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?

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