



Colleen R Russell MA, Depth Psychology

Artist, Healer, Women's Empowerment Coach  
Specializing in Change and Transition and the Transformation of Women

Explore the FEMININE PATH TO WHOLENESS  
and become more alive and creative  
in all areas of your life!

## Becoming a Spiritual Warrior

By Colleen Russell, MATP

*“By choosing your thoughts, and by selecting which emotional currents you will release and which you will reinforce, you determine the quality of your light. You determine the effects that you will have on others and the nature of the experiences of your life. –Gary Zukav, The Seat of the Soul*

Life is full of obstacles and every day you get to decide whether to become the victim or hero of your life.

If you think back to some of your childhood heroes, you might notice that their jobs were not easy. They had to suit up at the most inconvenient times, leave the comforts of home, and go out and conquer the evil forces threatening to take over the world.

We all know that “so-called evil forces” still exist in the world today. Sometimes they appear as monstrosities in the outer world, but more often than not they exist within your own mind. Personally I give these forces a name. I call them fear, doubt, and insecurity.

Daily, they come galloping in at the most inconvenient times wearing many masks and disguises. They are full of trickery and knavery just like the villains of old. If you succumb to their ways, they can paralyze you and force you to step away from your greatness. When this happens, they win.

If you have matured past the fantasies of childhood you know by now, that there is no hero that is going to rush in and save the day. If you want the world or your situation to change-you must change! The battle to be fought is inside the self, inside the mind.

To win the war, you will have to suit up and choose to become a spiritual warrior. It will require awareness, courage, discipline, and an on-going commitment to transforming your life...the same traits our favorite heroes and heroines had in fighting the forces of evil.

So what does it mean to have awareness? The simplest way for evil to sneak in, is to come in and take over your thoughts when you're not paying attention. Awareness means that you consciously begin to notice your thoughts and the internal dialogues or mental movies playing in your mind. Ask yourself: are these thoughts or stories taking me where I want to go, or are they keeping me stuck?

A spiritual warrior knows that when he/she is aware, she can change her thoughts. It's much like watching TV. If you don't like what's playing, change the channel. One of the best ways to trick the

predator within is to focus on what you want, and on what is working in your life, rather than on what you don't want.

The second quality a spiritual warrior needs is courage, the courage to see through the illusions that seem so real. When you find yourself wanting to run away from something by drowning it with some outside substance or distraction, call upon the spiritual warrior within. Turn and do an about face. Nothing diminishes the power of an internal bully than standing in your power, and facing that which you most fear.

Know that developing the qualities of a spiritual warrior will take discipline. You will have to suit up daily. Know too that the inner predator of the mind has been well-trained. It looks for opportunities to intrude upon you. It watches and knows when you've been seduced by all the toys and trinkets in the outer world and have let your guard down. When your defenses are down, it attacks!

The spiritual warrior knows that when he is caught off guard that his best defense is to bring himself back to the present moment. You can do this too. As you look around you now, are you safe? I know one of the ways evil sometimes slips in on me is to get me thinking about financial insecurity as I move forward towards my dreams. It's tripped me up more than once. But as I bring myself back to the present moment I remind myself that today I have food on the table. I'm still paying the bills. I am making money. I am capable of making money. This immediately takes me out of being a victim and puts me back into the power of the spiritual warrior.

Know that it is impossible to be a victim and empowered too. Whenever you find yourself feeling like a victim, recognize that for the moment you have given away or lost your power. Instead of beating yourself up about it, simply begin again. What thoughts, stories or internal dialogue do you need to change? Bring yourself back to the present moment and again focus on what you want.

Recognize that when they send a mission to the moon that over 90% of the time, they are off course and adjusting. When you know what you want in your life, when you are committed to your vision, you too can make adjustments as you find yourself careening off course.

Sometimes when the predator of the mind gets desperate (because it is losing power) it pulls out all the stops. It opens the floodgates on all of your past traumas and the times when you might have been a victim and convinces you that is real now. This is a time that the spiritual warrior knows that he/she may need outer reinforcement and so seeks the help of other spiritual warriors.

Even when caught in the midst of terror a spiritual warrior knows that there is a force greater than any evil in the world and he calls often upon this power. In fact, connecting to this source becomes a part of his discipline. For in the end, that is really the Super Power everyone longs for. The spiritual warrior knows that it is real. It nourishes his world, is always by his side, and gives him continual strength. And so it will with you.