



Spiritual Warrior Training 101 ~ Lesson 7

Energizing Attitude

“Why is it taking me so long to get where I want?”

*It’s because you’re holding yourself in a vibrational holding pattern
that does not match the vibration of your desire.”*

~ The teachings of Abraham, Esther and Jerry Hicks

Just think positive. That’s the answer to all your problems. We hear it all the time, in books, in the movie “The Secret,” and in the teachings of our counselors and coaches. Somewhere deep inside we know it’s true, yet putting this simple phrase into a living practice seems a daunting task. The dilemma lies with the belief that we have control over our attitudes and can shift them simply by telling ourselves to do so. Our first fatal mistake is that we have come to identify ourselves largely with our minds. The truth is that we are so much more than our thoughts. We are multidimensional beings, simultaneously existing in mental, emotional, physical, spiritual and soulful realities. We are a multitude of vibrational currents of energy exuding into the outer world. The work of the spiritual warrior is to align all of our dimensions with the energy of our divine self. This is the way we become the living embodiment of our inner light which then radiates into the universe.

The idea that we create our own reality is more than just a clever adage; it is a spiritual law, functioning on the principle of the law of attraction, where the vibrational pattern we hold, is matched exactly with that vibrational experience in the outer world. In simple terms, like attracts like, negativity attracts negativity, love attracts love, and inner peace attracts outer peace. The energy we emit into the world is the energy we receive back. If we are discharging victim vibrations we will invariably attract in circumstances in which we feel victimized. C.G. Jung spoke of people having two identifiable beings, one called the persona or outer character, the other, the soul, or the “inner attitude.” When these two forces are misaligned we are sending out mixed signals. The solution therefore is to become congruent on all levels of our being.

It is up to us to align ourselves with the highest energies of the universe if our desire is to live lives of meaning, joy and authenticity. The easiest way to do this is to choose a feeling vibration we want to build within our hearts. One of the richest ways to begin this process is to choose an attitude that aligns us with a high level vibration. Reverence and gratitude are attitudes of choice to begin our perceptual shift.

Reverence is a soul inspired perception of sacredness. In his book *Seat of the Soul*, Gary Zukav describes reverence as “an attitude of honoring Life. If we perceived Life with reverence, and understood our evolutionary process, we would stand in awe at the experience of physical Life and walk the Earth in a very deep sense of gratitude.” Gratefulness, like reverence, is cultivated by perceiving beauty in everything. Appreciation is an open heart, which emerges as

we learn to accept our world and others just as they are. Living with a positive attitude begins with seeing what we have as enough, and with honoring who and where we are right now, in this moment in time and space. From there we can energize our heart with daily rituals invoking the spirit of love. A positive attitude is a conscious choice to delight in life versus wallowing in lack and is the only way to achieve a state of happiness.

It is up to each of us to create congruency within our being, to be the truth of our soul, our innermost essence. Mahatma Gandhi said, “ You must be the change you wish to see in the world.” A spiritual warrior is responsible for the energy he/she manifests. Are you ready to take a hold of your energetic persona and rock your world?

Dancing Lesson for Your Soul ~ Be the Light

Use your imagination to deliberately infuse your entire being with the healing light of our universe. Each morning in a quiet ceremony, light a candle and gently watch the flames flicker for a few moments. Imagine a twin flame is flickering in the very center of your being. Allow this healing light to open your heart and soul, to become brighter and brighter, radiating outwards into your aura and eventually pouring onto the earth around you. Feel it healing the plants, animals, oceans, mountains, forests and mother earth herself. Flood yourself with the light of reverence and gratitude daily and shine that light on all you meet. And always remember, “You are the Light of the World.”

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