



Spiritual Warrior Training 101 ~ Lesson 12

Soul Powers for Transformation

“There comes a time in the evolution of every soul when the chief concern is no longer the survival of the physical body, but the growth of the spirit; no longer the attainment of worldly success, but the realization of Self.”

~ Neale Donald Walsh, Conversations With God

As we meander along our spiritual path, we will inevitably experience a transcendent moment where we flash upon a reality greater than we ever could have imagined. Embedded within this moment exists an energy of awakening; a taste of the greater reality of which we are a part, enriching us with a feeling so exquisite it can't be expressed in mere words. Some call these moments “conversion experiences” because their effect transforms our consciousness in ways we can barely comprehend. They are rarely sustainable but once you have experienced this transcendent energy, there is no turning back. Many times these awakenings arrive unbidden, but with focus and commitment we can choose to open to infinite awareness as we opt to live our lives from the perspective of our higher Self.

As Ralph Waldo Emerson so eloquently stated, “Within man is the soul of the whole, the wise silence, the universal beauty, to which every part and particle is equally related; the eternal One.” The path of peace is the path to the higher self. It is the journey into the sweetest space of your soul as you embody the radiant being you are. It is up to each and every one of us to choose which path we will follow, but for the spiritual warrior, the choice is clear. There are four powers of transformation we can use to create this shift in consciousness. They are the soul powers of: awareness, attitude, acceptance and action. If we choose to apply these four powers to our lives, we can't help shining our light.

Soul awareness involves recognizing that the portrait of the Universe is far bigger than we may have imagined. As we open to the larger reality around us, we shift from perceiving life as enclosed within the jagged edges of a three-dimensional world to acknowledging the infinitely abounding universe of possibility. The wise sage Sat Prem noted that, “If you are thirsty, the river comes to you. If you are not thirsty, the river does not exist.” Let us recognize the river of light and love available to us all.

Soul attitude is fulfilled as we set our intention to become the energy of our higher self each and every day. With this focused consciousness, it is easy to choose attitudes that brighten the soul versus those that solidify the personality. From this perspective we can choose to be the beacon of light that shines through us and out into the world. We can hold an attitude of appreciation and gratitude for everything that is occurring in our life, knowing it is always there for our growth. We can select healthy, positive attitudes and abolish negative thinking at its roots. Attitude, at its highest vibration, emanates joy, love and wonder. It is the power that carries the greatest freedom.

Soul acceptance occurs in the heart, the Antahkarana, or bridge between the ego-driven personality and the soul as directed by the higher self. Unconditionally honoring the divine presence in everyone we meet is the key to our transformation. Acceptance is the attitude of a spiritualized heart which flows through us unimpeded by judgment of any kind. To fully experience this shift we must surrender to divine consciousness. In his book *Varieties of Religious Experience*, William James shares the account of the conversion experience of Colonel Gardiner, “Since I gave up to God all ownership of my life, he has guided me in a thousand ways, and has opened my path in a way almost incredible to those who do not enjoy the blessing of a truly surrendered life.” The moment you choose to accept life in all of its colors, energies, facets and manifestations, your life naturally transforms.

Soul action provides the ultimate shift. We revolutionize our world by consciously choosing new ways of seeing, believing, and acting. We can commit to a living daily practice, by deliberately invoking the energies of our higher self. I invite you to open your heart and feel yourself connected to a larger reality. Ground it into your being, infusing and embodying this higher vibration daily. Activate your imagination and creative self. Watch your dreams and listen carefully to the still, small voice within. And most of all, express your loving presence in the world. Whenever the conscious mind resists, and it will, use your soul powers to overwrite the old tapes. The simple truth is revealed in this ancient Hebrew proverb: “Change takes but an instant. It’s the resistance to change that can take a lifetime.”

Remember that in each moment of our lives we have the choice to do things differently. We have the choice to say no to one thought form and yes to another. We have the choice to create something new in our lives. We have choice in each moment to take a new path, to think a new thought, to choose a loving response over an angry one. We have the choice to believe that the universe is filled with possibility. At some point your higher self will be knocking at the door. Are you ready to open the gate to the possibility that is you?

Dancing Lesson for Your Soul ~ Read Spiritually Uplifting Material

Infuse your consciousness daily with spiritually uplifting material. Each morning, read a brief selection from an affirmation calendar or a spiritual book. Train yourself to recall the message occasionally as you move through your day. Books to begin with include:

- ☉ “Emmanuel” by Pat Rodegast,
- ☉ “A Course in Miracles” by Helen Schucman,
- ☉ “Worldwide Laws of Life,” a compilation of spiritual principles published by the Templeton Foundation.

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