

The **WARRIOR SPIRIT**

Workbook Practices



TABLE OF CONTENTS

1. Introduction	2
2. Chapter 1 Practices	4
3. Chapter 2 Practices	10
4. Chapter 3 Practices	12
5. Chapter 4 Practices	14
6. Chapter 5 Practices	19
7. Chapter 6 Practices	24
8. Resources	29

INTRODUCTION

WARRIOR SPIRIT WORKBOOK

This workbook is designed to reinforce what you learned in the audio program and e-book entitled *Warrior Spirit: How To Use Your Hidden Mind Powers and Ancient Wisdom To Create Wealth and Much More*.

Each practice serves a different purpose. Collectively, they help you achieve your inspired goals and strengthen your connection with a higher force within you. The practices are a way for you to advance to the next level.

You are encouraged to experience the Warrior Spirit and get to know yourself at a deeper level. The practices serve to help you expand your awareness on many levels. And, they help you understand what is working for you and what is not.

Be patient. It will take some training to change your reality, but you can do it and do very well at it. If you don't see results as soon as you want to see them, know that it takes 21 days to break a habit and 40 days to make a new habit.

Take action and do the practices. Most people who read personal growth books don't practice what they learn. They continue living a routine life. To repeat the same old behavior can feel safe and even comfortable, but be aware that routines keep you from growing.

Similar to physical exercise, you can read about the benefits of exercising the body, but unless you take action, you won't see results. It takes inner power to take action in the physical world. By taking even the first few steps, you enter a new world.

The practices will help you bring your Warrior Spirit into your home, work, relationships and into your life dreams. I recommend that you journal about your practices to further expand your awareness. Designate one journal specifically for your Warrior Spirit practices and experiences.

And, enjoy spending time with yourself as you do the practices. Avoid feeling heavy and taking it all too seriously. Enjoy your journey. Nourish your spirit with happy thoughts.

To your warrior spirit path,

Mary Rivas

Practices and Action Steps

Chapter 1

Practice #1: THE WEALTH QUESTIONNAIRE

The Wealth Questionnaire below helps you become aware of your beliefs about money and wealth in general. Change begins with being aware of where you are today. Know your starting point.

Instructions:

Complete the below questionnaire either before you read chapter 1 or while you are reading the first chapter. In a relaxed environment, read each statement and rate it based on the first thought that comes to you. Essentially, you are asking yourself what you feel about each statement. After you complete the questionnaire, follow the instructions below to score it.

Rate it on a scale of 1 to 10. The lowest number, 1, indicates that you completely disagree with the statement. The highest number, 10, indicates that you completely agree with the statement.

- ___ 1. Making money is really hard to do.
- ___ 2. I don't know how to invest.
- ___ 3. People who are wealthy are lucky.
- ___ 4. Money is the root of all evil.
- ___ 5. I can only make money working for someone else.
- ___ 6. People who are wealthy are greedy.
- ___ 7. I will never be wealthy.
- ___ 8. Managing money is difficult.
- ___ 9. Money is not important. .
- ___ 10. It's impossible to save enough money these days.
- ___ 11. I can't afford to hire someone to help me in my business.
- ___ 12. Wealthy people are selfish.

- ___ 13. I resent people who are wealthy.
- ___ 14. It takes money to make money.
- ___ 15. I'm not smart enough to make good money.
- ___ 16. Money is bad and causes problems.
- ___ 17. Creating wealth involves taking advantage of people.
- ___ 18. Having a lot of money will make me less spiritual.
- ___ 19. It's hard to make money in this bad economy.
- ___ 20. I think God will give me the money if I deserve it.
- ___ 21. If I have money that means someone else won't have money.

Instructions to Score the Money Questionnaire

Circle each statement that you rated as 5 or higher. Did you rate more than half the statements with a 5 or higher? Did you rate more than half the statements with a 7 or higher? How often did you use a rating of 1 or 2?

Higher ratings, of 5 or above, indicate limiting beliefs about wealth and money. Limiting beliefs and thoughts about wealth are likely to push wealth away from you. You will not be able to easily attract wealth into your life when you hold beliefs that limit life's possibilities for you. Having a limited mindset indicates that you need to open your mind and think more expansively about wealth and money. The more you hold expansive beliefs about money, the more you can create wealth in your life. The Warrior Spirit audio and e-book will help you release limiting beliefs about wealth that hold you back.

If the majority of your ratings were low numbers, such as 1 or 2, this indicates that you hold expansive beliefs about money and wealth. In this case, you can learn how to speed up the process of transforming beliefs into something concrete in the physical plane by energizing your expansive beliefs. There are degrees of success. Creating wealth with more ease and wisdom is far more beneficial than creating wealth with stress and foolish decisions, for example.

Practices and Action Steps

Chapter 2

Practice #3: SELF-OBSERVATION

If you have read chapters 1 and 2, you learned that thoughts and words are powerful forms of energy. They are, in fact, the magical property of whoever knows how to use them wisely. While thoughts can serve to help you create the reality you desire, they can also be your greatest enemies. You have two types of thoughts: those that empower you and those that weaken you.

There is a constant battle going on between your two minds. Your physical mind can dominate your thoughts with enemy thoughts, if you allow it to. Conversely, your spiritual mind can help you create the reality you desire by empowering you with expansive thoughts, creativity, intuitive insights and much more.

Instructions:

Every day for one week, notice throughout each day how often you indulge in limiting thinking. Observe negative statements that you make out loud and quietly to yourself. Observe how often you use limiting words such as "can't" "won't" and "impossible."

Track your negative thoughts; count them each day. You might want to ask your partner, spouse or a close friend to help you notice each time you say a limiting thought out loud.

As you observe yourself and become aware of your thoughts, you'll probably find that as the days pass, you'll have less negative thoughts in a day. The very act of becoming aware of your negative thoughts can help you change.

Below are just a *few* examples of limiting thoughts:

I can't afford it

I'll never meet my dream man/woman

It can't happen
 It isn't possible
 There isn't enough time
 They won't let me
 Something always goes wrong
 I don't know how
 It's too hard
 It's their fault
 I can't fix it
 I don't know what to do
 I don't have enough money
 It's impossible

Day	# of Times I Said Limiting/Negative Statements to Self or Others
#1	
#2	
#3	
#4	
#5	
#6	
#7	

Notes to self: What did you observe about yourself?

Practices and Action Steps

Chapter 3

Practice #4: YOUR DAILY WARRIOR SPIRIT PRACTICE

In chapter 3, you learned about practices and steps you can do to use your mind powers and strengthen your connection to a higher force within you. Some of the practices, such as shamanic journeying, require a little bit of training, but some you can do immediately. Talking to the trees in wide angle vision, for example, is one practice you can use to enter alpha. As you might recall, this practice can also help you release heavy emotions that weigh you down and empower you to manifest your desires.

Instructions:

Do at least one of the chapter 3 practices once a day for at least 40 days. Remember the power of words, the power of times of day (sunrise) and the power of nature. Use these allies to further empower your practices.

Keep a journal about your experiences, insights and feelings throughout the 40 days.

Practice #5: BODY, MIND & SPIRIT AWARENESS

As you have learned by this chapter, raising your awareness in everything that you do is necessary for growing personal power. Eating is no exception. Since you eat everyday, eating is a great way to develop awareness and the habit of living with a thankful heart.

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. Remember, your spiritual mind communicates to you through your magnificent body through feelings, insights and images.

Instructions:

Eat one live piece of food very slowly. (A live food is one that is not processed, such as a fresh vegetable or fruit). Take 15 minutes to eat three pieces of fruit, such as a pineapple or banana.

Close your eyes while you eat it, and imagine that this is the very first time you are eating the fruit. Be aware of everything you sense while you chew slowly. Do you taste the sweetness, saltiness and acidity of the fruit? What else do you taste? Do you see any colors while you eat? What is the texture, temperature and density of the food?

This type of awareness exercise helps you go deep within to feel what is going on in the depths of your being. How much more can you experience when you eat this way? Imagine how you can experience much more in other areas of your life when you are present.

Notes to self: Jot down all the sensations that you experienced with just eating a few pieces of fruit. Did you experience something that you had not experienced in the past when eating the fruit?

Practices and Action Steps

Chapter 4

Practice #6: THE RECAPITULATION

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. There will be times, however, when awareness alone will not defeat your enemies. That's when releasing practices can help you.

Instructions:

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 to 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.

"With your help Great Spirit, I am creating financial freedom easily and with joy and with wisdom. I am deeply thankful for my life."

Your daily affirmation:

Practices and Action Steps

Chapter 5

Practice #9: 40 DAY MANIFESTING PRACTICE

In chapter 5, you learned about the wisdom of knowing what you really want and the wisdom of pursuing inspired goals. Before you make a decision about a goal, take time to reflect on why you want what you want. Check if it's really the best choice for you today.

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.

Instructions:

Part 1: Know what you really want.

Sit in a quiet space, in nature if possible, and contemplate the below questions. 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 as well 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?"

Part 2: Energize Your Inspired Goal to Make It Happen

Once you have an inspired goal, you are truly ready to make it happen.

Follow the four steps described in chapter 5 to energize your goal and help it manifest with greater speed. It is best to work on only one or two goals at a time.

For your easy reference, the four steps are *summarized* below. Refer to chapter 5 for a more detailed description of the steps.

1. Set Your Goal With Clarity

Write a detailed script about the outcome that you want to manifest. In other words, describe what goal you deeply want to materialize.

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?

Think expansively about your goal. There's always more than one way to manifest what you want.

Use your imagination to the fullest extent possible.

2. Energize Your Intention With 3-D Envisioning

Envision your goal using all your senses.

See Yourself In Your 3-D Movie

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.

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 in 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 Belief

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.

Belief is a feeling of knowing that something will happen. There is no doubt. It is not thinking that you will achieve your goal, it is knowing, with every part of your being, 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.

How To Build Belief When You Don't Have Enough

First, to cultivate belief 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, everyday do self-empowering practices. And, surround yourself continuously with inspiring resources such as nature, inspiring books and audio programs.

Third, minimize or 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.

Four, when you set a goal for yourself, make it believable for you. The universe doesn't make judgments about your goal. What matters is that you believe it is possible for you.

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

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.

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. 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.

Practices and Action Steps

Chapter 6

Practice #10: WEALTH QUESTIONNAIRE #2

Instructions:

Complete the second Wealth Questionnaire #2 below after you finish reading this book.

In a relaxed environment, read each statement and rate it based on the first thought that comes to you. Essentially, you are asking yourself what you feel about each statement. After you complete the questionnaire, follow the instructions below to score it.

Rate it on a scale of 1 to 10. The lowest number, 1, indicates that you completely disagree with the statement. The highest number, 10, indicates that you completely agree with the statement.

- ___ 1. Making money is really hard to do.
- ___ 2. I don't know how to invest.
- ___ 3. People who are wealthy are lucky.
- ___ 4. Money is the root of all evil.
- ___ 5. I can only make money working for someone else.
- ___ 6. People who are wealthy are greedy.
- ___ 7. I will never be wealthy.
- ___ 8. Managing money is difficult.
- ___ 9. Money is not important. .
- ___ 10. It's impossible to save enough money these days.
- ___ 11. I can't afford to hire someone to help me in my business.
- ___ 12. Wealthy people are selfish.
- ___ 13. I resent people who are wealthy.

- ___ 14. It takes money to make money.
- ___ 15. I'm not smart enough to make good money.
- ___ 16. Money is bad and causes problems.
- ___ 17. Creating wealth involves taking advantage of people.
- ___ 18. Having a lot of money will make me less spiritual.
- ___ 19. It's hard to make money in this bad economy.
- ___ 20. I think God will give me the money if I deserve it.
- ___ 21. If I have money that means someone else won't have money.

Instructions to Score the Money Questionnaire

Circle each statement that you rated as 5 or higher. Did you rate more than half the statements with a 5 or higher? Did you rate more than half the statements with a 7 or higher? How often did you use a rating of 1 or 2?

Higher ratings, of 5 or above, indicate limiting beliefs about wealth and money. Limiting beliefs and thoughts about wealth are likely to push wealth away from you. You will not be able to easily attract wealth into your life when you hold beliefs that limit life's possibilities for you. Having a limited mindset indicates that you need to open your mind and think more expansively about wealth and money. The more you hold expansive beliefs about money, the more you can create wealth in your life. The Warrior Spirit audio and e-book will help you release limiting beliefs about wealth that hold you back.

Notes to self: How do your answers from this questionnaire differ from the first wealth questionnaire you did? Reflect on what you have learned. How are you more empowered now?

Practice #11: CREATING YOUR ACTION PLAN

Instructions:

Write down a specific goal that you want to accomplish. It can be the same goal you described earlier in Practice #9, or it can be a new goal.

Write down an action plan that details what you can do on the physical plane to help you accomplish your goal. You need to take some form of action everyday toward your inspired goal. Avoid the trap of just using your mind and not taking action on the physical plane. Stay balanced using your mind, body and spirit.

In the case of growing a business, your action plan can include joining a mastermind group in your local area, working with a business consultant, sending out marketing materials regularly, educating yourself to improve your marketing, outsourcing to an employee overseas, attending conferences and asking for referrals.

If you are not sure what you need to do, remember the power of asking questions to your Higher Self and the power of going within for answers using practices such as the shamanic journey.

Write down the date you want to reach this goal. In the case of a six month goal, write down a monthly plan of what you need to do each month in order to reach your six-month goal. Detail what you need to accomplish each week to reach your monthly goals. Track your progress by writing it all down. By tracking your progress, you will get feedback on how to improve your action plan.

Practice #12: YOUR 12 INSIGHTS

Instructions:

Describe the 12 most important insights and/or ideas you learned from the Warrior Spirit. How can these new insights help you enhance your daily life? What ideas do you feel inspired to share with others?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Warrior Spirit Workbook Conclusion

Keep growing your awareness. Remember the power of asking questions. To make powerful transformations in yourself, continue to ask yourself new questions that will help you see yourself in a new light. By expanding your awareness this way, you will grow emotionally, intellectually, professionally and spiritually.

Three sacred questions are:

“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?”

Resources

For your easy reference, I have provided you with the list of resources that are in the back of your Warrior Spirit e-book. They are *repeated* below to make it convenient for you to refer to them if you should need to.

I. Sources for Wealth Building, Saving Money & Time

<http://www.tharveker.com>

T. Harv Eker has websites 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 website.

<http://www.attractmoneynow.com>

On this website, Joe Vitale offers a **free e-book that provides tips and steps for attracting wealth into your life** as well as 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 website:

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

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

In this free e-book by Jay Abraham, you will learn how to open your mind to expand the possibilities of **building a successful business without**

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 will 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 website 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 Websites

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 website. 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 website:

<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.

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=fy7v3lmn_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 website** at www.powerpathseminars.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 website: 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. When Tom was only seven, an Apache elder, shaman and scout, began teaching Tom the skills of tracking, wilderness survival and awareness. Today, Tom shares his wisdom and knowledge to those who want to learn these sacred, almost lost, teachings.

<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