



## Spiritual Warrior Training 101 ~ Lesson 10

### **Know Thy Self as God**

*The Path of Peace is exceedingly vast,  
reflecting the grand design of the hidden and manifest worlds.  
A warrior is a living shrine of the divine, one who serves that grand purpose.  
~ Morihei Ueshiba, The Art of Peace*

Who Am I? I invite you to take a few moments to truly ponder this seemingly obvious question. What do I really know about myself? I know I exhibit a personality: a collection of habits, reactions, desires, memories and preferences. I know I have a physical body because: it moves me around the earth, I can touch it, and it causes me both pain and ecstasy. I experience my emotional body through myriad sensations including: agony, joy, and wonder. I think; therefore I am. But am I my thoughts? Am I my emotions? Am I my personality? Yes, I am all of these and much, much more. I am an inter-dimensional being existing on a multitude of dimensions at the same time. From a quantum perspective, I am the sum total energy of all my experiences in every state of consciousness, past, present and future. I am the energetic awareness behind the eyes. I am the eternal soul. I am the Light of God. I am one with the Universe, and so are you. Within each of us blazes the creative fire of God, the transformative energy that fuels our being and lightens our spirits. Yet many of us have forgotten our heritage, losing touch with the most profound dimension of our essence. It is time to lift the veils. Reawakening to our divine nature is a vital leap on our path of peace.

The truth of who we are is co-creator energy, which the ego is terrified to expose. "If the soul becomes the master, what will be left of me?" it cries out defiantly. So with our limited human awareness, we split off, denying the light of God within, all the while committing ourselves to a life of bondage and pain. As quantum physicist Fred Alan Wolf explains, "Once the soul falls into matter, it becomes addicted, and it ultimately suffers seeing itself as the self. To relieve the soul's suffering, spirit must return to its nonmaterial state." Honoring the light within sets our soul free to live out its earthly mission.

Think about where your personality is taking you now and to what heights you could go with the illuminating energy of God vitalizing your every action. From an earthly perspective, who we "believe we are" shows up in: the choices we make each day, who we choose to companion with, how much respect we show ourselves, and others, and in what state of reverence we walk upon our mother earth. By aligning with the God force within, we invariably become more reverent, generous and loving individuals imbued with the higher awareness of divine sustenance.

From a spiritual perspective, our soul purpose is to manifest the glorious co-creative energy that is capable of miracles each and every day of our life. Edgar Cayce explains that "by

keeping in touch with the Creative Force, we rise above the conditions where the blind lead the blind, and we know that we are guided by the All-Seeing Eye in all we are called to do.” We are the Light divine. How comforting would it be if we could feel ourselves wrapped in this glowing blanket of truth? Gurumayi writes, “When you have a vision of this flame within you, when you recognize that this flame is God, when you understand it was there yesterday, it is there today, and it will be there tomorrow, you feel protected. Then you are not afraid to wake up.”

I urge you to make a commitment to actively honor the illuminating presence of God in your heart each day, as it is the only source in the Universe of true peace, happiness, and abundance. Practice listening to the still small voice of divine wisdom, as it flows unceasingly through your intuitive awareness and choose actions aligned with this river of light. Follow your heart’s longings, and share your loving self with all you meet, giving full expression to your energetic divinity. Exploration of Self as God is a courageous act of a spiritual warrior. Are you willing to co-create your life and let your light shine?

### **Dancing Lesson for Your Soul ~ Child of Light**

Each day, as you rise, take five minutes to embody the light. Find a quiet space in which to relax into the moment. Visualize the golden flame of God within your heart. Feel it growing lighter and brighter until it fills your entire being. Allow it to expand into your aura, surrounding you in a bubble of golden energy. Repeat with all your heart and soul:

I am a child of the Light

I am illuminated by the Light

I bless the Light

I Am the Light

As you walk through your day, let your light glow and always remember, you are the Light of the World.

Janet Dwinells M.A., CCH is a Soul Coach & Transformational Hypnotherapist  
who can be reached at 707.888.8388 [janet@thepathofpeace.net](mailto:janet@thepathofpeace.net) [www.thepathofpeace.net](http://www.thepathofpeace.net)