



# Feeling the Warrior Within

Milford Sound, New Zealand

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# Introduction

*Definition: strength in facing fears, human bravery, fearlessness with helping others, defeat does not deflate.*

In today's world, chaos, difficulties, and challenges are things we cannot escape. The macrocosm is affecting the microcosm in every way, shape, and form. That is the bad news, however, the good news is that we all have a warrior inside of us that knows how to deal and grapple with these negative events. Though tough circumstances can leave us feeling overwhelmed and helpless at times (probably more than not), we can indeed source a strength and wisdom that is waiting to be used as weapons and shields against these difficulties.

Though warriorship is innate in all of us, it must be studied, as it often does not make itself obvious. This is due to all the negative information and lower thought form overload we are receiving on a day-to-day, minute-to-minute, and even moment-to-moment time frame. Therefore, in order to live a more fulfilling and peaceful life, it is vitally important that we awaken and enliven the warrior within.

*“what the ordinary person takes as a curse, the warrior takes it on as a challenge”*

## Instructions

Read and study the five and then score yourself on each statement.  
1 being the weakest and 5 being the strongest.

Then make a plan on how to strengthen the areas that need intention and attention, which will enhance and empower the warrior that is hiding within.

## Exercise 1

### Five Faults a Great Warrior knows can cause defeat

\_\_\_\_\_Recklessness

\_\_\_\_\_Cowardice caused by too much anxiousness

\_\_\_\_\_Hasty temper

\_\_\_\_\_Shaming and drama

\_\_\_\_\_Manipulation

*“be a warrior – not a worrier”*

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## Exercise 2

# Five Formulas of a Great Warrior

\_\_\_\_\_Fish not in polluted waters

\_\_\_\_\_Frame personal boundaries heavily

\_\_\_\_\_Finish what was started

\_\_\_\_\_Flatter not the unmerited

\_\_\_\_\_Flush out unwanted energy fields

*“a warrior always goes for the win-win”*

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## Exercise 3

# Five Fundamental F's of a Great Warrior

\_\_\_\_\_Fortitude

\_\_\_\_\_Focus

\_\_\_\_\_No freeze nor flight

\_\_\_\_\_Forgiveness

\_\_\_\_\_Faith

*“A warrior lives by the rule of  
find yourself – fund your soul – furnish your spirit”*

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## Exercise 4

### Five Merits of a Great Warrior

\_\_\_\_\_ Authority is felt within, no matter the circumstances

\_\_\_\_\_ Enforces discipline, through intelligence, not fear

\_\_\_\_\_ Works constantly to quell disorder

\_\_\_\_\_ Gives and receives respect at all times

\_\_\_\_\_ Keeps the thought that victory is inevitable

*“warriorship is not physical strength but indomitable, focused will”*

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## Exercise 5

### Five Methods of a Great Warrior

\_\_\_\_\_ Measures the odds

\_\_\_\_\_ Calculates quickly

\_\_\_\_\_ Does not allow others to impose their will

\_\_\_\_\_ Fights integrally for what is right

\_\_\_\_\_ Does not let defeat or humiliation penetrate or give it power

*“a warrior takes criticism simply as a way to improve”*

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## Exercise 6

# Five Principles of a Great Warrior

\_\_\_\_\_ Truth

\_\_\_\_\_ Consciousness

\_\_\_\_\_ Morality

\_\_\_\_\_ Humility

\_\_\_\_\_ Wise Action

*“a warrior knows that their principles are the rocks upon which they grow”*

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## Exercise 7

### Five Skillsets of a Great Warrior

\_\_\_\_\_Lays plans out well

\_\_\_\_\_Studies the timing of things

\_\_\_\_\_Cultivates resources

\_\_\_\_\_Uses only virtue to attain peace

\_\_\_\_\_Seeks to understand the source of the problem

*“warriors believe that problems **always** make us stronger”*

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## Exercise 8

### Five Strategies of a Great Warrior

\_\_\_\_\_Knows when to be visible – knows when to be hidden

\_\_\_\_\_Knows when to be offensive – knows when to be defensive

\_\_\_\_\_Knows when to be flexible – knows when to be firm

\_\_\_\_\_Knows when to advance – knows when to retreat

\_\_\_\_\_Knows when to be heard – knows when to be quiet

*“a warrior knows they will at times fall, so constantly plans how they get up and rise.”*

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## Exercise 9

### Five Strong Characteristics of a Great Warrior

\_\_\_\_\_ Honest - not deceptive

\_\_\_\_\_ Harmonious - not argumentative

\_\_\_\_\_ Happy - not negative

\_\_\_\_\_ Humorous - not rigid

\_\_\_\_\_ Humble - not arrogant

*“warriors know that luck rewards the prepared and pure”*

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## Exercise 10

### Closing Exercise

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

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

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# Warrior Quotes

Don't go into battle, unless you are prepared to win it.

Don't go stand up for something, unless you are prepared to defend it.

Don't go talking about what is right, unless you are prepared to live it.

The true source of prosperity cannot be possessed but is meant to be embodied.

When we admit our own weaknesses, people are moved to be loyal to us.

The greatest power comes from an unselfish attitude.

One must keep their ego out of all circumstances.

Curb attitudes, such as resentment and hatred, as they weaken our character and resolve.

Simplicity is the wisest weapon for the warrior.

Pride creates a horrible ride.

Adhere to things that are derived from the divine cosmic order.

Pretension makes for problem extension.

Our purity ensures our best protection.

Admitting ignorance allows for continual learning.

Disengage from power struggles.

Withdraw from emotional competitiveness.

Always keep the common good in mind.

Mutual respect is crucial for the possibility of peace.

Indulgent behavior precludes safety and security.

Arrogance invites danger and trouble.

Flexibility, when appropriate, creates great strength.

Mere cleverness does not instigate benefits for all.

No relationship can be sustained properly if there is any rivalry.

Virtue keeps one free from wrongdoing and impediments.

Disengage from all dramas.

Withdraw immediately from inferior influences.

Constantly nourish a sincere, contemplative mind.

When taking a risk, first build up defenses concerning consequences.

Utilize resources properly and responsibly.

Procure knowledge, as it ultimately will be a lifetime benefit.

Stay heartfelt and humble after achieving success.

Great warriorship is the combination of mental, emotional and spiritual  
self-integration.