



Protecting Our Light
through
The Sword
and
The Feather

Tavan Bogd Mountain, Mongolia

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Introduction

This social media, news, and entertainment, and the damage it does to our psyche and psychological health is present-day warfare. The amount of dark information thrown our way, that we can do nothing about becomes overwhelming and truly damaging to our well-being. And yet, people seem to be drawn to it. This is a deep, illogical mystery. Why does bad news attract people to it and good news seems to get very little attention?

Global change cannot happen unless we, as individuals change. While the madness of media leaves us feeling helpless and hopeless, in truth, we all have the power to change what is happening. If not in the world, certainly in our own lives.

We need to take ourselves to task, to study what is beneficial for ourselves, what is inspiring to ourselves, and what makes our insides become serene and peaceful. If even for a moment, something leaves us feeling uncomfortable or unsafe, we need to learn the art of immediately removing it or them from our personal space. This course of action is *called the sword energy*.

When we do this, we become the beacon of light that this world is in desperate need of. Darkness is winning, and it is turning our garden into a large acreage of weeds and swamps. Yet, we all have the wherewithal to transform this mess into something beautiful and bountiful. Holding this vision is *called the feather energy*.

The choice is always ours. This is where our empowerment lies and where our empowerment lies, is where our potential lives. Prosperity, peace, and promise are ours for the **receiving** – we just need to realize this fact, and then act upon it. **The sword and the feather** are ours for the **taking** – we just need to reach out and utilize them for our best benefit and bounty.

The Yin-Feather and Yang-Sword lie within our Being.

Exercise 1

The Sword and Knowing

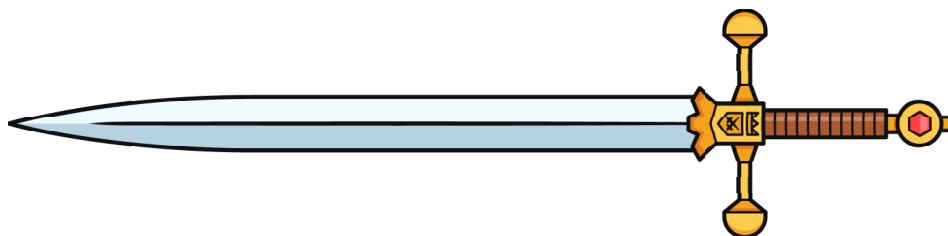
Each and every day we need to mentally prepare ourselves to create something new, while doing away with what no longer serves us. We must never stay stagnant, as stagnancy and complacency are the superpowers of the DARK.

Everything that is not in our best interest must be altered. To achieve this, our personal power must become predominant and this happens by calling in our **sword** energy of knowing.

Our actions must be integral, involved, and integrated. We thereby become the underground and overriding seeds to a new beacon of light for the microcosm and macrocosm. And as this new beacon of light, we become steady, willing, and natural. We evolve into the spirit of a divine fate that cannot be interfered with.

We all have a deep inner knowing of what is right. And when we do right, we cannot go wrong. The more we connect to our inner knowledge and outer standard of behavior, the more we wield our **sword** to cut away what will not serve our highest good and greatest potential. The more we use our **sword** to protect our individual life, the less the world around us affects us.

To know we know creates the glow and flow of life.



Knowledge is Power

1. **Know** that each and every day we need to focus on something that bothers us and where we can make a difference to handle, equalize or transmute it.

Do you do this? If not, how will you incorporate this into your daily life?

2. **Know** that we are in very turbulent times of destruction. We need to just accept it and not get too devastated or imprisoned by it, as it weakens our positive energy and cosmic connection.

Can you transform this? If not, how will you work to make this happen?

3. **Know** that all emotional reactions must be transmuted into higher, emotional intelligence. Do not create a trace of drama, as it will hinder your empowerment.

Can you transmute this? If not, how will you work to make this happen?

4. **Know** that we must not pretend we know something, when, in truth, we do not. It is time to study, learn, listen, and then lead.

Can you do this? If not, how will you work to make this happen?

5. **Know** that the ‘I’ instinct is the dark’s program that keeps us in the “Eye” of the hurricane, which is madness and chaos. In truth, survival is embedded and empowered in the ‘We’ program.

Are you in the “We” program? If not, how will you change your behavior and thinking to remove yourself from self-indulgence and self-involvement?

6. **Know** that time is of the essence. Do not waste a moment, as minutes are precious. Yet, hasten responsibly, so as not to be tricked or fooled.

Are you aware of the urgency for change? If not, how will you become more conscious of this fact and change your movements and decisions?

7. **Know** that others will try to bring us down. We must keep ourselves 'hooked' into why we are here, so as not to get 'hooked' into the lower, darker way of thinking and being.

Are you aware of when others are jealous, envious, or devious? If not, how will you become smarter and use your sword energy?

8. **Know** that at all times, through every decision, our well-being and empowerment are at risk.

Is this something you are conscious of? If not, how will you become smarter and more intuitive?

9. **Know** that certainty is the key to manifestation. Without certainty, good things fall through the cracks and become defeated.

Are you ready to overcome confusion? If not, how will you change those thought forms?

10. **Know** that for the divine plan to work in our life, we must be assured what the divine plan is and what it is NOT.

Do you take the time to contemplate the real reason for something? If not, how will you develop the skills to get to the truth about something or someone?

Exercise 2

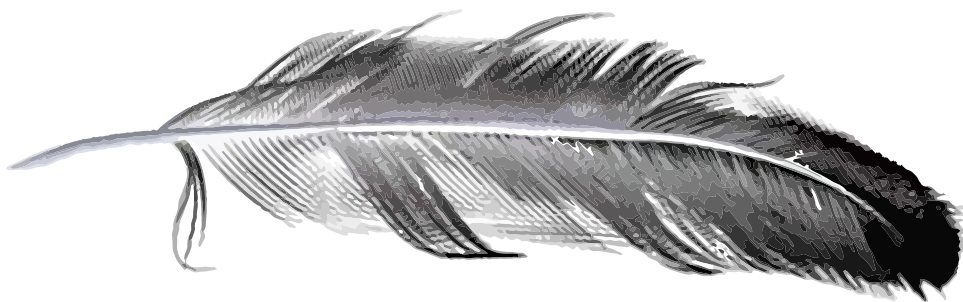
The Feather and Feelings

We are what we feel. The problem is that most of us do not even know what we feel. And when we face how we feel, we truly do not know what to do with those feelings. This is where the **feather** comes in. The **feather** is connected to inner truth, intuition, and interconnectedness. Our feelings are connected to our empowerment chakra, so the more we start to understand ourselves, the more empowered we become to make the difference that makes the difference.

We need to realize that there are no casual actions, words, or thoughts. Therefore, we must pay close attention to everything we say, do, or think. The basis of our enlightenment is that we learn to differentiate between beneficial decisions and harmful ones. The ability to sense, study and observe carefully is crucial to a victory for the light, especially in these times of darkness.

We start to pay more attention to what we are sensing like I smell a rat, or I have a bad taste in my mouth over this, or what I see is not what I am getting. All these senses are so very important, as they lead us away from the pitfalls of chaos.

Staying on the right track is crucial to not getting derailed.



D's That Open the Door to Darkness

1. Endangering

Do you involve yourself with anyone or anything that could be endangering to you, your purpose, your mission, or your life? If so, how will you sensibly handle and change this?

2. Deceiving

Do you become attached to the outcome and therefore become deceptive to get what you want? Or do you notice someone else doing that? If so, how will you sensibly handle and change this?

3. Destructing

Do you have destructive thinking or habits that can interrupt your wondrous, divine path? If so, how will you sensibly handle and change this?

4. **Damaging**

Do you sit by and allow your purpose or your mission to be damaged in any way? If so, how will you sensibly handle and change this?

5. **Defying**

Do you dig your heels in and become stubborn believing you are right about something before doing your homework? If so, how will you sensibly handle and change this?

6. **Distorting**

Do you distort the truth to get your own way or do you notice someone else doing that? If so, how will you sensibly handle and change this?

7. **Degrading**

Do you allow yourself or others to be degrading to anyone or anything?
If so, how will you sensibly handle and change this?

8. **Denying**

Do you go into denial when you are not ready to face and solve a problem?
If so, how will you sensibly handle and change this?

9. **Demeaning**

Do you demean others or yourself in any way, shape, or form? If so, how
will you sensibly handle and change this?

10. Disagreeing

Do you allow others to lead or do you always have to be in control? If so, how will you sensibly handle and change this?

11. Doubting

Do you believe in yourself, your ideas, your goals, and your dreams? If not, how will you sensibly handle and change this?

12. Disobeying

Do you realize that obedience and discipline are the keystones to victory? If not how will you sensibly handle and change this?

13. Disrespecting

Do you ever shame others or yourself or do you address when others do the shaming? If so, how will you sensibly handle and change this?

Exercise 3

To Be or Not to Be is All Up to Me

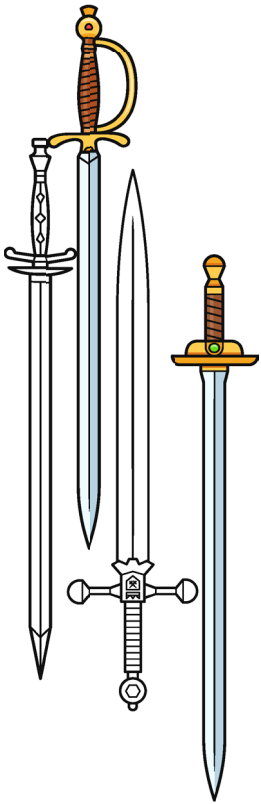
Our challenge in life is to move from ego consciousness to higher consciousness. Every moment we allow ourselves to be sustained by our divinity, we are being raised from a deadened state of being.

Our **sword** and our **feather** become a perpetual experience of resurrection. In order for us to win this intense battle of life versus death, or awakened versus sleeping, we must accept our personal responsibility to be the difference that makes the difference.

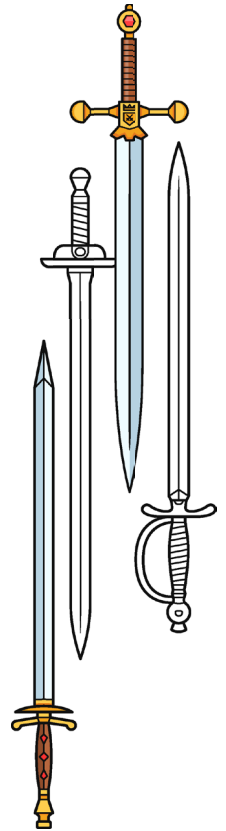
The letter C stands for creating or creation. Every minute of every day, we have an opportunity to create a newness in ourselves, a growth for ourselves that refuses to be denied and in doing so, we change the world.



C's for the Sword



- _____ Certain - opposite confused
- _____ Clear - opposite doubting
- _____ Committed - opposite ambivalent
- _____ Confident - opposite insecure
- _____ Conscious - opposite ignorant
- _____ Consistent - opposite incompatible
- _____ Constructive - opposite destructive
- _____ Courageous - opposite fearful



Score yourself on the above eight positive **swords**, 1 being the lowest and 5 being the highest. How will you work on those that are not 5, with the goal being to get them to a 5?

Study the opposite words and mark if they are prevalent in your daily life. If so, how will you handle and change that?

C's for the Feather



- _____ Calm - opposite stressed
- _____ Caring - opposite removed
- _____ Collaborative - opposite self-involved
- _____ Comforting - opposite cold
- _____ Concerned - opposite disinterested
- _____ Connected - opposite isolated
- _____ Contemplative - opposite reactive
- _____ Cooperative - opposite competitive



Score yourself on the above eight positive **feathers**, 1 being the lowest and 5 being the highest. How will you work on those that are not 5, with the goal being to get them to a 5?

Study the opposite words and mark if they are prevalent in your daily life. If so, how will you handle and change that?

Exercise 4

Reading the Room

We cannot know whether to use the **feather** or the **sword** unless we learn how to read the room. And reading the room means learning how to read people, the energy, and the atmosphere. We will miss our cues if we come from a place of attachments, ego, or wanting to be popular or right. In order to develop this incredible intelligence, we must not be attached. Instead, we have to embrace being humble and intent on understanding what and who is interacting within our personal space.

When we savor our strength, speak only from our heart, and seek purity in all things, we open the door to our Original Mind. Our Original Mind is connected to our holy wisdom and understanding, which guides us in all our ethics and actions.

We are now living in a crucial time of good versus evil. And then there is the fence. When we sit on the fence, we sit with darkness. At all times we need to be using our **sword** and **feather** for our commitment to our certainty. For this to happen we require discernment, discipline, and higher development. It is time to work very diligently to elevate our thought forms, instincts, intelligence, and feelings.

In doing so, we send forth a new Wave Song for our personal life and the entire Universe. Our new curriculum creates a new current, and this new current creates a wave of consciousness that can touch millions of souls. It is transferred into the energetic force field through our pure intentions and integrity.

1. Are you attached to what others think of you? If so, how can you change that?

2. Do you listen enough? If not, how can you change that?

3. Are you aware of your surroundings enough? If not, how can you change that?

4. Do you keep your ego in check? If not, why, and how can you change that?

5. Do you believe you can make a difference? If not, why, and how can you change that?

6. Do you pay enough attention to feeling safe? If not, why and how can you change that?

7. Did you learn enough from this guide when to use your **sword** and when to use your **feather**? If not, why, and what more do you need to do to learn this?

8. Do you feel more quickened and vitalized by doing this guide? If not, why, and what more do you need to do to feel this?

There is great work to be done in the world, but there is greater work to be done within ourselves.

Exercise 5

What the Sword and Feather Represent

Sword Statements

- My **sword** is connected to my innate intelligence.
- My **sword** is used for my discernment and discipline.
- My **sword** is my greatest weapon against despair.
- My **sword** keeps me protected and resolved.
- My **sword** keeps danger at a distance.
- My **sword** keeps my goals and dreams intact and on target.
- My **sword** is my strongest ally and friend.
- My **sword** is used daily in my decision-making.
- My **sword** keeps me integral and pure.
- My **sword** keeps my soul safe.
- My **sword** is never instigated by ego.

Feather Statements

- My **feather** keeps me away from trouble.
- My **feather** helps me to be emotionally intelligent.
- My **feather** assists me to respond rather than react.
- My **feather** infuses understanding and empathy for others.
- My **feather** directs me toward the true potential of something.
- My **feather** opens the door to more intimate conversations.
- My **feather** keeps my thoughts in a higher place.
- My **feather** reinforces my connection to spirit.
- My **feather** very often becomes my seeing eye.
- My **feather** is connected to my intuition, instincts, and inner intelligence.
- My **feather** is never instigated by ego.

Which statements mean the most to you and why?

Which statements do you have to work on and how will you do that?

Exercise 6

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?
