies and our planet are made mostly of water. If water in a laboratory can be transformed by thoughts, imagine what happens to your body when you continually hold negative thoughts. Are you creating health or illness in your body with your thoughts?

In his books, *Hidden Messages In Water* and *The Secret Life Of Water*, you can see photographs of his research results. You can learn more about his research process by visiting his Web site at <http://www.masaru-emoto.net>

How Are Your Thoughts Affecting the World?

On a grander scale, imagine how we are affecting the planet by the thoughts that we collectively hold. How are your thoughts affecting others? Do you empower or weaken others with your thoughts?

When you hold loving and caring thoughts about a particular person, even a stranger, that energy immediately benefits that individual. Medical research has shown that prayers have the power to heal regardless of the distance between the patient and the person doing the praying. Energy is not limited by time or space.

Physicists and researchers, such as John Hagelin and Hassim Hamein, have also studied the effects of consciousness on reality. They both have dedicated their lives to studying the principles of a Unified Field theory and its applications to life. The Unified Field is the deepest level of physical reality discovered by science. It is a universal field of nature's intelligence that governs the vast universe with perfect order. Among their many findings, they have discovered a link between higher levels of consciousness and universal intelligence.

Gregg Braden is another researcher who bridges ancient wisdom about consciousness with science. He has cited study after study in which modern science is now proving what the ancients have been saying since the beginning of time: an unseen web of energy connects us all. A growing number of scientists call this web of energy the Mind of God.

Do You Know Your Enemy Thoughts?

If you haven't already done the Wealth Beliefs Questionnaire that I explained in the previous section, do it now. By becoming aware of your beliefs, you can control your thoughts, and change the results you're getting.

Beware. While thoughts can be your allies, they can also be your greatest enemies. You have two types of thoughts: those that empower you and those that weaken you.

- Expansive thoughts empower you. They are your allies. Expansive thoughts are a part of your Warrior Spirit. Empowering thoughts help you become the powerful being you are meant to be. Expansive thoughts give you strength and build your personal power. They strengthen your connection to your Higher Self.
- Limiting thoughts weaken you. They are your enemies. If you allow them, enemy thoughts will take your power away from you. Limiting thoughts restrict you. Enemy thoughts keep you from realizing your true potential; they hold you back and drain your personal power.

Your Warrior Strategy: Know Thy Enemy.

You are now a spy seeking to infiltrate your inner world to understand the forces that limit you. Your strategy is to seek out enemy thoughts that produce self-sabotage. You will eliminate thoughts that weaken you and choose those that empower you.

Often, just identifying an enemy thought is enough to defeat it. Shedding light on darkness diminishes its power.

One way to become aware of your enemy thoughts is to become aware of how your body feels when you hold a thought. Thoughts produce feelings. Expansive thoughts lift your spirit, increase your energy, trigger new insights and help you feel optimistic. Limiting thoughts weaken you, discourage you, and prevent you from perceiving possibilities and from taking action towards your goals.

Do You Predominantly Use Enemy Thoughts or Empowering Thoughts?

Limiting Thoughts “Enemy Thoughts”	Expansive Thoughts “Empowering Thoughts”
I don't know how to make smart investment decisions.	My knowledge and intuition help me make smart investment decisions.
I'll never be able to save money and start an investment plan.	I can save money, and I am creating a successful investment plan.
If my Internet business makes money, I might be able to buy a house.	I am thankful that I am creating huge financial success with my business.
If I don't have a job, I won't be able to survive.	There are so many ways to acquire what I need. I am being inspired to create money in completely new ways.
Money is not important.	I value money and all the riches that I have in my life.
I don't have time to work on my project. There's not enough time to get it done.	I know I can attract resources, ideas and people that will help me achieve my goals more quickly.
It's no use. I keep trying, and I always fail.	I will tweak my strategy until I get it right. I am now reaching my goal using my inner power.
I don't think they would want to help me.	I trust that I am being guided to contact the right people who can help me.

Circle the statements above that you connect the most with. Which of the two types of thoughts typically dominate your thinking?

Reflect on how your dominating thoughts could be affecting the results you're getting. For example, what do you think the effects could be of continually thinking that people won't help you? You probably will avoid asking people

to help you and you won't get the help you need. You could be making your life unnecessarily difficult.

Do You Act With the Warrior's Spirit?

The average man acts out thoughts and never takes responsibility for what he does. A warrior takes responsibility for his acts, even for the most trivial of acts.

Avoid the trap of not taking responsibility. By not taking responsibility for your life, you lose your power, your capacity to choose. To not take responsibility for what happens in your life is to live life passively. It's a sure way to allow your enemy thoughts to control you. The passive approach does not empower you; you will only be at the mercy of your enemy thoughts.

Liz is a case in point. She believes she has no real control over what happens in her life. Liz does not grasp that her thoughts adversely affect her self-confidence, finances and relationships. Her limited perspective keeps her from being aware of how her enemy thoughts control her. As a result, she lives her life passively. Since she does not stand up for herself, she repeatedly allows herself to be a victim on many levels. One of her patterns is to attract people into her life that mistreat her and exacerbate her financial problems.

Recently, she offered her home to a casual friend who wanted a place to stay until he could save enough money to afford his own home. Two days after he moved in, her friend took advantage of the situation. He ate her food without permission, stayed up late at night talking loud on the phone and would not lift a finger to clean up after his mess. She hoped he would offer her some money in exchange for letting him stay in the spare bedroom, but he did not. Naturally, she was angry.

Rather than confront him and speak to him in a calm manner to explain how she felt, she wrote him a letter. She vaguely told her friend how she wanted him to respect the house rules. But as much as she needed the money, she could not get herself to ask him for rent money. The situation worsened.

I suggested to Liz that she have a talk with her friend and be more assertive about what she wanted. She replied that she could not tell him to leave. She didn't have the confidence to confront the situation and stand up for herself. She allowed her fears to control her. Liz feared that if she stood up for herself, her friend would dislike her or argue with her.

Liz perceived herself as a victim of the situation. She was passive and waited for him "to get the point." For months, she indulged in self-pity, and

for months, her friend continued to take advantage of the situation. She often asked “Why are people so inconsiderate to me?” Eventually her friend moved out, but another abusive person came into her life.

This self-defeating pattern will continue until she becomes aware of the power of taking responsibility for everything that happens to her. Remember, awareness leads to changes.

Do You Indulge in Self-Pity?

Self-pity is an easy trap to fall into when you don't take responsibility for what happens to you.

Ask yourself two questions to know if you indulge in self-pity: Do you tend to blame others and things out there for your troubles? Do you tend to continually whine about the bad things that happen to you? If you answered yes to either of these questions, you're stuck in the “poor me” world.

Avoid the “poor me” world completely. The Warrior Spirit does not go there. If you continually indulge in self-pity, you will attract people and circumstances that will weaken you. Self-pity will also sap your energy with heavy emotions, such as sadness, anxiety and worry.

Unless you have sufficient energy, you won't have enough personal power to change your reality. That's why this book guides you to build and preserve your energy.

You have the power to control your thoughts. You have the power to make different choices when you want to change the results in your life. Take responsibility for everything in your life, and you will have freedom to achieve your financial and other personal goals.

Why Do You Tend To Have Limiting Thinking?

We all have a tendency to lean towards limiting thinking.

Our parents, family, teachers and modern society did not teach us about our mind powers. In fact, over the ages, modern society has purposely kept us ignorant about our potential power. Shamans have long taught that forces continually seek to control us by keeping us ignorant of our divine nature and sapping our energy through fear-based programming.

When we were young and very impressionable, our caretakers passed on to us ideas that society passed on to them. They didn't question the beliefs they passed on to us, and neither did we. Most of us, including my past self, merely accepted what we learned.

For over a decade, I commuted several hours each day to work at an investment company in Los Angeles. I believed that the only way I could support myself was to work for someone else. My mother had ingrained that idea deep in my mind, and I never questioned it. "Just be thankful that you have a job" she repeatedly told me.

It wasn't until I started to ask myself questions and dig deep within, that I discovered there was another world of possibilities. I asked myself two main questions: What am I getting in return for all my hard work and sacrifices? Where will I be in ten and twenty years if I continue on the same path? Over time, I began to realize that I had been living my life making and spending money based on limiting thinking. Once I became aware of my enemy thoughts, I started to make different choices.

I decided to create a side Internet business doing what excited me. It gave me a new zeal for life. While my new business venture wasn't profitable enough for me to quit my job, it did open up other paths that enabled me to resign from my position and radically change my life for the better. Had I not taken small steps toward my dreams, the other paths would have not materialized.

How often do you question your beliefs?

To make powerful transformations in yourself, ask yourself questions that will help you see yourself and your situation in a new light. As you practice introspection and go deep within, you get answers that you earnestly seek. Your awareness expands. When that happens, possibilities increase. You'll be able to see opportunities that previously were hidden from you.

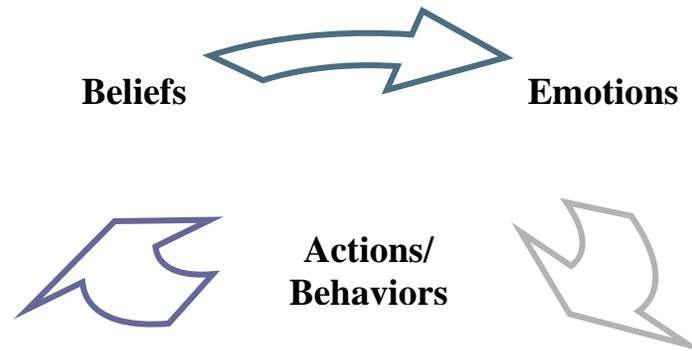
How Your Thoughts Affect Your Results

The sub-conscious mind can't reject ideas. It accepts all the ideas that you give to it. If you don't question ideas or beliefs, you give the sub-conscious mind the green light to plant whatever ideas you accept.

In the above example, I learned as a child that adults go to school, get a job and live life to pay bills. I didn't question what I learned. As a result, for many years, I worked at a job that enabled me to pay my bills but didn't help me be financially or emotionally free. I felt drained physically and emotionally. For years, I didn't have enough energy to perceive the possibilities right under my nose or to take life-changing action.

Your sub-conscious mind accepts all your beliefs and ideas, regardless if they are true or not. That can be to your great advantage when you hold expansive thoughts, but to your disadvantage if you hold limiting thoughts.

Beliefs affect your emotions and, ultimately, your behavior.



Beliefs and thoughts trigger emotions. Emotions build your energy or deplete it. Expansive thoughts lead to energy producing emotions such as joy and optimism. Limiting thoughts, in contrast, produce heavy emotions that weigh you down with feelings of discouragement, hopelessness and sadness.

Emotions, in turn, affect your behavior. Naturally, if you experience energy-depleting emotions, such as worry or discouragement, you're not likely to perceive the possibilities hidden right under your nose. And, you're not likely to have enough energy to take empowered action, or any action, to produce the results you want. Think back to a time when you felt depressed or worried. How did your emotional state affect the results you got?

What Can You Do To Live Life More Expansively?

Begin by questioning your beliefs and feelings. As you get to know yourself at a deeper level, you'll have more awareness of your enemy thoughts. Often, the mere act of becoming aware of self-defeating assumptions is enough to diffuse their power over you and even eliminate them. By becoming aware of thoughts that weaken you, you can learn from them and stop giving your energy to them.

Get into a habit of asking yourself questions such as: "How does this belief benefit me financially, emotionally, spiritually?" "Is this belief or thought expansive or does it limit me in any way?" If you discover that an idea restricts you, discard it and replace it with an empowering thought.

Don't assume because a well known "expert" tells you something, that it is true. This guidance applies to not only your financial well-being but all areas of your life, including your health.

You were made from a place of power. Whenever you choose to, you can take back your power. This requires you to unlearn much of what you have learned. Being aware of your self-defeating assumptions helps you live your life more expansively. Awareness helps you make different choices that empower you.

Beware of the Dark Side

Your thoughts not only impact your personal life but affect the world around you. When you perceive the bigger picture, you'll know that collectively our minds affect our environment. The chaotic state of our world reflects the chaotic state of most people on the planet. The world mirrors back to us what we hold in our consciousness on a personal and global level.

We've lost our spiritual connection and have become lost. As a result, limiting thoughts dominate the collective consciousness. The effect is weakness.

From a warrior's vantage point, weakness is of the dark side. It is the realm of fears, hatred, greed, doubts, worries, regrets and selfishness. You can not afford to deplete your energy by succumbing to the dark side. Beware of beliefs that entrap you in darkness. Heavy emotions, especially fear, will imprison you mentally, emotionally and spiritually, if you allow them to.

Do Your Thoughts Make You Poor?

The classic books on wealth accumulation, *Think and Grow Rich* by Napoleon Hill (now in audio) and *The Science of Getting Rich* by Wattles, (which you received as a bonus) explain that creating wealth requires the proper mindset. I recommend these classics to reinforce knowledge about the relationship between the powers of the mind and riches in general.

Having the right mindset can positively help you create a rich lifestyle just as limiting thoughts can make you poor. That's why earlier in this chapter I suggested that you complete the Wealth Questionnaire. It helps you become aware of your beliefs about wealth.

You can choose to be a poor thinker or a rich thinker. Which of the two do you identify with the most?

Poor Thinkers

Limiting thinking controls the poor thinker. This type of person repeatedly indulges in limiting thinking such as, "I can't afford that" or "It's hard to make good money." Another common belief is "Money is not important." The poor thinker thinks poor and feels poor. Poor thinkers live in fear of not having enough money or running out of money. They have a low comfort zone with money and their relationship with money shows it.

Poor thinkers have a difficult time creating wealth and when they do, they tend to have money leaks. No matter how much wealth they create, they have problems holding onto it. It disappears through unexpected expenses, lawsuits, bad investment decisions and "bad luck." Even millionaires can have a poverty mentality.

If you're a poor thinker, you need to practice continual self-observation to be constantly aware of your thoughts. Awareness is the first step to change. Doing self-observation practices, such as the Wealth Questionnaire, will help you shift your thinking.

Rich Thinkers

Rich thinkers choose to think expansively. They continually think and say expansive statements such as "I have the money I need to live the way I want" or "I appreciate having the ability to make smart investment decisions." Rich thinkers appreciate money and treat it like a good friend.

Rich thinkers create wealth more easily. They do not live in fear of not having enough money. Rich thinkers know that they have what it takes to create wealth over and over again, if they chose to. They understand, consciously or unconsciously, the principles of creating.

T. Harv Eker, a seminar leader and bestselling author, has an entertaining and insightful way of explaining how a rich mindset can change your life. He correctly explains that we all have a personal money blueprint ingrained in our subconscious mind, which determines our financial destiny. This money blueprint is a result of our past "programming." If you want to change your financial situation, you will need to change your thoughts and feelings about money. To learn how to get free resources from Harv Eker, refer to the Resources section at the end of this book.

Money Can Be Your Teacher

Money can be a great teacher. Your relationship with money can reveal your weaknesses and strengths in other areas of your life. As a sage once said, "How you do one thing, is how you do everything."

If you tend to be irresponsible and disorganized with your finances, notice in what other areas of your life you also tend to be messy. Is your home full of clutter? Is your car and work space clean and organized? Are you irresponsible with your commitments and relationships? Observe yourself. Do you see a pattern?

You will be in a more advantageous position to attract money into your life, when you show the universe that you are fully capable of handling your finances and are a good steward of wealth. How can you handle more money if you are disorganized with your finances today? Take responsibility for all aspects of your finances. Earn your money by being impeccable with your thoughts and actions. Spend money wisely. Take care of your bills, give to others in need and treat money with respect.

You can break patterns by being aware of them and changing your behavior. For example, if you tend to have a messy home environment, start cleaning up your home and getting extremely organized. By cleaning up your home environment, you help other areas of your life, such as your finances. As you clear your physical environment, you clear your mental and emotional world. Remember, everything is interconnected.

Here's another example of how money can be your teacher. When you judge and criticize people merely because they have wealth or don't have it, you tend to push money away from you. You send mixed messages to the universe that you want money yet you don't have an open mind about it. You not only push money away, you affect other aspects of your life with your biases. Avoid judging people based on their wealth or lack of it. Avoid judging people altogether. When you stop judging others, you probably will find that you will stop criticizing yourself too.

Do You Tend To Think In Terms of Either/Or?

It's common for people to be judgmental about money and to label it as either good or bad. Avoid the trap of being narrow-minded with an "either/or" mentality. By labeling something as black or white, you limit yourself and the possibilities in your life. Experiment using "and" in place of "either" and "or". For example, rather than think "I can only get more money either by working over-time or with a second job" think expansively using "and". Try this instead: "I can create more money by working over-time and also by being creative with new ways to make money."

Do You Treat Money As a Friend?

Treat money as a good friend. Welcome it into your life with a smile, appreciation and gratitude. Money is a form of energy. It is drawn to those

who are drawn to it. Remember, you're not likely to create riches, in all its forms, when limiting beliefs dominate your thinking.

Do You Allow Money To Control Your Happiness Today?

Another common trap is to think and feel that you will be happy only after you achieve your financial goals. This is a narrow-minded perspective. It implies that events have to follow in a certain order—first the financial success then the effect (happiness). The truth is it works both ways. Our reality is non-linear. By being happy first, you can actually speed up the process of achieving your financial goals.

Think expansively about your financial goals. There's always more than one way to get what you want. Open up your mind to new ideas!

Creative Ways to Improve Your Finances and Enhance Your Lifestyle

What does wealth mean to you?

Is it having a certain amount of money in the bank or is it having a certain lifestyle that makes you feel rich? Do you fantasize about having the freedom to spend your days doing what you love and getting paid for it? Does wealth mean exotic traveling and living in a beautiful home?

Whatever wealth means to you, know that there is usually more than one way to get what you want. In chapter 5, you'll learn how to energize your goals and manifest them, but before you do, know what you really want and why.

You can greatly improve your financial situation and enhance your lifestyle in multiple ways, once you open your mind up to the possibilities. When it comes to financial goals, most people think of only creating more money. Yes, you can make more money, *and* you can do much more than that too!

Six Ways To Enhance Your Lifestyle

- Make the same amount of money you're making now but in half the time. I've known people who've quit their job to work as highly-paid consultants. They earn about the same amount of money per month that they used to as employees but working half as much. Now, if you're an entrepreneur, you can outsource many of your tasks to smart employees in foreign countries for very little money. Some entrepreneurs use this strategy just to have more free time. Personally, I outsource to increase revenues *and* free up my time. (Refer to the Resources section of this book to learn more about outsourcing.)

- Move to a different state or country with a lower cost of living and get twice as much for your money. This is one way you can get that bigger house for less, or get a smaller house and increase other assets. Ask yourself, “What kind of attachments can I let go of to live a different and better lifestyle?” (Refer to the Resources section of this book to learn more living abroad.)
- Create a side business doing what you love. The Internet (at least for the foreseeable future) can open up new possibilities for you that are not available in the bricks and mortar world. It enables you to use your creativity and offer services or products that can give you self-satisfaction as well as income.
- Create less money than what you’re earning now but live a richer lifestyle with more free time to do what satisfies your heart. This may require simplifying your lifestyle yet enhancing it with new experiences. Sometimes less is more. Less stress can translate into happier relationships and better health.
- Barter your services and expertise for something that you want. What knowledge, service or goods can you offer to someone or a company to get something valuable in exchange?
- Make wise financial decisions and get your money to stretch far. Even the very rich lose huge sums of money through narrow-minded thinking. Unexpected money outflows can happen resulting from foolish spending, unwise investments, unnecessary lawsuits and unnecessary medical expenses. It’s not enough to make money. You need to learn how to live wisely, which includes using money wisely.

There’s more. Here are life stories that show how you can sometimes get what you want without spending what you think you need to spend.

Three Money Stories –Getting What You Desire Without Spending Money

A friend of mine once offered a business owner his ideas on how to resolve a serious issue the company owner was having. My friend offered his business advice as a personal favor. He didn’t realize that he was engaging in a barter. The company owner was so impressed with my friend’s astute business insights that he asked my friend what he would like to receive in return. My friend told him that he wanted his Bentley.

Yes, he got the Bentley. My friend enjoyed telling me this story as we drove around in his new car. (The average price of a Bentley is around \$150,000.)

Years ago, when I lived on an island near Long Beach, California, I really wanted to have a second home in Los Angeles so I could spend time with my daughter in Los Angeles. Long story short, I got a fully furnished, very elegant home that exceeded what I had imagined was possible.

It was a unique situation. I offered part-time consulting services in exchange for high consulting fees and a beautiful home. My daughter lived with me in this second home for the time that we needed to take care of important matters. For about two years, I divided my time between Catalina Island and Los Angeles. It was great for a while. But once we took care of what we needed to do together, we moved on to new paths.

This next story really touches my heart too.

My sister confided to a friend one day over lunch that she deeply wanted to learn how to use a computer. The problem was that she couldn't afford a computer. My sister had dedicated her life to bringing up her children, and now she wanted to start doing things for herself. Being able to use a computer was on the top of her dream list.

Weeks later, the surprise came. Her friend delivered her a shiny new laptop. My sister was shocked and beyond grateful. She never thought that she could get a computer. This amazing gift came her way because she opened up her heart, confiding to a trusted friend about her dream (which she didn't normally do), and had faith her prayers would be answered. You never know how a friend can help you out.

Build a Business With No Capital

If you have a leaning towards business, refer to the Resources section for a free e-book on how to shift your business thinking forever. Learn how to expand your sense of limitless possibilities in the area of business. In this e-book, you'll find stories of how a billion dollar cruise line was built without using capital. You'll learn how one man built an 18 million dollar company using other business' resources and none of his own capital or risk. You'll learn about making tidy sums of money using creative, unconventional thinking. It's a great read to open your mind to financial possibilities.

Chapter 1

Warrior Spirit Highlights & Action Steps

Highlights

- Everything on the physical plane once originated in the world of thoughts, in the realm of Spirit.
- Powerful thoughts are your magic wand if you know how to use them to your advantage. Enemy thoughts can make you poor financially, emotionally and spiritually. Empowering thoughts enable you to change your reality.
- Science supports ancient wisdom. We live in a web of energy where everything is interconnected; your thoughts influence your physical reality. Some call this web of energy the Mind of God.
- Expansive thinking helps you get what you deeply desire in more ways than you can imagine.

Action Steps

Practice #1: ***Wealth Questionnaire #1.***

Practice #2. ***What Results Are You Getting Now?***

Refer to your *Warrior Spirit Workbook* for details.

* * *

Next

Now that you're aware of how your thoughts can push desired results away and how they can help you manifest what you want, you're ready to discover the Warrior Spirit within you. It's time to discover your power. In the next chapter, you'll learn how your mind really works and what ancient wisdom teaches about mind powers. You'll discover your two minds and an inner map that is your direct link to the Source of Creation.

2

Discover Your Warrior Spirit

A rule of thumb for a warrior is that he makes his decisions so carefully that nothing that may happen as a result of them will surprise him, much less drain his power.
--A Native American shaman

Do you tend to procrastinate and not finish what you commit to? Do you tend to regret what you don't finish?

A shaman once told me that procrastination is a demon of distraction. Fears, regrets, emotional attachments, blame, anger and over-analysis are just a few more to add to the list of distractions.

What are distractions? They are enemy thoughts that keep you from creating. They prevent you from becoming the powerful being you are meant to be. All distractions have one purpose: they weaken you.

In this chapter, you'll discover how your mind really works and the incredible mind powers that are available to all of us. As you expand your awareness of how your mind works, you'll gain momentum in connecting with your Warrior Spirit. You'll know why distractions creep into your life, and how to start eliminating them.

What Does Ancient Wisdom Reveal About Mind Powers?

What I'm about to reveal to you is knowledge from two extraordinarily powerful Native American shamans who possessed a rare ability to simplify the powers of the mind. This model of the mind is simple yet profound. Though I have a psychology degree, I discovered that ancient wisdom holds the most powerful knowledge about mind powers.

We have two minds: a physical mind and a spiritual mind.

How Your Physical Mind Can Limit Your Success

Your physical mind is the mind that you're conscious of. It's the mind that you use every day. It's ruled by logic. This mind limits your perception through logical beliefs. It is limited to what it can perceive through the five

physical senses: sight, sound, smell, taste and touch. It controls you through enemy thoughts and distractions.

Have you ever tried to meditate and noticed that your mind bombarded you with nonstop mind chatter? That was your physical mind. It doesn't quiet down. This mind, if not controlled, brings disorder, confusion, worry and doubts.

Your physical mind helps you to exist in the physical world, but it confines you to the physical world as well. By relying on this mind alone, you will make it unnecessarily challenging to achieve your goals— financial and otherwise. Why? When you rely only on your physical mind, you lose your connection to that higher force within you. You weaken your connection to Infinite Intelligence, to Spirit.

How Your Spiritual Mind Increases Your Success

Your spiritual mind is the mind you're not typically aware of. It rarely is acknowledged and is greatly underused. You haven't learned to open up to this mind since society has taught us to rely exclusively on our physical minds.

Your spiritual mind is your connection to your Higher Self. It brings out your Warrior Spirit within.

This mind is not limited in any way. It is your link to Infinite Intelligence. This higher mind perceives what is intangible. It experiences that which defies logic. For this reason, society does not teach you how to use your spiritual mind.

Your spiritual mind communicates to you in a different language than the physical mind. Rather than using logic, it communicates to you via feelings, images, intuition, hunches and signs. Through its communications, it wants to help you feel inspired and empowered. If allowed, your spiritual mind will answer your most pressing questions and guide you to live a truly extraordinary life.

When you use your spiritual mind, you free yourself from self-imposed boundaries. You connect with your Warrior Spirit. You are inspired to take risks and advance. Your higher mind helps you live your life expansively. This mind knows of the power of faith that opens doorways to infinite possibilities. It builds your personal power.

How Often Do You Allow Your Spiritual Mind to Help You?

Read the examples below. Which of your two minds do you predominantly use in your day-to-day life?

Do you tend to indulge in enemy thoughts and use limiting words such as “don’t” and “can’t”? How often do you think expansively and feel that nothing can stop you?

Physical Mind and Enemy Thoughts	Spiritual Mind and Expansive Thoughts
What if I fail at this endeavor and have nothing to show for it in the end?	How will I grow and become stronger just by taking action? What will I discover about myself that I can use the rest of my life?
I don't have time to pursue my heartfelt goal. I will follow my vision next month.	I will make the time to pursue my dream every day, and I know I am guided to pursue my goal in the most efficient way possible.
What if I do not have what it takes to succeed in this goal?	I trust that the universe will provide to me all the resources I need at the right time to achieve my goal.
I can't do it. I failed miserably and don't think I should try anymore.	I learned a valuable lesson from this experience, and I know I can accomplish my goal now.

Why Do You Tend To Ignore Your Spiritual Mind?

An ongoing battle goes on all the time within you. Your two minds continually compete for attention. Your spiritual mind tries to communicate with you, but the physical mind overpowers it with non-stop chatter. For this reason, most people can't tune into the communications of their higher mind.

A constant battle exists because your physical mind is afraid that if you begin using your spiritual mind, it will lose its dominant position. And it will. As you start using your spiritual mind, your physical mind will cease dominating you. Your physical mind will still communicate with you, but its control over you will subside.

Unless you quiet your physical mind, your spiritual mind can not emerge to help you. Think of your physical mind as a radio blasting loud and your spiritual mind as a whispering voice. Imagine trying to listen to someone whispering to you while you have the radio blasting. You probably won't be able to understand the whisper, right?

Since society does not teach you to use your spiritual mind, you will need to learn how to tap into this hidden force within you.

The Power of Fusing Your Two Minds

Both minds serve you, but they help you in different ways. Remember, your physical mind uses logic and analyzes what it can perceive through the five senses. Your spiritual mind communicates to you through feelings, images and symbols. Your greatest power will be realized when you learn how to integrate both your physical and spiritual minds into your every day life.

You can use the power of both minds in infinite ways to help you in your daily life. Whether you need help with financial, relationship or health matters, you can summon these allies.

Here's a simple example of how you can use both minds to help you with a business decision. Let's say that you have a gut feeling (your spiritual mind) that you should start a business selling a specific product. That idea makes you feel enthusiastic, but you're not sure if you should proceed.

Acknowledge the feelings and put them aside. Clear your cup of emotions, and then do the practical research (your physical mind) without any emotional attachment to your idea. Research the product objectively using your logical, physical mind. Analyze the facts to determine if the rational analysis confirms what your gut feeling suggested to you. Run the numbers, analyze the potential for sales revenues, and study if the product has a solid track record. In other words, create a well-researched business plan.

If the facts from the business analysis confirm what your feelings told you, then you probably have a green light. But if the logical analysis reveals that your business idea has weak potential (perhaps the numbers show that the demand for the product is low or declining), then you should probably think of an alternate business plan.

You can take it a step further and spend quiet time reflecting on your idea after you do your research. In the next chapter, you will learn how to access the deeper powers of your spiritual mind to gain insights and guidance on any matter.

Often people will make foolish decisions to implement business ideas based solely on logical analysis or gut feelings. You don't want to ignore either mind, but rather use both of them.

We are part physical and part spiritual beings. To use our fullest power, we need to use both aspects in all areas of our life. If you tend to make business decisions, for example, solely based on your physical or spiritual mind, you'll have imbalance in life. This leads to foolish decision-making that can not only cost you money but strain your relationships and health.

Shamans, and teachers of true knowledge, teach that by fusing both physical and spiritual worlds, we can do far more than enhance our daily lives. Fusion leads to quantum leaps in our abilities and evolution.

Let's now delve deeper into how your inner world operates.

Your Physical Mind and Demons Of Distractions

Remember that in the previous chapter you learned that enemy thoughts weaken you? Enemy thoughts, such as procrastination, over-analysis, and worries, derail you from what you need to accomplish. They do so by distracting you.

Maybe you've had a recurrent desire to achieve something but whenever you think about your idea, doubts and fears control you. What happens next? Your emotions stop you and you don't take empowered action towards your goal. How often has that happened to you?

Distractions come from your physical mind. In this way, your physical mind can sabotage your goals and keep you stuck.

Why does your physical mind indulge in such distractions?

The answer is simple. That's the nature of your physical mind.

The Four Mind States

Behavior scientists have found that we have four distinct states of mental awareness: Beta, Alpha, Theta and Delta. Each state corresponds to distinct brainwaves and different abilities.

Your physical mind corresponds to the Beta mind state. Alpha, Theta and Delta, in contrast, are links to your spiritual mind.

Beta – The Fastest State of Mind

From a scientific standpoint, your brainwaves oscillate the most (between 14-30 times per second) when you are in Beta. That means that your mind is in a state of rapid, never-ending thoughts.

Have you ever tried to quiet your mind but found that it was impossible to stop thoughts from zooming in from every direction? Or, maybe you've had the experience of not being able to remember an answer when you felt worried or nervous? That was Beta.

This level of awareness is associated with stress and stress-related symptoms such as worry, fear, confusion, insomnia, aches and pains.

Scientists have found that most people spend virtually all of their waking hours predominantly in the Beta state. There are few exceptions. People that regularly practice certain meditative or awareness exercises tend to use all four mind states more regularly.

Disadvantages of Beta

Research has shown that when people are primarily in Beta, they have the poorest potential for learning. Also, a person's ability to reach creative solutions and breakthroughs is at its weakest in this state. Being predominantly in Beta restricts you to logical, linear and either/or thinking.

When you allow your physical mind to imprison you in its limited world, you are at a great disadvantage. Your spiritual mind can not easily communicate with you.

Your Spiritual Mind –Your Doorway Into Mind Powers

Beyond your physical mind is the beginning of your sub-conscious mind.

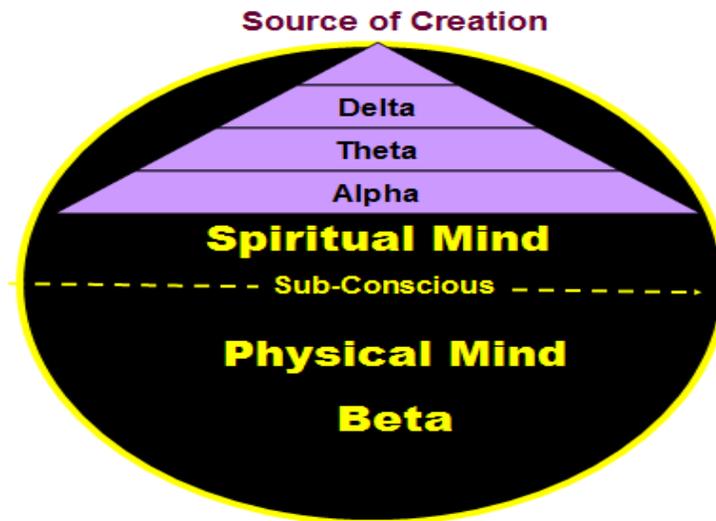
Your sub-conscious mind serves as a bridge between the physical mind and the vast domains that are beyond it. It is your bridge to your spiritual mind.

The term "sub-conscious" indicates that it operates below your waking awareness. Not too many years ago, the idea of a sub-conscious realm was a very questionable one. It is only with the advent of modern psychological research and the advances in the physical sciences that we've begun to catch up to what ancient wisdom reveals about the powers of the mind.

When you learn how to quiet your physical mind, you begin to produce slower brain wave activity. The more you can quiet your mind, the deeper

within you can travel. When you first begin to quiet the mind, you enter the Alpha state. As you quiet your mind further, your mind will experience deeper states of Theta and Delta. These mind states that exist beyond your sub-conscious mind are doorways to your mind powers. They are your links to Infinite Intelligence, to the Source of Creation.

Your Spiritual Mind Has Layers of Increasing Levels of Power.



Alpha

You know you are in Alpha when you are so entranced with a project, you lose track of time and forget to eat.

In Alpha, your brain wave frequency slows down to 7-14 pulsations per second, about half that of your Beta mind. You experience Alpha when you're in a relaxed state, such as when you meditate or read a novel.

In states of Alpha, you have a greater potential for creative breakthroughs, problem solving, and learning.

Theta

Have you ever been so relaxed that you saw imagery? If you've ever spent several days alone in the wilderness, such as a forest, chances are that you have experienced deep states of Theta.

In Theta, your brainwaves oscillate at a much lower pace, down to 4-7 cycles per second. As you enter sleep and just upon awakening from it, you

experience Theta. When you reach Theta, you enter a realm that is more powerful than Alpha.

At a deep enough Theta level, you can do what your physical mind tells you is not possible. In deeper states of Theta, your connection to your spiritual mind becomes stronger. You detach from logical and linear thinking. In this world, you can experience a reality that is free from the confines of time and space.

The deeper you travel within, the closer you move towards the Source of Creation.

Delta

You probably can't recall a time when you experienced Delta because when most people enter Delta, they lose conscious awareness and fall asleep.

Delta is the deepest mind state that we can measure. In Delta, your brainwaves oscillate between 1 and 4 times per second. Delta is a realm of high vibration and the closest link to infinity. It is closest to the Source of Creation, to Great Spirit. This powerful domain is available to all, but few have been able to consciously experience this world.

Shamans consciously use this realm to transcend ordinary human capabilities and experiences. In this realm, anything is possible. The potential to mind travel, to communicate with plants, to communicate with people at far distances and experience miraculous healings are possible in this state.

How Could Sitting Bull and Geronimo Become Invisible?

Certain Native American wise elders, such as Sitting Bull, and Apache scouts, such as Geronimo, used higher mind states to accomplish mind-boggling feats such as becoming invisible and walking without leaving footprints.

Not all Native American leaders had these superhuman powers. Only those dedicated few who had learned how to fuse the physical and spiritual worlds could accomplish feats such as time travel and invisibility.

Of course, you don't have to use higher mind levels to do any superhuman feats. Maybe you just want to use your mind powers to improve your finances or find the right partner. Yes, you can absolutely use your mind powers to enhance your every day life.

The Story of Stalking Wolf

Are you ready to delve even further into the powers of your mind?

I want to introduce you now to a shaman that mastered the ability to teach profound wisdom and powerful knowledge in an amazingly simple and pure way.

Stalking Wolf was raised free of the reservations in the mountains of northern Mexico. Born in the 1870's during a time of great warfare and violence, he was part of a band of Lipan Apache that never surrendered. He was taught the traditional ways of his people and became a shaman and a scout.

As a young boy, Stalking Wolf spent most of his time learning from the elders in his clan. By his mid-teens, he was considered a sage and a shaman by his elders. He became a skilled hunter, a master herbalist and the best scout in his clan. Through his awareness of mind powers, he mastered invisibility and time travel.

When he was twenty a vision sent him away from his people, and for the next sixty-three years he wandered, seeking teachers and learning the old ways of many native peoples, and others who lived close to the earth. Stalking Wolf traveled the length and breadth of the Americas, following the Creators call. He never held a job, drove a car, paid taxes, or participated in modern society.

When he was eighty-three years old, he encountered a small boy gathering fossils in a stream bed. He recognized that boy as the person with whom he would spend his final years, and to whom he would teach all that he knew. That boy was Tom Brown, Jr. Tom became the recipient of not only all that Stalking Wolf had learned during his travels, but the distillation of hundreds of years of Apache culture as well. (Refer to the Resources section of this book to learn more about Stalking Wolf's teachings.)

Stalking Wolf dedicated his life to studying the world's religions, philosophies and finding the common thread in all spiritual teachings. As a result, he was able to teach the most profound wisdom without complicated dogmas or distractions of any form. He lived in the wilderness his entire life.

Why the name Stalking Wolf?

It's a fascinating story. When he was a young boy, one of the elders in his group witnessed him stalking a wolf and lightly touching it. This was an incredible feat because wolves, being predators, are highly aware animals and impossible to touch in the wild.

Stalking Wolf and the Warrior Spirit Mind

Stalking Wolf taught that the world is like spheres within spheres. More specifically, our inner world, that is, our mind, is like a map. As we take inner journeys, we pass through different spheres along the way. When we travel, so to speak, through these spheres, we reach different realities. Ultimately, the map leads us to the Source of Creation.

These spheres are interconnected with the mind states that you learned about earlier in this chapter.

In the core of the spheres is our physical mind that corresponds to the Beta mind state.

Beta Mind Sphere

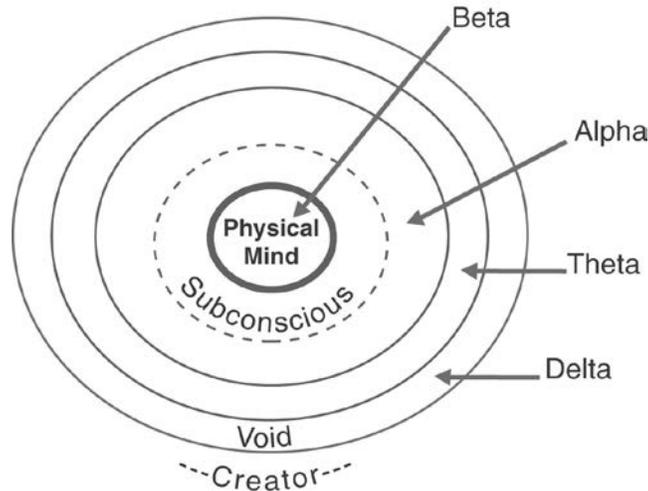
Remember, this is where people normally spend most of their waking hours. It is a state of non-stop mind chatter, limited thoughts and stress-inducing emotions. As you can see in the illustration below, the physical mind is surrounded by a wall (dark bold circle) made of doubts, fears, logic and lack of faith. This wall imprisons us. When we allow Beta to control us, we become limited in what we can accomplish with our lives as we confine ourselves to the limitations of this sphere.

What do you think is likely to happen if you try to achieve a goal while you're predominantly in Beta? At a minimum, you will not easily be able to think clearly about the best strategy to achieve your goal because your mind is racing. And, you will not be able to plant your idea deep beyond your subconscious mind, where it needs to take root.

Before you focus on any goal, you need to fully relax. In other words, you need to get out of Beta and into a deeper mind state. Why is this? A mind that is filled with stress--emotional or physical—cannot see all the possibilities nor can it energize a goal enough to make it manifest.

As long as you remain stuck in Beta, you can not be whole because you are not accessing your higher mind, your link to Spirit. In this sphere, life can feel empty. People tend to feel disillusioned with life. Have you ever felt that there should be more to life than the ordinary and tiring experiences of every day living? That was your spiritual mind communicating with you.

Our Inner World Is a Map To the World Of Spirit



Beyond Beta is the sub-conscious mind. The mind states that exist beyond your sub-conscious mind are paths to your spiritual mind, to your Warrior Spirit mind powers. Ultimately, they are your links to the Creator of All.

Alpha Mind Sphere

As you quiet your Beta mind, you begin to enter the Alpha state. Think of this mind state as a world that houses your instincts, your deepest memories, the power to control your body and mind.

Theta Mind Sphere

Theta is the sphere beyond Alpha. Things that never materialized in the physical realm live there. Here the impossible becomes possible as you approach the limitless powers of Creation.

In these vast domains beyond the physical mind, the limitations that you experience in your ordinary living vanish. This sphere is not bound by time or space. We can perceive and do the unimaginable.

Delta Mind Sphere

The furthest sphere is Delta, also known as the void. Delta is the final sphere of power before the Creator. It is the deepest mind state we know. This higher mind state has a high vibration as it is closest to the Source. As you pass through the void, infinity awaits.

The deeper you go within, the more you access your Warrior Spirit, your greatest mind powers. The closer you get to the Source of Creation.

In the next chapter, you'll learn what you can do to access these mind powers.

How Your Spiritual Mind Helps You Manifest

Stalking Wolf taught that veils separate the spheres. You can learn to journey past these veils and connect with your higher mind, your spiritual mind.

Your spiritual mind gives you insights, guidance, and the abilities you need to accomplish what you need to do. It can help you attract the right people and resources that can help you achieve your goal. Also, your higher mind can help you manifest your goals by energizing them. The deeper within that you place your conscious thoughts (your goals), the more powerfully energized they become. The more energized they become, the faster they can manifest.

Your spiritual mind will support you in infinite ways if you open your mind and heart to it. It not only helps you change your external reality, it can help you change your inner world, including your health.

A Warrior Spirit Story –A Miraculous Healing

A friend of mine, who is also a business associate, shared a powerful story with me. He went to see a doctor about a growth on his nose that concerned him. The doctor's news wasn't good. He got a second doctor's opinion, and it confirmed that he needed an operation to immediately remove a malignant growth.

My friend, who regularly does practices to enter Theta and Delta, decided to use his mind to help him heal. When he got home from the doctor's office, he did a meditative practice to enter Delta. Once he was fully in Delta, he commanded a healing and expressed deep gratitude for it. He felt energies being activating around his nasal passage where the growth was.

When he went in for his scheduled appointment two days later, the surgeon was baffled to find that the lesion had totally disappeared. If my friend could do this miraculous healing, so can you when you learn how to quiet your mind and access your spiritual mind. Some of the greatest teachings from Jesus, and other spiritual masters, teach us about the powers of our minds and hearts.

Warrior Spirit Wisdom: WARNING. You must be impeccable with your thoughts, especially when you're predominantly in deeper states of mind, such as Theta. In these mind states, what you focus on becomes energized and can manifest sooner. If you focus on undesirable outcomes, you can create them before you know it!

Beware of Mass Programming

Be aware of people and organizations that attempt to put you in deeper mind states without your consent. Did you know that when you watch movies, television programs or listen to certain types of music, your mind enters Alpha?

That's why television and other similar mediums can be so effective in controlling people's behavior on a mass level. When we receive suggestive thoughts in deeper states, our sub-conscious mind will accept them as our own.

Always be aware of what type of programs you tune into. Think twice before you decide to watch a movie. Watching dramatic, violent and fearful movie scenes can negatively impact your inner world and weaken your personal power.

Television "news" is another form of programming that you should beware of. Minimize the amount of news that you listen to or read. Most news serves to instill fear and worry in people. Choose wisely.

Why Be Impeccable With Your Thoughts?

Since what you experience in your reality begins in the world of thoughts, you must master your thoughts to become empowered to change your reality. Be impeccable with the words you say out loud and with those you say silently to yourself. Sometimes people will speak in confident ways when they are around others but silently criticize themselves.

Practice self-observation to help you eliminate enemy thoughts.

Be aware not only of your thoughts but of your emotions as well. Limiting thoughts produce heavy emotions, such as sadness, worry and anger, which deplete energy.

Refer to your *Warrior Spirit Workbook* for the self-observation practice.

Here is a summary of the practice. The idea is to notice throughout each day how often you indulge in limiting thinking such as:

I can't afford it
I'll never meet my dream man/woman
There isn't enough time
They won't let me
Something always goes wrong
I don't know how
It's too hard
I don't have enough money
I can't do that

You don't attract wealth, health, success and whatever else you want when you indulge in self-defeating thoughts. You manifest your desires by thinking, feeling and acting as if you already have what you deeply desire. When you have wealth, it's easy to think rich, for example. But, if today you don't have your desired wealth, it requires personal power to maintain the thought that you already have what you are seeking.

Chapter 2

Warrior Spirit Highlights and Action Steps

Highlights

- You have two minds: one mind brings you doubts, confusion, fears; the other brings you insights, inspiration, strength. An ongoing battle exists between your two minds. You must learn how to integrate both to maximize your mind powers.
- From a scientific standpoint, you have four mind states. Three of the four are higher mind states will help you manifest what you desire.
- Beware of what you focus on when you're in predominantly deeper mind states. Holding limiting thoughts can have disastrous effects.
- Practicing self-observation will help you become aware of your thoughts and change the results you're getting. Sometimes the mere act of becoming aware of an enemy thought can be enough to dissipate its power over you.

Action Steps

Practice #3: ***Self-Observation.***

Refer to your *Warrior Spirit Workbook* for details.

* * *

Next

In the next chapter, you'll learn what you can do to access deeper mind states and your mind powers. Once you quiet your physical mind, you allow your Warrior Spirit within to emerge.

3

Access Your Warrior Spirit Mind Powers In Five Ways

“...Human beings, vegetables, or cosmic dust, we all dance
to a mysterious tune, intoned in the distance by an invisible piper.”
--Albert Einstein

Now that you've learned how your magnificent mind works and the immense powers that are available to you, are you ready to start using your mind powers?

Do you have a specific goal in mind that you deeply want to achieve?

If so, how do you feel about it? Close your eyes and feel. When you focus on your objective, do you feel optimistic and excited about it? Do you feel doubtful or nervous about your idea? If your physical mind is throwing you enemy thoughts, don't worry. You will learn how to build up your inner strength to accomplish what you need to do.

In this chapter, you will learn about practices and steps you can do to start using your mind powers today. And, you will learn how to strengthen your connection to a higher force, your Higher Self. Take a deep breath. You are entering a world with new paths and exciting possibilities.

How Your Warrior Spirit Will Help You With Goals and Much More

Your Warrior Spirit will help you in an infinite number of ways when you choose to use your spiritual mind in your daily life.

Your higher mind powers can help you to manifest financial goals more easily, get answers and insights to important questions, gain clarity on how to resolve a problem, increase creativity, and acquire advanced knowledge.

When you use your spiritual mind regularly, you gain physical benefits too.

You greatly reduce or eliminate stress. Did you know that when you're at ease and totally relaxed, your body is not in a state of dis-ease? (the Latin prefix "dis" means "without".)

In contrast, when you're continually in a state of Beta, you produce stress-related chemicals that trigger disease and premature aging. Stress produces acidity in your body, and when the body is too acidic, disease and infections proliferate.

How To Start Accessing Your Spiritual Mind

To reach the deeper mind states of Alpha, Theta and Delta, you will need to learn to deeply relax and to have focused intent.

The physical body holds various types of tension, which keep you from fully experiencing higher mind states. As your body learns to totally relax, you can more easily release emotional and physical stress that block you from your higher mind.

When you deeply relax your body, your physical mind quiets down and your spiritual mind emerges. You can then more easily access your Warrior Spirit powers.

Overview of Five Warrior Spirit Mind Practices

The practices are presented in a certain order. I suggest that you use either the first or second practice, or both, to build your foundation. The practices teach specific relaxation guidance; they train you how to enter deeper mind states and how to anchor those states for future use.

Once you train yourself to anchor deep states of mind, such as Theta, you can trigger these states whenever you need them. When you anchor a feeling, it means you focus on the feeling and instruct yourself to remember the feeling. Later, when you want to recall the feeling, you command yourself to experience it again.

As you learn to quickly trigger deeper mind states when you need them, you can use them to empower your thoughts and practices, such as those presented below:

1) The Shamanic Journey - This practice begins with deep breathing and muscle relaxation. It trains your mind to access deeper mind states and to be active, rather than passive, during those states. Once the body is totally relaxed, you ask your Higher Self questions that are important to you. You can use journeying to get creative insights, answers and to release physical

and emotional discomforts. In the beginning, it's best to lie down and practice indoors.

2) Remote Influencing – These comprehensive sessions train you to consciously access Theta and Delta brain wave states. It enables you to influence reality by mind power and high-vibratory energy. Once the body is completely relaxed, you follow specific steps that help you connect with your Higher Self. The objective is to help you change your probable future and manifest your heartfelt goals. In the beginning, it is best to lie down and practice indoors.

3) Talking to the Trees In Wide-Angle Vision – This practice is done outdoors to use the high-vibratory rate of nature. You can do this immediately, even if you have never done a meditative-type practice. Use this practice to release heavy emotions that are weighing you down and to help you manifest your deepest desires.

4) Praying With Power – This form of prayer uses the power of words, sound, emotions and intent to empower your thoughts. You can do this immediately, at any time or place, to influence results in your life. Prayers can be empowered in various ways. Focusing on your goals in nature, for example, can amplify your intention.

5) Vision Quests – This practice is done outdoors using the power of nature and fasting. This practice requires the most dedication. However, it can be one of the most life-transforming practices. Vision quests typically last several days and require that you fast from food and sleep. Use this practice when you are ready to know yourself at the deepest level.

#1. The Shamanic Journey

Do you ever have a desire to seek the advice of a wise friend or to ask a trustworthy expert a pressing question that's important to you?

A shamanic journey enables you to enter a meditative-type state and to ask your Higher Self questions or to retrieve information from the spiritual realm.

This form of information retrieval is not really a "meditation" as meditation is commonly used today. Most meditations are limited or ineffective. Common meditation practices teach people to be passive. And, they can't be done when one is physically active.

During a shamanic journey, you are an active participant. During deep states of relaxation, you actively communicate with your inner vision to ask a question or to retrieve information that you need.

From ancient times, shamans have used the process of journeying to travel within to access answers, insights, guidance and help from the spiritual realm. We have the answers within and can get higher knowledge when we put our total energy behind that intention.

In a journey, you learn how to cross the sub-conscious mind. It serves as a bridge to the spiritual realm. The objective is to avoid getting stuck on the bridge, as with common meditations.

How to Prepare for a Shamanic Journey

Before beginning a journey, have a purpose. Focus on a specific question or issue that you need help with.

You can pose your question in one of these ways:

- How can I make money in an easier and stress-free way that brings me more happiness?
- Will moving to (fill in the blank) be a wise decision for my family and me?
- What can I do to help heal and strengthen my body?

What Happens in a Journey?

When you are first learning to journey, you sit down or preferably lie down in a relaxing space. In the beginning, close your eyes or use a blindfold. It's helpful to play relaxing instrumental music in the background to help you focus on the steps. The shamanic journey typically starts with breathing exercises and body relaxation steps.

Once you are deeply relaxed, you imagine a place in nature, such as a forest, where you walk down a path until you reach an entrance, such as a cave opening or an arch that is part of the earth. Once you walk through the entrance, you enter a power place. When you are in this sacred place, you pose your question to your Higher Self. Then, you exit your power place the same way you entered it, thereby making a complete circle.

While the journey begins in a sedentary and relaxed physical position, you can eventually learn how to journey while you walk, run and talk. A journey usually lasts about half an hour.

People who practice shamanic journeying often report with amazement the depth of knowledge that they receive. In many cases, you can get results after the first or second journey. Don't be surprised if you can see something about a situation that you never saw before. The more you practice, the better you will get at it.

The insights and guidance that you receive during a journey will help you feel lighter and optimistic. Feelings of optimism help to make it easier to build successes.

How To Get Started Today

I suggest using an audio recording that walks you through the journey step-by-step. Unlimited Inner Power offers a guided recording entitled [*The Journey*](#) that is downloadable via its Web site. *The Journey* integrates knowledge taught by Stalking Wolf and other teachers on the shamanic path. The audio recording includes a companion e-book (which is also downloadable) to help people get the most out of journeying.

Refer to the Resources section to find out how you can learn more about shamanic journeying.

Understanding Messages You Receive From Your Spiritual Mind

Remember, your spiritual mind communicates to you primarily through feelings, senses, symbols and visions. Everyone has a unique way of receiving guidance from their higher mind. Some people will get a strong feeling in their gut, while others may see visions or pictures in their mind.

Whether you do a journey or some other meditative practice, you can ask yourself a question and use colors to represent a "yes" or "no" answer. Before you ask your question, decide which color represents "yes" and which represents "no." Pose your question, be fully present and see which color shows up for you. Some people report seeing the words "yes" or "no" appear in huge letters without color.

Pay attention to your body, and use feelings to guide you. Let's say you want an answer to an important question, such as "Is it in my best interest to go to work for company X?" During a shamanic journey, you can pose your question and tune in to how your stomach responds. If your stomach feels tense or tight, then that is probably an indication that you should think twice before proceeding. A tense feeling tends to tell you to be cautious and that what you're considering is likely not in your best interest at the time. If you get a sense of relief or you feel you can breathe better, that is often a sign that you have a green light.

Think back to a time when you had a feeling that you should avoid something or when you sensed that you should do something? This is an example of your Higher Self communicating with you. Often, people get a sense of knowing, without having any doubts.

Warrior Spirit Tips: Practices, such as shamanic journeying and remote influencing, are very powerful and effective teaching devices, but they are just that—training tools. Use them in the beginning to learn how to quickly and easily access deeper mind states, but once you learn how to reach higher mind states, drop the tools. Ultimately, you want to learn how to access these states with only a thought.

#2. Remote Influencing

Do you want to influence a result by mind power and high-vibratory energy? With remote influencing, you can influence a result that you desire, such as erasing a destructive habit, increasing your intuitive powers for investing and enhancing relationships. While remote influencing can help you achieve personal and professional goals, it offers, above all, a gateway to help you connect with your Higher Self.

Remote influencing is a method for training the mind to influence a result by consciously using Theta and Delta brainwave states. Gerald O'Donnell, a researcher in the area of mind consciousness, coined the term. Remote influencing is an outgrowth of remote viewing. Remote viewing is a technique for gaining information not available to the ordinary physical senses. It allows a person to use his or her intuitive abilities to perceive objects, places, and people, which are hidden from the viewer by distance.

While the public learned about remote viewing in the late 1970's, it has actually been around far longer than most people know. For hundreds of years, Apache scouts used variations of remote viewing. They didn't label it as "remote viewing," but their mind-enhancing techniques produced similar results. Scouts, such as Geronimo, used mind powers to time travel, spy on enemy camps, and communicate with plants.

To the elders, remote mind techniques were sacred and used for unselfish purposes. They used these practices together with fasting, prayers, and vision quests.

A Warrior Spirit Story– Influencing a Person to Stop Destructive Behavior

Once I had to deal with a family member that was trying to harm my daughter. It was not possible to communicate with this troubled family member since she was full of anger and jealousy. In addition, she was taking medication that made her even more emotionally unstable. Given her emotional state, it was pointless to communicate with her rationally.

Since I was familiar with a practice on how to communicate with a person's Higher Self, I decided to remotely influence her. As I was in Delta, I intended that my Higher Self communicate with hers. My Higher Self explained to her how she was not only causing harm to the family but also how she was harming herself. I explained that her anger was hurting her health and personal relationships as well. The remote influencing steps were more involved, but this describes the basic process. I essentially communicated with her in the spirit realm.

The angry family member stopped threatening my daughter, and the family dynamics gradually became peaceful. It was as if she got distracted with other issues in her life.

How To Get Started

Remote influencing is an advanced practice, yet easy to learn. To successfully remote influence, you need to be experienced in how to reach Theta and Delta. And, you must know various steps you can use to produce different results.

To get a remote influencing sample audio, refer to the Resources section in the end of this book. The sample audio guides you to deeply relax your body and mind. Then, you slowly enter Theta. You learn the basics about using the center of your being (i.e., concentrated energy; your consciousness) and your light body (the energetic counterpart of your physical body). The sample audio helps you develop your concentration and your imagination, which are essential to effectively remote influence.

Warrior Spirit Tips: As you quiet your mind, you can more easily tune into the communication from your spiritual mind. Ask your Higher Self to help you resolve any problem. The practice of asking yourself questions is powerful. Remember, you have the answers within.

Never use any of these tools to control another person or to harm anyone in any way. Higher mind powers are sacred.

#3. Talking to the Trees In Wide-Angle Vision

Do you remember how you felt when you last spent time in nature? Did you feel happier, lighter? Did you feel your energy increase?

Before you learn about this practice, it's important that you understand that nature has a high-vibratory rate. Nature is a portal to the spiritual realms. When we connect with nature, it helps us strengthen our connection with the Creator.

By spending even a few hours alone in nature, you can enter the state of Alpha.

Nature helps us raise our emotions to high-vibratory rates. A person who is experiencing a great deal of stress and unhappiness, for example, will have a low vibratory rate. By spending time in nature, preferably alone and quietly, you can shift from a low-vibration state into a higher one, such as joy. The more you exist in higher vibration states, the more energy and personal power you'll have.

What can you do the next time you feel unhappy?

Spend a day in a forest or at the beach. Notice how your energy increases and how your mood lifts by simply being present with nature.

Shamans have long taught that nature is a doorway to the world of Spirit. All of the truly enlightened teachers, such as Jesus, Buddha, and Mohammed, spent time alone in nature. Even imagining being in nature can be powerful. That's one reason why you imagine nature during shamanic journeying.

The more we consciously connect with nature, the stronger our link to Spirit becomes. Nature is an extremely powerful ally.

Warrior Spirit Story—How Tree Talking Helped Me Quit My Job, Find My True Love and Transform My Life

You might find this hard to believe, but tree talking was one of the top ten practices of a shaman who mastered mind powers. You can do this practice to release enormous stress and to help you create a different reality.

Many years ago, I was in a challenging situation. At the time, I was working for a company and greatly wanted to leave and change my entire lifestyle. I also wanted very much to be in a relationship. I wanted some huge changes in my life, but I didn't have any prospects for a new source of money or for a romantic partner. I actually felt physically drained because of my situation.

I decided to talk to the trees. Every weekend, for several months, I would spend at least two hours on Saturday and on Sunday walking in a local forest first thing in the morning. I focused on older trees that felt like grandfather trees and trees that looked strong. As I walked through the forest, I would talk to the trees with my thoughts. I told them of my deepest desires.

Every time, without exception, I left the forest feeling incredibly more energized and optimistic. It was as if the trees absorbed all of my heavy emotions. I always felt noticeably lighter and more optimistic at the end of my walks. Within a year, I resigned from my position, found my beloved partner, started my own business, and moved from the city to an island. And, my health noticeably improved. To this day, I continue to talk to the trees.

Like me, you can also create quantum leaps in your life when you use the power of nature. It will empower you by nourishing your mind, spirit and body. Talking to the trees, especially the old ones, will cleanse you, lighten you up, increase your optimism, heal and inspire you.

What's the Difference Between Talking to Trees and Talking with Friends?

Often, when we confide in friends, we tend to hold back and not express ourselves completely. We hold back because we're afraid to hurt someone's feelings. Or, we worry what our friends might think of us. When we don't fully express ourselves, we can't be honest with ourselves and get in touch with who we are.

Bottling up your feelings is harmful to your total being. You need to release what's concerning you and weighing you down. Nature is always there to help you.

Talking to the trees gives you the freedom to pull out all the stops and fully express yourself. Often, when you start speaking, what comes out is like a fountain; you express what you didn't know was bottled up inside. You can be completely honest with yourself and tell the trees whatever is weighing you down.

How Can You Benefit from Talking to the Trees?

The mere act of expressing what's bothering you can sometimes be enough to resolve the issue. It's a form of releasing. Talk to the trees when you're feeling anger, confusion or any emotion that you want to release.

By expressing your heavy emotions, you change your vibration. Nature absorbs harmful energy and transforms it. The result is you feel lighter and more optimistic. You increase your energy. By now, you know how important energy is to create a different reality.

As you communicate your deepest feelings with the intent of getting help, you will get answers and guidance from Spirit. This practice empowers you, which in turn enables you to empower your ideas to get them to manifest sooner. When you talk to the trees, ask for inspiration and inner strength. Old huge trees represent strength and wisdom.

Talking to the trees also helps you to know yourself. As you tell the trees everything that is bothering you, it helps you face aspects of your life that you need to deal with.

Use Wide-Angle Vision To Empower the Practice

As you walk in nature, use wide-angle vision. It's a way of seeing. Wide-angle vision uses peripheral vision.

To understand how this works, stand up and stretch your arms out to your sides. Now, as you are standing, looking straight ahead, move your fingers and observe your moving fingers in the periphery. Contrast this with tunnel vision, where you focus in on a specific object in front of you and can not see the periphery.

Using wide-angle vision helps you enter Alpha. It helps to expand your perception. You can use this way of seeing any time you please, not only in nature. Sometimes I use it when I am talking on the phone.

How To Get Started

Very simply, go to nature or to a wilderness area and talk to the trees. And, use wide-angle vision.

Spend at least two hours in nature. When you walk in nature, do so without time constraints. Avoid all distractions, such as talking and music. It is best to spend time alone in nature. Use all your senses to absorb everything around you—sounds, colors, smells and feelings. Be in awe of nature.

Tell the trees everything that you want to get off your chest. Tell them all your troubles as you would tell your best friend. Tell them what you long for. You can sit in a quiet area and talk to the trees, or you can take a long walk and speak to them. It's better to talk out loud, but talking silently works too. Feel the power of Spirit that moves through all of nature.

Warrior Spirit Tips: To take this practice to the next level, consider spending a whole day in nature.

If you can spend 2 or 3 days quietly in nature, that will help you to be in the state of Theta. If you camp with a friend, allocate time for silence where you can spend time alone for at least a few hours. If you're inspired to seek advanced training about the power of the wilderness, refer to the Resources section of this book to learn more.

#4. Praying With Power

Have you prayed before and felt your prayers weren't answered? Do you wonder if prayers really make a difference? Since prayer is concentrated, focused thought, it has more creative power than ordinary, fleeting thoughts.

Earlier in this book, you learned that everything is energy. Everything has a vibration. Thoughts have different levels of vibration and help create physical reality. Do you remember what you learned earlier about Dr. Emoto's research? His studies found that when water was infused with high-vibration thoughts, like love, it produced beautiful, perfectly formed crystals. Water exposed to low-vibration thoughts, such as hatred, produced chaotic, malformed crystals. In other words, the power of creation is in vibration.

Praying is heartfelt communication to your Higher Self or to a higher force. By putting intent in prayer, you raise your thoughts to a higher level of vibration. Prayers serve many purposes. You can pray to give thanks, to ask for help in a certain matter and to achieve physical and spiritual transformation.

How To Empower Your Prayers

Remember, words have power. Be aware of your thoughts when you pray. Choose powerful words when you pray or say your affirmations. (Refer to chapter 4 to learn more about affirmations.) When you pray to ask for help in a certain matter, avoid self-pity and all emotions that weigh you down.

Use a declaration, such as “With your help Spirit, I am now” (Fill in the blank with a description of what you need help with.) Using the powerful decree of “I am” puts you in the present. It’s important to pray in the present, not the future. Your sub-conscious mind only understands the present. By speaking as if what you want has already occurred, you empower your prayers with the power of now. Often people pray for something and don’t realize that they are focusing on the future. By focusing on the future, you delay the results you want.

To empower your prayers more, say them at power times (i.e., sunrise and sunset). Also, praying outdoors in nature empowers your intent even more.

Using Prayer for Physical and Spiritual Transformation

Dr. Emoto’s work helps us to understand the power of awareness. Raising your awareness in everything that you do is necessary for growing personal power. Eating is no exception. Since you eat every day, eating is a great way to develop awareness and the habit of living with a thankful heart.

How can expanding your awareness help you?

For one, when you eat with awareness, you learn how to be present. It helps you quiet your physical mind as you focus completely on the food you’re eating in the moment. You learn how to be in touch with your body. Your spiritual mind communicates to you through your magnificent body. The more you learn about yourself on every level, the more your personal power grows.

Saying grace is another practice that helps you develop awareness and to raise your energy. When you say grace and give thanks for your food, you experience a high vibration emotion.

Have you ever said something like “I shouldn’t be eating this; this is bad for me” when you swallow a tempting food? Practice self-observation to be aware of what you say to yourself when you eat. Avoid negative thoughts while you eat or drink; they adversely affect the vibration of your food. If you do eat something that is not part of your regular diet plan, don’t feel guilty. Just enjoy it and be thankful for it. You’ll be healthier when you eat the “bad” food with happy thoughts.

Before you eat or drink, focus your intent on imbuing your meal with gratitude. By feeling gratitude for your meal, you imbue it with Spirit. By concentrating on your meal in this way, you increase your food's vibration.

Saying grace nourishes you in a different way. The food itself nourishes you with physical nutrients and nourishes your spirit. In a single moment, you invite the Creator to enter your food. Imagine how your food can transform you when you continually ingest Spirit.

Can You Create Magic by Ritualizing Food?

Saying grace is an ancient practice that predates Christianity. It dates back at least to Egyptian and Greek mythology. Every religion has practiced ritualizing food for sacred purposes. In the Last Supper, Jesus taught us the power of saying grace.

Daoist, like many other ancient traditions, believe that the body can be transformed through prayer. They believe that prayer actually transforms the blood and organs. Ancient wisdom universally teaches that prayer creates total transformation of body, mind and spirit. Physical acts, such as eating and making love, can lead to an alchemical transformation when done with the intent to unite the spiritual world with the physical.

The act of ritualizing eating dates back to the oldest schools of magic. Interestingly, Aleister Crowley, the infamous magician, said that the ritual of honoring food was the most important activity a magician can participate in. He believed that by participating in a sacred meal, the body, little by little, is purified by the internal presence of God. Crowley taught that matter could be replaced by Spirit through this sacred act.

How To Get Started

Before you eat or drink, simply pause and acknowledge the Creator. When you pray, speak from your heart, and remember the power of words. You don't have to pray out loud. No one needs to know when you pray. You can say grace silently, and add images to your prayer to empower them.

Here's one way to do this: Envision light coming from above and entering your head. Then imagine that this light comes out through your heart and onto the food. As the light is permeating your food, hold high vibration thoughts such as joy and gratitude. Avoid saying words out of habit that have no meaning for you.

It's not necessary to memorize prayers. But if you want to recite prayers, refer to the Resources section to learn about a book that provides specific prayers for manifesting, health, healing and other life challenges.

Warrior Spirit Tips:

How To Get More Out of Food

Be aware of your emotions when you cook. If you cook when you're angry, you imbue food with a lower level of energy. Remember how thought affects water! Play uplifting music, such as classical music, when you cook.

Be aware of your emotions when you eat. Don't eat when you're angry. If you eat while you're angry, your digestion suffers because your liver, which is important for digestion, weakens. Avoid all low-vibration thoughts, such as guilt and sadness, when you eat. If you want to "cheat" on a diet, enjoy the food. It will be better for you than if you eat it feeling guilty!

Be present when you eat. Even if you take a quick lunch, put focused intent in your meal. Avoid being distracted as you start to eat or you miss the opportunity to raise the vibration of your food and commune with Spirit.

#5. The Vision Quest & Fasting

Perhaps the most powerful practice that we can do is the vision quest. Native American Indians used vision questing as a central component of their spiritual training.

The traditional vision quest is one where the questor goes out alone in the wilderness for a period of days or weeks and fasts from all familiar things: food, sleep, communication with people, and, in some cases, water. When you're vision questing, you sit alone in a small area that is blocked from views, if possible. This is to minimize all distractions. The vision quest is sometimes referred to as "the little death".

Why Put Yourself Through This Discomfort?

Why would someone choose to spend days and nights alone in nature and fast from food and sleep? As one of my teachers once put it, the biggest

thing you can get out of a vision quest is to observe yourself more profoundly. You finally get to meet yourself.

Normally, we spend our lives with thousands of distractions every day. Do you ever spend time alone with yourself doing absolutely nothing? Or are you continually distracted with phone calls, television and music? Many people are not comfortable being alone with themselves and they never get to know themselves. The focus is out there, rather than within.

When you do a vision quest, you eliminate all external distractions. You get to have the quietness to know yourself. Sometimes, what you learn about yourself is not very pleasant or comfortable. But such discomfort can lead to tremendous breakthroughs.

Many questors get visions, insights and clarity about difficult issues in their life. A vision quest tests and develops your personal strength as well. Above all, it is probably the most powerful practice to help you gain insights into the big picture and to help you map out your life's path. When Jesus spent 40 days in the desert, it was essentially a vision quest.

How Nature and Fasting Are Your Allies

When you spend extended time in nature with the intent of connecting with Spirit, your mind enters deeper mind states. Remember, nature is your ally. After a few days in the wilderness, you can sustain a deep state of Theta.

Fasting from food and sleep further facilitates the vision quest. Fasting from food helps to purify the body and mind. Forcing yourself to not sleep for several days can take you to a point of total exhaustion. In a state of total exhaustion, the physical mind quiets down dramatically, and the spiritual mind can more easily surface.

By eliminating man-made noise from your life, at least for a while, you help raise the vibratory level of your consciousness. In modern society, we live in a low vibratory level. Electromagnetic noise, such as cell phones and television, surrounds us at all times. It's no wonder that most people who live in cities spend the majority of their lives predominantly in the state of Beta.

Warrior Spirit Story– My First Vision Quest

When I did my first quest, I started with a four day quest. My daughter and I did our vision quests in the wilderness of Ojai, California. My partner accompanied us, and his role was to serve as protector to ensure our vision quest was uninterrupted and safe.

It was a gorgeous forested area with breathtaking mountain views, ancient trees, pools of water and a strong stream that passed through the land. At night, the surroundings changed remarkably. I must admit, I was glad to have my partner not far from my quest site. As I tried to stay awake all night, I drifted in and out of sleep. I was so exhausted that I had to use all my energy to try to stay awake. As much as I tried, I did drift into sleep from time to time.

During the first two days of my quest, I was shocked at how fast my mind was going. It felt like a runaway train. It occurred to me that I was keenly aware of the speed of my thoughts only because I had no distractions. Thoughts of food flooded my mind and distracted me like a screaming voice. In the third day, my body started to feel quite tired and my mind followed. Everything slowed down. My thoughts almost came to a halt. I found myself enjoying staring at insects crawling about.

By the end of the third day, my hunger ceased entirely. My mind felt empty and surrendered. On the last day of my quest, I finally was able to focus on my questions. One of the questions that I wanted guidance on was how to completely support myself doing work that fulfilled me. I felt impatient and anxious about my life's work.

As I reflected on this question, it became clear to me that one of my lessons was to learn to get a better handle on my moods and to trust more in Spirit. I realized that my volatile moods controlled me. Some days I trusted in Spirit, and other days I worried. I began to understand how my weaknesses created roadblocks for me. How could I expect to create what I needed if I wavered in my emotions and in my faith? I realized that my two biggest personal demons, doubts and impatience, had to be conquered. And, I did conquer them sufficiently to achieve my deepest goal at that time.

About a year and a half later, my life radically changed again for the better. A new path opened up for me. I gained the financial freedom to live abroad and enjoy a lifestyle that I had dreamt of. For me, part of a rich lifestyle was the ability to spend my days doing the work that fulfilled me and to live in a beautiful and spacious home in nature.

Fasting For Personal Power and Health

Fasting is a traditional practice done before and during a vision quest. However, you can also fast and not do a vision quest. You can simply fast from food in the comfort of your home. Even a four day fast can have spiritual as well as health benefits.

Fasting from food cleanses the body and purifies the mind to prepare it for extraordinary knowledge. In the classic book *Rational Fasting*, Arnold Ehret

explains that fasting was used by the high priests of old Egypt, by saints who performed miracles and by many of the greatest geniuses of history.

In his book, Ehret recounts an interesting story about Pythagoras, the famous Greek philosopher, mathematical genius, scientist and mystic. According to Ehret, when Pythagoras traveled to Egypt to learn more about the "secret sciences," he was not allowed to enter the school of the High Priests until he underwent a fast of forty days. He was told that the fast was necessary in order that he could grasp what he was going to be taught.

Fasting not only can heal the body in miraculous ways but can increase intelligence and open one up to spiritual truths. Fasting alters your mind, your thinking, your aspirations and ideals for the better. And, it makes you stronger. As you learn how to control the desires of the body, you gain inner strength.

Even if you're not ready to do a vision quest today, I highly recommend fasting.

When you fast, you should follow proven advice on how to fast and how to break a fast. Personally, I think the classics by Arnold Ehret are a must read if you want to fast. His books also share superb knowledge about creating perfect health. Keep in mind that you can't very easily pursue goals in life without sufficient physical energy and good health.

How To Get Started

If you're inspired to do a traditional vision quest, I recommend doing your first vision quest under the guidance of an experienced individual that knows about wilderness survival. Personally, I will not offer vision quests to people unless I have inner vision guidance to do so. No amount of practical experience qualifies anyone to lead a vision quest. Leading vision quests needs to be inner vision directed.

The vision quest has become an almost-forgotten sacred practice. Few teachers today can lead vision quests. I can only recommend one school at this time, which I list in the Resources section.

Warrior Wisdom Tips: Nature and our minds are our faithful allies. They help us manifest our deepest dreams, help us evolve, and heal ourselves and others.

Books cannot do what direct experience will. Go out there and do. Even if you are not ready to do a traditional vision quest or a fast, at a minimum, spend a full day quietly in nature. You'll notice a difference in your energy.

In this chapter, you have learned many practices that you can do. Some you can do immediately, while others require preparation. Do the ones that inspire you.

The more tools you learn to use, the more empowered you'll be. Keep adding to your inventory of self-empowerment tools. Just like a carpenter needs to have many tools in his tool box to get a job done, you also want to have many tools to choose from.

Chapter 3

Warrior Spirit Highlights & Action Steps

Highlights

- You've learned many practices that you can start doing immediately. Talking to the trees in wide-angle vision is one easy way to enter deeper states of mind. It can help you release unwanted emotions and help you manifest your deepest longings.
- Quietening your physical mind helps you materialize your goals in two main ways: 1) You'll receive guidance to help you with decision-making and creative solutions and 2) You'll energize your goal and help it to manifest sooner.
- To interpret messages that you receive from your spiritual mind requires practice and pausing for self-reflection. Your spiritual mind communicates to you through your physical body.
- Fasting can accelerate your spiritual growth plus provide significant health benefits too.

Action Steps

Practice #4: ***Your Daily Warrior Spirit Practice.***

Practice #5: ***Body, Mind & Spirit Awareness.***

Refer to your *Warrior Spirit Workbook* for details.

* * *

Next

In the next chapter, you'll learn how to release what's holding you back. It's key to eliminate beliefs, patterns, and wounds that drain your energy. You won't be able to move forward very far, if you keep looking back and repeating old patterns that keep you stuck. As you clear out blockages, you'll increase your energy and be empowered to accomplish what you set out to do.

4

Let Go Of What's Holding You Back

“Whenever the internal dialogue stops, the world collapses and extraordinary facets of ourselves surface, as though they had been kept heavily guarded by our words.”

--Teachings from a Yaqui Indian shaman

How do you know when something is holding you back?

When you think of your past, does it fill you with regret, blame, sadness, fear or any heavy emotion that weighs you down? If the answer is yes, that's a sign that you probably need to release what's weighing you down.

Do you feel hopeless, doubtful or a general sense of tiredness when you think of your life? If the answer is yes, it's likely that you need to release what's draining your energy.

To the extent that limiting beliefs, heavy emotions and old wounds weigh you down, you're not free to move to the next level. Heavy emotions, such as worry, jealousy and feeling offended, drain your energy. And you absolutely need plenty of energy to successfully create what you long for. That's why you must dredge the old out once and for all.

Sometimes just becoming aware of an enemy thought or feeling can be enough to defeat it. As you learned earlier in this book, self observation can help you identify limited thinking. There will be times, however, when awareness alone will not defeat your enemies. That's when releasing practices can help you.

Do You Know Your Energy Leaks?

Memories, people, events and ideas that deplete your energy are energy leaks. These energy leaks can drain you. More often, they rob you of energy in subtle ways or gradually over time.

If a close friend were to ask you what your energy leaks are, what would you say? It comes back again to awareness. To change your reality, you need to know who you are. You need to know your strengths and weaknesses. We all have energy leaks. Some people have more than others, but we all need to work on ourselves.

Whether you need to let go of self-pity, regret, impatience, anger or depression (to name a few), face each one, forgive and let go. It does not empower you at all to rehash the past with judgment, regret or blame. Take responsibility for your emotions and release those that weaken you.

What Will You Gain By Stopping Your Energy Leaks?

When you stop your energy leaks, you build up your energy to alter your destiny. You put yourself in a place of power by choosing strength over weakness. It's always up to you to choose what gives you strength.

To be passive is dangerous. Every day you must decide if you will allow darkness to control you. The dark side is a realm of emotions that sap your energy, much like vampires.

When you build your personal power, you not only benefit physically, you gain emotionally and spiritually. Remember, the physical and spiritual worlds are interconnected. A depressed person, for instance, blocks himself from the communications of his Higher Self. When we continually repress the Higher Self through low-vibration thoughts and emotions, it stops communicating with us, and we end up living a life filled with limitations.

Have you noticed how much more you can accomplish in a day when you wake up feeling energized rather than tired?

When your energy increases, even in small degrees, you're more likely to have insights, to see new possibilities, to feel stronger emotionally and feel more optimistic. You shift energetically, just as water changes when exposed to certain thoughts. When that happens, you tend to draw resources and people into your life that can help you. The ball starts rolling faster and faster. And, your probable future changes.

Imagine how your life could change if you woke up every morning feeling optimistic about your financial future rather than worried? What you focus on expands. When you hold limited beliefs, such as "It's hard to make money," you create that reality of hardship in creating money. Unless you stop the vicious cycle of old patterns, you allow them to get stronger and control you.

An Ancient Release Technique

The recapitulation is a release technique taught by certain shamans who inherited knowledge, through a lineage of teachers, from ancient Mesoamerica. Carlos Castaneda was the first to reveal this ancient technique to the public through his books in the 1970's. Variations of the release

technique exist today. The common elements among them are breath work and intent.

According to shamans who are seers, the recapitulation allows you to pull back the energy that you lost during a life-depleting event. While this may not seem rational, keep in mind that we live in a mysterious web of energy. Our logical minds do not always perceive the spiritual counterpart of our ordinary world.

How Does the Recapitulation Work?

The recapitulation involves remembering past events that drained your energy and then transforming that memory. The goal is to empty your cup of heavy emotions that block higher thinking. It's a way to renew yourself.

When you recapitulate, you don't lose the memory. You lose the heavy energy attached to the memory. If, for example, you fully recapitulate a memory about something that once hurt you, you can stop the energy leak. Eventually the memory fades into the distance not because you can't remember it, but rather the memory will no longer have the energy that it used to have.

Many enemy thoughts and limiting emotions hide in the depths within us. And, unless we make a conscious effort to become aware of them and diffuse their power, they control us.

Are You Ready to Recapitulate?

Before you recapitulate, ask yourself if you are truly ready to free yourself from old memories, useless patterns and/or emotions that drain your energy.

Sometimes people aren't ready to let go of the past for a number of reasons. Many people would rather indulge in self pity, for instance. They want to feel sorry for themselves and justify to the world why their life is so miserable. If you have complained about a certain issue for years, it can be challenging to release what you've become accustomed to.

To successfully recapitulate, you must choose to release.

The 3-Step Recapitulation Practice

Below are instructions for doing a basic recapitulation. The first part of the practice involves recalling an event that drained your energy. The more energy you put into your practice, the more effective it will be. Feel your emotions. Then, once you focus on the memory, you discharge the heavy energy behind it. Use the power of your will to help you release.

It's important to complete all the steps. If you can't commit to completing the process, then don't recapitulate.

While the practice below focuses on releasing money issues, you can use the same technique for any area of your life. You can also use the practice to clear your mind of any turmoil you had in your day.

Step 1. Sit down in a quiet and relaxing space, and write down all your memories pertaining to money that left a mark on you. Go back in time and relive those moments when a money-related matter made you feel unhappy or drained your energy in any way. When you relive them, you actually can return to that moment in your life and act as if you're actually there. Examine every detail of your memory, including the details of the surroundings.

Write your thoughts down in the form of a list or a narrative. The act of writing down past memories helps you brainstorm and bring more memories to the surface. Ask yourself what you really feel about wealth and money. It's important to infuse the paper with all the thoughts and feelings that weigh you down. The idea is that your notes should absorb all your heavy energy.

Step 2. Feel with your whole being. Does your stomach feel tight? Do you feel sad and heavy? The more feelings that this exercise provokes, the more you will get out of this practice.

Step 3. (two options) The last step is to release and transform the energy attached to the memories. Below are two options for step 3. Use the one that draws you, or use both and see how the results differ.

Option A

Burn all the pages that contain the notes from your recapitulation. The act of burning is a symbol of destroying old beliefs that no longer benefit you. Fire purifies, cleanses and transforms. Bury the ashes in the earth. Shamans teach that the earth absorbs harmful energy and transforms it. Nature is our ally and a powerful healer.

Note: Don't inhale any of the smoke. It's also important to burn the paper completely. You want to completely release the harmful energy.

Option B

This step is more involved. You release, one at a time, each memory that left a mark on you. In other words, as you relive a specific memory, you will release it.

Do long exhalations as you move your head gently and slowly from right to left. Then, do long inhalations as you move your head from left to right. As you exhale, you eject foreign energy that was left in you during the event that you recall. As you inhale, you pull back the energy that you lost during the event.

Keep doing this sweeping head motion until your physical body tells you you've had enough. Your body is part of a larger system of emotional, mental and energetic patterns that communicates with you. If you're remembering a room, for example, breathe in the walls, ceiling, furniture and the people you see. Don't stop until you feel you have absorbed every bit of energy you left behind during that time.

At the end of the practice, give thanks to your Higher Self. You will feel lighter when you release what's weighing you down.

Repeat the recapitulation as often as necessary.

How Do You Know When You No Longer Need To Recapitulate?

How do you feel when you recall the memory that you recapitulated? Does it continue to trigger anger, resentment, sadness or any other draining emotion? If so, you need to release again.

Recapitulate until you no longer lose energy about whatever issue is your hot button today. You might need to recapitulate a certain memory more than you'd like. There will be times when you think you have successfully recapitulated an energy leak. Then, something will happen that will let you know that you haven't completely taken care of the issue. A matter might come up concerning money that sends you into a tailspin, for instance.

What If You Don't Know What's Holding You Back?

Sometimes, no matter what we do to become aware of our energy leaks, we just don't see them all.

One of my clients, Maria, who had practiced self-observation and release techniques, shared this interesting story with me. One day she visited an elderly acupuncturist about a health issue that she couldn't figure out. After

the treatment, the acupuncturist informed her that she needed to stop being angry. Maria was confused about his advice because she didn't believe she had anger issues. When she got home, Maria told her kids what happened. They quickly agreed with the doctor and gave Maria various examples of times when she had lost her temper quickly. It was eye opening. Maria discovered that she did in fact have an issue with anger that she had never been aware of.

What can you do to release what's holding you back if you're not exactly sure what is holding you back?

Do everything you can to become aware of what's sapping your energy. Practice self-observation or ask a wise friend for insights.

When you're in a relaxed, meditative-type state, simply have a talk with Spirit. Quiet your mind and ask what areas you need to work on. What ideas come to you? Shamanic journeys are one way to gain such insights.

After you do everything you can do, ask Spirit to help you with the rest. But you must do your part first. You can say a prayer or an affirmation to help you release any self-defeating thoughts and emotions that you're not aware of. Here's a prayer that I have used: "With your help Spirit, I am now releasing everything that holds me back. I've done everything I can. Now I need your help to do the rest..."

As you continue to work on your inner development, a day will come when you stop giving your energy away to someone or something. Then, you will have taken your power back.

Fill Your Empty Cup with Warrior Spirit Ideas

Recapitulating helps to empty your being of old memories and emotions that sap your energy. After you release the enemy thoughts within, you'll be in an advantageous position to fill your empty cup with new empowering thoughts.

The idea is to fill your consciousness with new ideas—warrior ideas. You will want to replace limiting thoughts and beliefs with expansive, empowering ones.

Lie to Yourself

Write a story about your dream life. In this story or script, you are essentially describing how you want to live and what experiences you would love to have in your life. Write your story in the present tense. If your idea of an ideal life includes financial freedom, then include statements about how specifically you are now enjoying that.

It may seem odd to write statements, such as "I wake up every morning and spend my day doing what I enjoy.." or "I am traveling abroad six months out of the year for pleasure and work..", if you do not quite believe that today. But go ahead and lie to yourself. Shamans teach that the mind and body need to be tricked and cajoled into letting go of old patterns that they are used to.

In *Journey To Ixtlan*, Carlos Castaneda recounts an interesting story where his teacher, Don Juan, a Yaqui Indian and an enlightened being, tells him to lie to himself.

"From now on, and for a period of eight days I want you to lie to yourself. Instead of telling yourself the truth that you are ugly and rotten and inadequate, you will tell yourself that you are the complete opposite, knowing that you are lying and that you are absolutely beyond hope." Carlos looked very confused. He asked his teacher what would be the point of lying like that. His teacher explained that by doing life differently than what he had been taught, he could hook himself into another reality.

In this story, Carlos's teacher was teaching him how to stop repeating the same old patterns that created his reality. We create our world with internal talk. Unless we learn to do life differently, we repeat the same thoughts and same choices over and over until the day we die. A person with the Warrior Spirit is aware of the power of thoughts and strives to stop useless internal talk.

When Are Affirmations Most Powerful?

Affirmations, from a certain perspective, are another way to lie to yourself.

Affirmations provide instructions to your subconscious mind. When you energize and repeat them, you help your thoughts manifest sooner.

They can be especially effective after you've released self-defeating obstructions. They can also be quite powerful when used during meditative-type states, such as when you walk with wide-angle vision in nature. Use affirmations to replace limiting beliefs with empowering ones.

Be aware that affirmations can be ineffective, and even destructive, when used incorrectly.

Three tips to empower your affirmations.

1. Create Effective Affirmations

Words have power, and they are alive. Treat them with respect and use them as your allies to attract what you want in your life. Avoid restrictive words such as "don't," "can't," "but," and "won't. Substitute them with expansive words. For example, rather than saying "I'd like to travel, but I can't afford it." You can say something like "I'd like to travel, and when it's the right time, I'll do so."

Use power words and avoid restrictive words when you say affirmations as well as when you interact with people day-to-day. For example, rather than saying "Don't do that" you can say "Please do this."

Do your affirmations help you create what you want with ease? Review the examples below. Do you tend to use weak or empowering affirmations?

Weak Affirmations	Empowering Affirmations
A) "I want to get rid of my debt in the near future"	B) "I am creating huge financial success with ease, speed and wisdom. I am thankful that I am financially free and have_____."
C) "I hate my job and desire to not have to work so hard to make a living."	D) "With the help of Infinite Intelligence, I am now happily making \$____ per month just working three days out of the week."

See the notes below to understand why each affirmation is weak or empowering.

Weak Affirmations:

Affirmation A is too vague and is likely to produce vague results at best. Even worse, this affirmation focuses on what you don't want– "debt" and by focusing on what you don't want, you're likely to actually create more of it. Train yourself to focus your attention on what you choose in your life and to avoid thinking about what you don't want. Put your energy into happy thoughts. Also, this affirmation focuses on the future rather than now. By

focusing on the future, you delay producing the results you want now. You could be waiting a long time.

Affirmation C focuses on what you don't like in your life. With this type of affirmation, you're likely to continue experiencing what you're trying to avoid. Changes happen faster when you're in a place of acceptance of what is and when you stop fighting your current situation. What you resist often persists.

Powerful Affirmations:

Affirmations B and D use the powerful "I am" decree and these words put you in the present, rather than the past or future. If you focus on the future using words such as "I hope to" you delay getting what you want. These affirmations avoid weak words such as "can't." They focus only on what is desired and avoid affirming what is not desired. By speaking and feeling as if what you desire has already occurred, you give your affirmations power with high-vibratory emotions such as gratitude.

Is your physical mind telling you that affirmations are ridiculous and won't help you?

It may not seem logical to repeat statements that you don't entirely believe today, but breaking free from your self-imposed boundaries requires that you let go of logical thinking. Your physical mind has long controlled you. It's now time to open up to the powers of your spiritual mind.

The goal is not only to create what you desire but to create with ease, happiness and wisdom.

2. Energize Your Affirmations to Empower Them

Before your thoughts can manifest in the physical reality, you need to energize them with your emotions and deeper mind states. Words are a starting point. Affirmations often don't work because people merely parrot words without strong feelings behind them.

When you say affirmations, express the statement as if what you desire has already occurred. Feel the joy of having accomplished your goal. Emotions have power, as you'll soon learn in the next chapter.

Focus on your affirmations when you're in a relaxed state. When you quiet your physical mind and focus on your affirmations, you empower your thoughts even more. Why is this? When you're in deeper mind states, your sub-conscious mind is more receptive to commands. The next time you're in

nature, say your affirmations as you do the tree talking practice that you learned in the previous chapter.

3. Be Aware of the Power of Time

Focus on your goals during sunrise and sunset. At dawn and dusk, our brain waves are closer to deeper states of Alpha and Theta. As you focus on your goals during powerful times, you help to energize them even further.

That doesn't mean that you only focus on your affirmations during sunset and sunrise. It means that you take advantage of those times to give your affirmations more power.

You need to say and feel your affirmations regularly. If you say affirmations just once or twice a week, but fill your mind with limiting thoughts the rest of the time, you reduce or eliminate the power of your affirmations. If you desire a new job, eliminate all disempowering thoughts such as "There are no good jobs" or "Nobody's hiring during this bad economy." That kind of thinking pushes away what you want.

Thoughts are powerful forces and affect your life for the better or for the worse, depending on how you use them.

Repetition is Key

Repeat the practices that you've learned as often as you need to. It may take many practices before you can dislodge all the layers of stuck energy. The more you dedicate to your personal power, the easier it becomes.

As you learn to stop your energy leaks, your inner power will grow and you'll be more empowered to influence your reality.

Chapter 4

Highlights & Action Steps

Highlights

- Energy leaks are memories and events that drain your energy. You need to stop your energy leaks in order to have enough personal power to create the life that you desire. The recapitulation practice enables you to release what holds you back.
- By dissolving blockages that keep you stuck, you become free to move to the next level.
- Saying affirmations can be especially powerful after you do release work and when you use power words and other allies to energize your words.
- Lie to yourself. Sometimes the mind and body need to be tricked into letting go of old patterns that they're comfortable with.

Action Steps

Practice #6: *The Recapitulation.*

Practice #7: *My Life Starting Today.*

Practice #8: *My Power Affirmation.*

Refer to your *Warrior Spirit Workbook* for details.

* * *

Next

In the next chapter, you'll learn four ways to manifest your goals faster, easier and more wisely. You will learn step-by-step practices. Do you know what you really want and why? What does true wealth mean to you? This section will help you get answers to often-overlooked questions.

5

Manifest Inspired Goals Faster Using Four Steps

“A man not living his vision, is living death.”
--Stalking Wolf

Up to this point, you've learned how to empower yourself using many practices and steps. Now, you will learn how to empower your goal to help it manifest faster, easier and with wisdom.

Even though it may not be entirely clear to you today, you are a powerful being. Did you know that you're here on this planet to discover this truth?

In this chapter, you will learn what you can do to empower your ideas and help them materialize. But before we get to that, I want to share rarely taught wisdom on goals. It concerns the bigger picture of how people decide on which goals to pursue.

Do You Really Know Why You Want What You Want?

Have you ever achieved a goal and then wondered if it was worth all the trouble? If this has happened to you, chances are that your desires were not inspired from your Higher Self, but rather driven by your physical mind. Be aware that the thoughts of the masses influence your physical mind, and you will need to guard from being led astray by the herd mentality.

From a higher vantage point, there are two types of desires: 1) desires driven by the physical mind to appease the ego and 2) desires inspired by our Higher Self.

Often, we pursue goals that seem alluring, and later we discover that they were not in our best interests. Do you know people who work 60-80 hours a week to get promoted on the corporate ladder and who suffer from poor health or emotional breakdowns? Learn from these people. They are your teachers.

Before you make a decision, take time to reflect on why you want what you want. Check if it's really the best choice for you.

When your ideas are inspired from a higher force, the pursuit and achievement of goals will be far more fulfilling than when they are not.

Inspired ideas help you avoid foolish decisions that can cost you your health, relationships, money and more.

If your goal involves achieving wealth, you need to first know what you want. What does wealth mean to you?

Is it having a certain amount of assets at a financial institution or is it having a certain lifestyle that makes you feel rich? If you haven't already done so, this is a great time to stop and reflect on what exactly you want.

Questions to Help You Know Why You Want What You Want

Sit in a quiet space, in nature if possible, and contemplate the questions below. By reaching out to your Higher Self for answers, you gain a deeper understanding of why you want what you want. Asking questions helps you have a broader perspective to see with more clarity. You gain insights to help you make wise decisions.

1. When you think of your idea, how do you feel? Does your stomach feel relaxed or do you feel tense, tight? Do you feel a sense of relief and lightness or heaviness?
2. Will achieving your goal benefit others too or is it only for your personal gain?
3. Is it truly serving you or are you doing it to really please others and/or to get their approval?
4. Is your goal based on recurrent feelings and visions or on a whim?
5. Is your decision balanced? Are you using both your physical and spiritual mind in making your choice?
6. Is it coming from a connection to Spirit or is it from a calculation of your physical mind to appease your ego?
7. Will the idea help you gain strength? Is it expansive or limiting?
8. Why do you want to achieve this goal? Ask yourself this question at least six times: "Why do I really want to achieve this goal?"

Be open to the insights that you receive. Be open to changing your mind, if you have any doubts about your goal. Listen to your body too. Remember, in chapter 3 (Understanding the Messages You Receive From Your Spiritual Mind) you learned that your body helps you make decisions. Feelings were given to you for a reason. Use them.

3 Signs Of Warrior Spirit Ideas

Warrior Spirit ideas are inspired ideas. When a higher force inspires you and you act upon the inspiration, you walk a path of power.

We are guided by a higher force—an inner vision. When we listen to it, we know what we must do in our lives. This wisdom has practical and spiritual implications. Following your inner vision will protect you on the physical plane and will help you evolve spiritually.

How do you know if you are living your inner vision? The only way to know is to ask your Higher Self that question. However, here are 3 guidelines to help you assess the wisdom of your idea or decision.

1. The Idea Is Persistent

When we get an inspired idea to do something important, it tends to come in a persistent form. It tends to be an unshakable thought or a feeling deep within that stirs us into action. Making an important life decision based on merely a fleeting thought is often not wise.

Pay close attention to recurring ideas, visions, symbols and feelings. These are important clues from your spiritual mind.

2. The Idea Increases Your Energy

Whatever your goal is, make sure it's driven from your passion, not someone else's. Avoid the common mistake of getting lost in the maze of distractions and losing sense of what your heart calls you to do. Too often people spend a lifetime pursuing a goal that serves to satisfy the ego rather than the heart. Avoid the trap of pursuing goals to win the approval and recognition of family members, friends, peers and society.

In the end, your goal will be more fulfilling and easier to achieve if external factors, such as getting approval of friends, don't control you. An inspired goal will give you the energy you need to overcome obstacles that come along your path.

When you think of your goal, do you feel energized? Does your goal make you feel deeply happy or do you feel a knot in your stomach? If your goal does not stir up higher vibration feelings, such as peace of mind or joy, reconsider it. You'll be in a more powerful position when you align yourself with goals that increase your energy rather than those that weigh you down.

If your goal stirs up high vibration feelings, you will be more empowered to achieve your goals because you will have the energy you need to keep going.

Emotions, such as joy, help you connect to higher regions of your inner world. You are in much closer proximity to the Source of Creation. Since we originate from this Source, we access our greatest power when we strengthen our link to it.

3. The Idea Is Balanced Using Your Two Minds

Your spiritual mind wants to help you experience an extraordinary life. The problem is that it often can not reach you because your physical mind dominates you. That's why, in the previous chapters, you learned how to quiet your physical mind and access your spiritual mind. You need to use the power of both minds.

I'd like to share a story of a young woman who I counseled about the dangers of making importance decisions without using her two minds. When she called me, she was on her way to the airport to catch a flight to a country that was replete with danger. When I asked her how she had made this important decision, I learned three things that startled me.

First, she had neglected to check if her decision was inspired by inner vision. She made her decision on a whim when a friend had called her up the day before to ask her if she would travel across the world with him to do "spiritual work" for people in need. In the rush to say yes, she hadn't asked herself important questions to check if she was making a wise decision.

Second, she had not taken the time to do practical research about the country. She wasn't aware of the current events there. Naturally, she didn't understand the depth of the dangers involved in traveling to that country. Nor had she considered the potential longer-term consequences of her decision. Her decision was not in balance; she had not used her physical and spiritual mind.

Three, she had allowed herself to be influenced by a friend who lacked wisdom. From what I sensed, her friend's decision to travel to the dangerous country was partly rooted in arrogance.

I advised her to travel only if her Higher Self was strongly directing her to do so. If there was any doubt, she should not move forward. When making a decision about something that is potentially dangerous for you and others, you should have severe inner vision guidance.

After our call, she reflected on our discussion and realized that she had doubts. By asking questions, she expanded her awareness. When she informed her friend at the airport that she was having second thoughts about the trip, he made a trite comment that she should not make a decision based out of fear. He didn't have the wisdom to understand the lesson that had presented itself. The lesson was that she needed to learn how to make important life decisions using guidance from a higher force, by inner vision,

combined with logical analysis. In the end, she decided not to board the plane.

A shaman once said that the spirit world does not suffer fools. When you have Spirit behind you, you have all the help of the Creator and of the spirit world. But foolish and arrogant decisions, when they are willful, are dangerous.

Four Ways to Energize Your Goal & Make it Happen

Ideas can more easily materialize when there is sufficient energy behind them. To speed up the process of manifesting your goal, energize it using four powerful practices: set your intention with clarity, do three-dimensional envisioning, transform doubts into belief and use the force of gratitude. Do not do them in a mechanical way. Put all your intent behind them.

1. Set Your Intention with Clarity

To accomplish a goal, you must have clarity of what you want to accomplish. The more clarity you have, the more effective you will be in accomplishing what you set out to do. Ideas or feelings that are vague produce vague results.

Write a detailed script about the outcome that you want to manifest. Think of it as a movie script of how you want your life to be. Write it in the present tense. Be aware of your thoughts and emotions as you write your script. If you find you are indulging in energy-depleting emotions, such as anxiety (perhaps triggered by a deadline) or doubt (lack of confidence), shift your state to one of empowerment. Do one of the practices that you've learned to empower yourself, if needed.

If you want to live in a beautiful home, for example, be specific about the details of the house. Imagine the details of the outcome but avoid being concerned with how it will materialize. Is it a one or two story house? What is the number and size of the rooms? Imagine how many windows and doors it has. Mentally picture the entire house and property. Go all around the house. Look over the exterior and the surrounding area. Go indoors and examine each room carefully in every detail. What are the colors of the walls, and how are the rooms decorated? Then, ask yourself what purpose it will serve. What does it mean to you? What is the reason for its being?

Another way to imagine the outcome is to build a small-scale model of what you want. You can use anything to create a model, such as pictures and small objects, that represents your goal. You help make your vision more solid and grounded in this reality when you create a concrete representation of what you want.

Think expansively about your goal. There's always more than one way to manifest what you want. In the example of the house, it could be possible to buy your dream house for less money than you think or to acquire it in an unconventional way.

By focusing on how you feel about the outcome, rather than the details of how you will get the home, you give the universe more options on how to deliver it to you.

Use your imagination to the fullest extent possible.

Imagination breathes life into your vision. Some of you may be able to use your imagination more easily than others, but all of you can imagine. Right now, see an elephant wearing a pink hat. See a red square. How easy was that? Now imagine yourself biting into a bright yellow fragrant lemon. How does that feel?

Like anything else, the more you use your imagination, the stronger it becomes. If you need help with developing your imagination, read novels or listen to storytelling. Stories are an easy and enjoyable way to develop the imagination.

2. Energize Your Intention with 3-D Envisioning

The act of writing the details of a desired outcome or building a model of what you want helps reinforce the picture in your mind. However, words and images are not as powerful as envisioning with feelings. Words and images are a starting point to help you materialize a vision.

You need to also envision your goal. Envisioning is different from ordinary visualizing. When people visualize, they often see the picture of what they want but not themselves in the picture. While this type of visualization has some power, it is not as powerful as envisioning. Ordinary visualization is like sitting in a theatre and watching a two-dimensional movie of what you want. You're watching the movie, but you're not in the movie.

See Yourself In Your 3-D Movie

It is far more effective to see yourself in the movie and to use all your senses. Here's how to do three-dimensional full sensory envisioning: Close your eyes and envision your goal. Let's use the example of the house again. See yourself in the house, moving about in the house, and experience various aspects of the house with your five senses. How do you feel when you walk around the house? Feel the furniture, smell the environment, see the colors around you, hear what you will say to others in the picture, and taste it.

Feel the outcome. Imagine clearly how you'll feel when you accomplish your goal. What are the emotional results of having materialized your dream? In the example of the house, will it provide you with only shelter or will it also give you a sense of relief, comfort, deep joy, and/or inner peace?

Empower Your 3D Movie with High-Vibration Emotions

When you practice three-dimensional envisioning, link your envisioning with high vibration feelings, such as joy and feelings of deep satisfaction. Emotions that lift you up, such as joy, help speed up the manifesting process. Why? You energize ideas when you associate them with high vibration emotions. Joy and feelings of gratitude are powerful emotions as they are closer to the Source of Creation.

Think about a time when you experienced great happiness, and anchor that feeling with your goal. Do this regularly.

Empower Your 3D Movie With Deeper Mind States

To empower three dimensional envisioning even more, practice it while you are deeply relaxed or in deeper mind states.

Why is this?

A stressed mind can not easily receive commands from your sub-conscious. In deeper mind levels, such as Delta, it's easier to reprogram your mind with new instructions. The deeper you go within, the closer you are to the forces of creation. Do full sensory envisioning either when you're in a deeper state of mind or immediately after a meditative-type practice.

If you need help with quieting your mind, use a step-by-step guided audio, such as the shamanic journey or remote influencing, that you learned about in chapter 3.

3. Transform Doubts Into Knowing

After you practice envisioning, release your idea to the universe. Relax and feel as if what you want is already in your life now. Many people have difficulty with this part. Doubts, and other demons of distractions, can creep in to take you off your power path. Every moment that you indulge in enemy thoughts and low-vibration emotions, you push your desired results away.

Knowing is when you feel with all of your being that something will happen. There is no doubt. It is not thinking that you will achieve your goal, it is knowing that you will. When you have absolute faith, you let go of limiting beliefs. You start taking action with full conviction and trust that you will be guided to accomplish what you set out to do.

Unwavering faith is a doorway into the world of Spirit.

Trust in your Higher Self to guide you along your path. Beware that your physical mind will attempt to discourage you. Know that at the needed time, you will be given all that you need, including the help of others and resources, to accomplish what you must.

How To Replace Doubts with Knowing

As you go on your path to realizing your goals, perhaps the most challenging lesson will be your ability to sustain faith in yourself. Here are four tips to help you replace doubts with knowing.

First, to cultivate that feeling of knowing when you don't have enough of it, train yourself to be impeccable with your thoughts. Avoid negative or weak statements such as "I hope I can" or "I don't think I can" and replace them with empowering statements such as "I am now in the process of..." Use power affirmations as explained in the previous chapter.

Second, do self-empowering practices every day. And, surround yourself continuously with inspiring resources such as nature, inspiring books and audio programs.

Third, avoid watching television. Television and movies put you in a state of Alpha, which makes you vulnerable to mass programming. Fear-based programming creates limited thinking, false beliefs and stress, which weaken your ability to create the reality you desire.

Fourth, when you set a goal for yourself, know that it is possible for you. The universe doesn't make judgments about your goal. What matters is that you know it is possible for you. That's why it works to start with small goals and then set greater goals as you build your confidence and eliminate your doubts.

How Fear Can Help You Build Belief

Fears are the main barriers to cultivating faith in yourself and in Spirit. At the same time, they can be your allies. They can help to make you stronger, for one. Fears are part of the dark side—the realm of suffering and ignorance. Yet, you can learn from them.

When you feel fear, acknowledge it and examine it. Is fear alerting you to a potential danger that you should be aware of? Or is it trying to control you with doubts?

If your fears keep you stuck or weaken you, then march forward in that direction. To turn away is to be defeated. If you choose to be defeated, you'll remain a prisoner of your fears.

Fears that weaken you tend to make you focus on undesirable outcomes. What if I fail at this endeavor and have nothing to show for it in the end? What if I can't do it? What if it takes me too long to reach my goal? Reframe limiting statements and transform them into expansive ones, such as "I am thankful that I have what I need to accomplish my goal."

4. Feel Gratitude -- Even When You're Not In the Warrior Spirit Mood

The moment you feel gratitude, you're on the track of power. Gratitude opens the heart and reduces the sense of separation between you and Spirit. Gratitude doesn't only help you in manifesting what you deeply desire, it keeps you from falling into the dark side—the realm of doubts, fears, pessimism and worries.

Practice thankfulness when you envision the image of what you desire. Be as thankful for it today as you will be when it has taken form in the physical world.

Can you remember a time when someone gave you a concrete gift that you really wanted, such as an elegant piece of clothing? Do you remember how you thoroughly enjoyed looking at your gift, touching it and feeling it with your heart? You were in the moment, fully appreciating your gift. That's how you need to feel when you focus on the goal you want to manifest.

Gratitude helps you energize an idea to give it life. It also builds personal power because it takes inner power to be grateful for what exists in your mind and is yet to manifest.

Start each day with a feeling of thankfulness and appreciation for your life. Gratitude will help you avoid falling into a downward spiral. When you practice being continually grateful, you're much less likely to complain and feel dissatisfied. Have you noticed that when you start your day in a bad mood, the rest of the day seems to drag and often ends up being pretty awful? Avoid being in a heavy mood, especially at the start of the day.

The moment you feel you're getting into a bad mood, stop what you are doing. Do something different to break the mood and lift your spirit. Get up and dance, listen to uplifting music or go for a walk. You get the picture. Train your mind to dwell on what you're thankful for, not on what you think you're lacking in your life. Gratitude builds optimism. Optimism opens up paths to opportunities.

Goals--Stepping Stones To Your Life's Purpose

Each person has their unique path to follow. A goal, no matter how big or small, is worth achieving if it helps you grow emotionally, intellectually and spiritually. For one person, creating a little extra money from a side business will be enough to help that person experience the rich emotional satisfaction that achievement brings. For another, creating foundations worldwide will be what that person needs to do to achieve their purpose.

We all have different missions in life, yet we all share one mission. Ultimately, we're all here to evolve into enlightened beings and to help others who want it. When you have a goal that is beyond the self, it helps you evolve more than a self-serving goal. Helping others takes us to a higher level of existence.

As you achieve the goals you have in front of you today, those successes can help you expand your life's purpose. Accomplished goals can serve as stepping stones to greater pursuits. Sometimes, as we enhance our daily lives, we feel ready to pursue abstract goals, such as having more peace of mind and wisdom.

How Can You Know What Your Life Purpose Is?

The Vision Quest, explained in chapter 3, is probably one of the most powerful ways you can receive guidance into your life's purpose. The key is to quiet the mind, and surrender to guidance from your spiritual mind.

You can also gain tremendous insights into your life's purpose by continually asking yourself questions such as: "What do I need to accomplish before I leave this life?" "If I were to die today, would I be satisfied with how I have lived my life?" By asking yourself these questions, you open yourself up to receiving guidance.

Start a journal. As you ask questions, jot down all the thoughts that come to you. The more you ask, the more you will receive.

Chapter 5

Warrior Spirit Highlights & Action Steps

Highlights

- Before you pursue a goal, check that it's the best decision for you. Is your goal to please your ego or your heart? Is it inspired and what you truly want?
- Goals inspired by a higher force help you avoid foolish decisions that can cost you your health, happiness, relationships and money.
- There are four power ways to energize a goal to help it manifest with greater ease, speed and wisdom. It is key to fully envision your inspired goal while in a deeper mind state and with high-vibration emotions.
- Goals can be stepping stones to your life's purpose.

Action Steps

Practice #9: ***The 40 Day Manifesting Practice.***

Refer to your *Warrior Spirit Workbook* for details.

* * *

Next

There will be challenges as you move closer toward reaching your goal. That's part of the journey. However, when you walk the Warrior Spirit path, you'll be able to more easily overcome any challenges that come your way. In the next chapter, you'll get tips on how to keep growing your personal power.

6

Keep Growing Your Power On the Warrior Spirit Path

“No heart has ever suffered when it goes in search of its dreams because every second of the search is a second’s encounter with God.”
--From *The Alchemist*, by Paulo Coelho

It will be natural to experience challenges as you move closer to realizing your goal. Don’t be discouraged. Use every opportunity to learn and grow. Power is hidden in growth. Wherever there is growth, there is power. Keep moving forward. Real power is felt in the opulence of experience.

If you’ve read this entire book, you know that the purpose of this book is to help you achieve your inspired goals with greater wisdom, happiness and speed. Its mission is to inspire you to live with the Warrior’s Spirit and believe in your power. If you choose, you can attain much more than the goals themselves.

What Else Can You Get Besides the Goal Itself?

In the path of the Warrior Spirit, the warrior seeks the attainment of wisdom and energy as he or she moves toward a goal. On this path, you reach your goal but the goal itself is not the end objective. Greater wisdom and strength gained in the pursuit of the target are more important than the mere pleasure of achieving a goal.

This perspective is not for everyone. You can certainly choose to focus only on the end result—the attainment of the goal itself. But if you broaden your perspective, it will help you from squandering energy as you move towards your objective. The average person squanders enormous energy in pursuit of goals.

How often have you experienced frustration, disappointment and/or impatience while you pursued your goals?

When you encounter challenges along the way, you can choose weakness and allow your life-force to diminish. Or, you can choose strength and learn the lesson that is presenting itself to you. The Warrior Spirit chooses to learn the lessons from every opportunity that presents itself because power hides

behind growth. Your inner power, your Warrior Spirit, is your foundation to attaining riches in all its forms.

Lessons can be anything from learning to let go of judging others or yourself to learning how to stop procrastinating about taking care of your financial responsibilities. Some of the lessons might seem small, but no lesson is trivial if it helps you develop inner strength.

Perhaps one of the greatest lessons we learn as we move forward to achieving our dreams is learning how to be present—in the now. Almost no one escapes the lesson of learning how to enjoy the journey as much as the destination. Do you tend to live in the past or future? Practice self-observation for a full day and be aware of where you tend to live—in the future or the past.

Learn the lessons, grow and keep on. The sooner you learn them, the sooner you'll be free to move on to the next level in your life.

Learn the Lessons and Keep On

Part of the journey is to learn the lessons you need to master as you walk your path. Always ask the sacred questions: "What has led me to where I am at today and why?" "What do I need to learn from this experience?" and "What am I feeling about this situation?"

A wise elder once shared this wisdom: Always move toward your goal but not to a goal.

Often, we put blinders on when we're determined to achieve a specific outcome. We develop tunnel vision and do not see all the possibilities along the way. When we move *to* a goal, rather than *towards* a goal, we tend to weaken ourselves and have access to less options because we see less.

It is similar to "wide-angle vision" that you learned about in chapter 3. When you walk with wide-angle vision, your vision is expansive because you see what's in front of you *and* the periphery. Whereas, when you walk with tunnel vision, you tend to see only what is in front of you.

As you move towards a goal, be open to the possibilities and options that present themselves along the way. You may find that you will discover a more satisfying path that you had not considered before.

What Can You Expect When You Ask Yourself Questions?

To make powerful transformations in your life, continually ask yourself new questions that will help you see things from a different, broader perspective.

This type of introspection will also help you to know yourself at a deeper level, if you want to go there.

The act of asking questions expands your mind. Stop right now and ask yourself one of the sacred questions. What did your mind do? It certainly reached out. Your mind expanded out to the universe, and the universe will respond in return.

When you ask your higher mind a question that is important to you, the answer is inevitable, if you keep at it. Your mind will continue to work on the question. You may get an answer immediately or you may receive the insight when you least expect it.

When you have enough energy, your personal power will help you see new possibilities, have creative ideas and create a new reality.

Tips for Building Your Power on the Warrior Spirit Path

At least twice a day, pause to acknowledge your connection to the Source of Creation. Do daily practices, such as the shamanic journey or walking in nature, to strengthen your connection with Spirit.

Always give thanks for your life and the wisdom and personal power you are attaining. Start each day with a feeling of thankfulness and appreciation for your life. By starting your day with the power of gratitude, you make your day flow much more easily than if you start your day in a bad mood.

When you start to feel discouraged and lack the will to follow your dreams, immediately take action to keep your spirit high. Do something that makes you feel good. Joy is a powerful force that helps you accomplish your dreams. And, immerse yourself with inspiring resources, such as those listed at the back of this book, to raise your spirit.

Build your energy by spending time in or near powerful spots, such as forests and waterfalls. Nature has a high vibration and lifts your spirit.

Give energy to people. Give them smiles, compassion, understanding and nurturing. As you give high-vibration energy, you grow your energy.

Practice deep breathing exercises to balance your emotions. As you take a deep breath, fill your lower abdominal area with air and feel it extend to your hips and toes. Continue the deep breath now filling your lungs with air. Then, slowly exhale. Repeat the long inhales and long exhales. Always take long breaths before you make important decisions or say an important statement.

Since most people are stuck in their limited Beta mind, there's a good chance that you'll need to find inspiration outside of your circle of friends and family. In fact, in many cases, you'll want to avoid most people in your circle. Seek consultations or mentoring from individuals that can offer wisdom and can help you build faith in yourself. It's a known fact that when you have help and support, you can accomplish a great deal more than if you don't.

Practice the release techniques you have learned to let go of heavy emotions that sap your personal power.

Avoid watching television or listening to the news. Mass media programming, such as news and television, generally is fear-based and lacks depth of knowledge and truth. In most cases, it takes away your power.

Share your knowledge with others who are interested. The acting of giving and helping others is very uplifting. And, it will help reinforce what you have learned.

Write and rewrite what you want your ideal life to be like. How does your goal make you feel? If you were certain that you would get what you wanted, how would you feel? Every day do something towards your goal and trust in Spirit.

Eat healthy and do regular exercise, preferably outdoors, to energize your body, mind and spirit. You need a strong and healthy body to accomplish goals and to get the most out of self-empowerment practices.

Be patient if you don't get the results you want when you want them. Reserve judgment. It usually takes about 21 days to break a habit. It takes 40 days to make a new habit and 90 days to lock it in.

Apply the knowledge that you've learned. Do the practices in your *Warrior Spirit Workbook*.

The path of power requires unwavering commitment and action. You must be relentless in choosing strength over weakness in your thoughts and actions. If you haven't been able to get the results you want, ask yourself if you've been committed to your vision. Spirit will support you in unimaginable ways. But you must do your part.

Take Action and Get Ready To Receive

To make things happen, you need to take empowered action on the physical plane. If you only use your mind and spirit, but do not engage the physical world, your endeavors will be incomplete. The formula for optimal success requires a fusion of all three centers: mind, body and spirit.

Make a list of everything that needs to get done in order to accomplish your goal. Give yourself a date to accomplish your plan. Make a schedule for each day, week and month. Take action every day toward your goal. Track your progress. Record what you accomplish each day.

Keep track of your actions to help you assess your progress and determine if you need to make changes to your action plan. The act of doing and completing something that is important to you is empowering. Most people just think about a plan but don't follow through with action. Work with calmness and confidence. When you work frantically, you create stress, and you won't be able to build inner power that way.

Avoid procrastination. There will always be reasons why you think you should wait. Be aware that your physical mind will try to keep you from advancing. It might tell you that you will fail or that you're not ready to accomplish what you want. If you think you should wait until tomorrow to do something, ask yourself why.

Get help from people and or organizations that can make your life easier. Outsource your work to smart, dedicated workers in foreign countries to save tons of time and money, get professional coaching, and join a master-mind group.

Unbelievable results can happen from even the smallest act. When you take even a small step toward your goal, forces are set into motion on your behalf. You can never know all the ways that Spirit will support you once you do your part. A huge future outcome may depend on your doing a simple act. Failure to take inspired action only delays getting you what you want.

Infuse power in your actions by feeling that Spirit is supporting your intentions. Consciously choose to act with wisdom and strength in all that you do.

It is up to you to take action and start living life on a whole new level. You absolutely can create a reality that can bring you enormous happiness and wisdom.

What Will You Choose Now?

In the back of this book, under Resources, I provide a list of sources to help you further on your path. They can help you advance your knowledge in the areas of wealth building, personal and spiritual growth. The path of the Warrior Spirit requires a commitment to ongoing learning.

There' no turning back. Even if you close yourself off to the idea that you have the power to influence your reality, your life will not be the same. There will always be a part of you that knows.

Even in the face of great challenges, personal and global, we can, through our link to Spirit, change our probable future and create a world that benefits us, others and earth. Now, more than ever, we all need to live with the Warrior Spirit. The choice is ours.

Chapter 6

Warrior Spirit Highlights and Action Steps

Highlights

- It's natural to experience challenges as you move closer to realizing your goal. Don't get discouraged. Use every opportunity to learn and grow. Power is hidden in growth.
- To make things happen, you need to take empowered action on the physical plane. If you only use your mind and spirit, but do not engage the physical world, your endeavors will be incomplete.
- The knowledge and practices provided in this book can help you achieve more than your goals. They can empower you with wisdom and strength that will positively affect all areas of your life.
- You have the power to change your probable future and create a better world that benefits you, others and the earth.

Action Steps

Practice #10: ***Wealth Questionnaire #2.***

Practice #11: ***Creating Your Action Plan.***

Practice #12: ***Your 12 Insights.***

Refer to your *Warrior Spirit Workbook* for details.

Resources

Below is a summary of resources to help you continue to expand your knowledge about what you've discovered in the Warrior Spirit program. Your library may have many of the books. Several links below provide free resources.

I. Sources for Wealth Building, Saving Money & Time

<http://www.harveker.com>

T. Harv Eker has Web sites that provide free resources, such as audios, on **reprogramming your mind for financial success**. He shares insights on how your mental blueprint predicts your financial future. You can receive great tips on how to think more expansively about wealth by visiting this Web site.

<http://www.attractmoneynow.com>

On this Web site, Joe Vitale offers a **free e-book that provides tips and steps for attracting wealth into your life** and advice on how to monitor goals to ensure success. He covers many helpful topics such as the benefits of forming a mastermind group and asking for help.

[*Think and Grow Rich*](#)

This is an **audio based on the classic book written by Napoleon Hill**. Though it was written decades ago, people continue to read it today. It provides a very good introduction about the powers of the mind and important principles for wealth building. This audio comes with a PDF workbook.

<http://store.replacemyself.com/?aid=39852>

Watch this free video to learn how you can **outsource your work for as little as \$2.50/hour and work less and make more**. Learn how you can hire very talented and motivated workers to help you expand your Internet business and more. I personally have saved not only time but stress from not having to do administrative work. You can also visit their Web site:

<http://store.replacemyself.com/?aid=39851>

<http://abraham.com/mindshift-challenge>

In this free e-book by Jay Abraham, you'll learn creative ideas to **build a business with no capital**. You will learn about many people who have built

thriving businesses without spending capital or by using other people's capital. At the very least, you'll learn how to expand your mind to see possibilities that most people can not see. He pushes you to have a mind shift and to think big.

<http://internationalliving.com/>

Even though this Web site appears to cater to people who want to retire early, many people in their 30's and 40's use their research to **learn about living abroad**. You can learn about the most desirable and cheapest countries (and towns) to live around the world.

II. Sources for Personal and Spiritual Growth: Books, Audios, Videos and Web sites

Accessing Higher Mind States–Shamanic Journeying

In this **step-by-step guided shamanic journey audio**, you will learn how to access your higher mind powers as you journey deep within to find answers and get guidance on any area of your life that's important to you. Unlimited Inner Power offers [The Journey](#) in MP3 format via its Web site. The audio includes a companion e-book (which is also downloadable) to help people get the most out of journeying.

If you prefer to read a book to learn how to journey, I highly recommend *Awakening Spirits* by Tom Brown Jr. Tom's **book provides instructions on how to journey**. In the beginning, you'll need the help of a partner who will read the instructions and guide you through the steps. This book is a must read for those who want to learn more about Stalking Wolf and the world of shamanism. Tom is an amazing storyteller.

When Tom was a young boy, he learned this form of journeying from an Apache shaman, healer and scout, by the name of Stalking Wolf. His books are available in many libraries, via Amazon and through his Web site: <http://trackerschool.com>

Accessing Higher Mind States–Remote Influencing

I recommend the **remote influencing audio programs** created by Gerald O'Donnell for several reasons. Gerald is dedicated to help humanity. His motivation and intent is pure. He teaches students how to reach deep Theta and Delta with full waking awareness. Students learn how to influence reality from these very deep levels of mind. And, he teaches gems of wisdom and ancient secrets.

To get a free remote influencing sample audio, please visit www.UnlimitedInnerPower.com. Once you sign up for the free newsletters, you will receive your MP3 download sample.

Unlike the majority of self-help gurus who only scratch the surface of mind powers, Gerald has a depth of understanding that is rare. Fortunately, he is generous in sharing what he knows and often does free tele-seminars. To learn more about remote influencing your reality and future, [click here to get a free e-book](#) written by Gerald O'Donnell. If you're ready to start using remote mind technology, you can buy the audio programs via the same link. Through these audios, Gerald shares powerful knowledge that few teach, such as lucid dreaming and about the energy body.

Accessing Higher Mind States–Mind Machines

http://www.youtube.com/watch?v=fy7v3lmm_Fo

This **video describes how mind machines induce deep states of relaxation, diminish negative emotions**, and simplify meditative-type practices. **“Light and sound” is an effective tool for anyone who wishes to explore altered states of consciousness**, awareness expansion and sensory stimulation, and profoundly deep relaxation.

With special light-bearing sunglasses over your closed eyes and headphones over your ears, you immerse yourself in colorful dancing geometric patterns and entrancing sounds. The stunning light creates psychedelic-like visual imagery within your mind and helps to quiet the mind and reduce mind chatter.

To get started using mind machines, click on [this link and then the “Light and Sound” link](#) to your left.

Praying With Power

If you would like a book that provides specific prayers for manifesting, life challenges, health, healing and dealing with fears, I recommend *Praying with Power: How to Use Ancient Shamanic Techniques to Gain Maximum Spiritual Benefit and Extraordinary Results Through Prayer*. In this book, Jose Stevens, Ph.D., **teaches how to use ancient shamanic techniques to pray with power.**

Jose and Lena Stevens are founders of an international school and consulting firm dedicated to the study and application of shamanism and indigenous wisdom. They offer private consultations to help individuals and businesses enhance their life. You can access **free monthly commentaries filled with wisdom by visiting their Web site** [at www.thepowerpath.com](http://www.thepowerpath.com)

Gregg Braden is another teacher who brings wisdom from our past to help people evolve and create miracles.

He is a renowned scientist and scholar who has extensively researched the power of praying. In his audio program called [*Speaking the Lost Language of God: Awakening the Forgotten Wisdom of Prayer, Prophecy and the Dead Sea Scrolls*](#), Gregg cites study after study in which modern science is now proving what the ancients have been saying since the beginning of time. An unseen web of energy that connects us all; some call it the Mind of God. In **this audio program, he teaches you how to choose emotions, feelings, and thoughts so you can make the leap from one future possibility to another.**

For decades, Gregg Braden has journeyed into the remote mountain villages, monasteries, and temples of Tibet, Peru, and Egypt to study ancient texts and spiritual traditions. He combines wisdom with the discoveries of modern science to bring us a radical new understanding of prayer, time and space relationships.

Shamanism

Journey To Ixtlan, by Carlos Castaneda. This powerful novel weaves ancient wisdom teachings as taught by Don Juan, a Yaqui Indian enlightened being. It opens up a whole new world that is beyond your imagination. Carlos is a master story teller. **Through this entertaining novel, you will learn powerful knowledge to enhance your life.**

Secrets of Shamanism: Tapping the Spirit Power Within You by Jose Stevens, PhD and Lena Stevens. This book provides an introduction into the world of shamanism and many practical exercises that anyone can do. The authors provide a comprehensive overview of what's possible when a person engages the world of shamanism.

The Vision or *The Quest* are two of many books written by Tom Brown Jr. Tom's books provide knowledge about shamanism and wilderness living. When Tom was only seven, an Apache elder, shaman and scout, by the name of Stalking Wolf, began teaching Tom the skills of tracking, wilderness survival and awareness. Today, Tom shares advanced knowledge passed on to him by Stalking Wolf. His books are available at libraries, Amazon or through his Web site: www.trackerschool.com

Fasting (Part of Vision Quests)

Fasting from food can help cleanse the body and purify the mind. In the classic book entitled *Rational Fasting* by Arnold Ehret, he teaches how many of his patients experienced miraculous cures and spiritual transformation

from fasting. His knowledge is a must read if you are interested in fasting because he teaches critical knowledge about fasting, including how to break a fast. You need to be aware of what type of foods you can eat after completing a fast to ensure a safe and effective fast.

III. Sources for Personal and Spiritual Growth: Schools and Movies

Schools

www.trackerschool.com

This school **teaches wilderness survival and advanced spiritual teachings.**

Tom Brown Jr. founded the school. Tom is America's most renowned tracker and wilderness survival expert.

<http://www.visionquest-spiritualretreats-womensretreats-yoga.com>

This school is rare and **takes people out on vision quests.** The vision quest has become an almost forgotten sacred practice. Few teachers today can lead student on vision quests. I can recommend only this school at this time. The co-founder, Malcolm Ringwalt, studied under Tom Brown Jr.

Movies That Teach About Powers Of the Mind and More

Star Wars (Episode 2 and 3)

What the Bleep Do We Know

The Matrix

Peaceful Warrior

Bonus E-Book

[The Science of Getting Rich](#)

This is a classic book written by Wallace Wattles. It has inspired people for over 100 years. The author provides a great deal of knowledge about how to overcome mental barriers and about creation in a condensed manner. It was a major inspiration for the bestselling book and film entitled The Secret.

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About the Author & Final Notes

Mary Rivas teaches basic shamanic techniques and knowledge about mind powers to help empower people. Through her Web sites www.WarriorSpiritAudio.com and www.UnlimitedInnerPower.com she offers self-empowerment resources, such as e-books and audios. She founded this Web site after 15 years of working in the money management business.

Mary has a degree in psychology and attended graduate school in clinical psychology. For nearly ten years, she has immersed herself in shamanism and ancient wisdom. Her philosophy is that we are all here to connect with our inner vision, the higher force within us that guides us in all areas of our lives.

She offers private consultations over the phone and via e-mails to individuals who want to learn how to enhance their daily lives. To learn more visit, www.WarriorSpiritAudio.com

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If you would like to share your experiences after you read this book, please send a note to questionsformary@unlimitedinnerpower.com I would be very happy to learn about your insights and experiences.

If you would like to have one-to-one empowerment coaching, please visit <http://warriorspiritaudio.com/services/> to learn about private consultations and how to get started.

