



## Spiritual Warrior Training 101 ~ Lesson 3

### Cultivate Spiritual Awareness

*We must heed the call to the Spirit within that stands every ready to commune with us.*

*It does not come in the whirlwind, but as a still, small voice. If we listen and trust,  
it will teach us all things and bring all things to our remembrance.*

~ Edgar Cayce

This is the third installment in a series of articles sharing practices and attitudes conducive to walking the path of a spiritual warrior. A spiritual warrior is a person who has learned to walk this human journey embodying spiritual principles as practice. The reward is a more conscious, peaceful, integrity-filled life.

The third lesson in our training involves coming to understand and cultivate our innate spiritual connection with the universe. This connection offers us: 1) a sense of peace, as the separateness we may have felt fades away, 2) meaning and purpose for our lives, as we come to appreciate our soul's unique and essential role in the universal plan, 3) inspiration for our earth journey, should we choose to listen to our intuition, 4) health, happiness and love, as we open our hearts to life once more.

The word spirit stems from the Latin word "spiritus," meaning life, breath, inspiration, and spirit. Other names for spirit include: *Brahman, Tao, God, Chi, Ki, Prana, Mana, Baraka, Orendam, Kundalini, Organum and Energy*. Spirit is a cosmic consciousness that naturally flows through all dimensions of our being and is our connection with universal oneness. All of life is awash in this sea of cosmic energy. Our universe is a matrix of interwoven consciousness; energies, vibrating at various speeds, create all we see, feel, and think.

This universal consciousness permeates our beings, and as C.W. Leadbeater states in his book *The Chakras*, "although we cannot always see it, it has revealed itself in various observable ways such as spirals, glowing lights, and etheric webs." A cloud surrounding the body, called an aura, can now be seen through the use of Kirlian photography. The human aura can be divided into several layers called fields, each succeeding field composed of higher vibrations. According to ancient Yogic science, universal energy finds its way into our personal consciousness through our physical systems by means of "spinning wheels of light" called chakras which exist in these fields. Dr. Richard Gerber, in his book *Vibrational Medicine*, states that the chakras "function as energy transformers, stepping down the energy of one form and frequency to a lower level energy. This energy then is translated into hormonal, physiologic, and ultimately cellular changes throughout the body."

Spiritual energies make their way into our beings connecting with our souls as long as our pathways are unblocked. When energies flow freely we are vibrant and healthy. It is widely accepted in Eastern cultures that when these energies are blocked, disease is manifested. It is

within our human nature to unconsciously devise methods of blocking these energies. Habitual defensive mechanisms store stagnant energies, creating unhealthy states on all levels of our being: physically, manifesting as disease; mentally, playing old destructive tapes in our heads; emotionally, blocking access to our hearts; spiritually, distrusting the universe; and soulfully, burying a deep, dark shadow self. As these energies are activated and released, the wisdom of the universe regains a clear pathway. Spirit is able to flow and we are able to express our authentic selves.

We all have the ability to infuse our beings with spiritual energy. As we open our heart chakras both to ourselves and to the universe, we invoke the energies of light. Through attitudes and actions of love and forgiveness, we attract this energy into our beings. Once the heart center opens and we begin acting from the space of love, we have accessed our true nature, that of our soul.

As life force energies move through all levels of our consciousness, health and wholeness follow. I encourage you to invite spirit into your body, mind, heart and soul. Here are a few practices you can adopt that help open you to spirit: 1) say a prayer of gratitude daily, 2) silently meditate on a quality you want to embody such as peace, love, or joy, 3) spend quiet time alone in nature, 4) cleanse and nourish your body with water, healthy foods and exercise, 5) journal your dreams and intuitions, and 6) breathe consciously, inviting spiritual awareness into your being. Spiritual Warriors enjoy the gifts our Universe offers. Will you?

### **Dancing Lesson For Your Soul ~ Gratitude Journal**

Keep a journal and pen beside your bed, and each night write five things you are grateful for every day. Write about anything at all. They can be as simple as “the cozy feeling of being all wrapped up in my blanket,” or “the delightful lullaby of the chimes in the breeze.” Commit yourself to writing each day and watch for a shift in your attitude toward life. It’s amazing how this simple practice will open your heart and transform your view of the world.

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