

The Spiritual Warrior: Life Without Armor– By Dr. Stephen Grinstead

Claiming Your Spiritual Power Exercise

Before we can effectively and fully let go of our old armor we must develop some effective new ways to cope with life on life's terms. It's important to remember that our armor is not all negative—it frequently has some very healthy applications. For the ***Spiritual Warrior*** learning to live a life without armor is not something you do once and you're done. It's an ongoing process and to be effective it means developing some powerful ***Spiritual Warrior Principles and Practices***.

Below you will see some typical ***Spiritual Warrior Principles and Practices*** and then develop your own starting point. The more you are willing to put into this process the more you will get out of it. It is very important to have this foundation in place before we can fully let go of our old armor (aka Defenses).

Spiritual Warrior Principles

There is a lot of information you can find on being a warrior. For example Dan Millman coined the term *The Peaceful Warrior* and has written several books and presents workshops/retreats on this theme. There is also significant literature on how to be a Spiritual Warrior. For instance, John-Roger wrote a book titled *Spiritual Warrior: The Art of Spiritual Living* that is very insightful. Below are some of the common *Spiritual Warrior Principles* that come from a variety of sources and please remember these are just a starting point. Some *Spiritual Warrior* principles are when we are being:

- Loving
- Accepting
- Self-Disciplined
- Harmonious
- Hopeful
- Forgiving
- Trusting
- Helpful
- Faithful
- Humble
- Open-Minded
- Serene
- Respectful
- Empathetic
- Compassionate

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- Caring
- Committed
- Focused
- Courageous

What are at least four *Spiritual Warrior Principles* you can identify as your foundation

- _____
- _____
- _____
- _____

Spiritual Warrior Practices

Once we can identify the *Spiritual Warrior Principles* that are important for us the next step is to manifest these in the real world with our action steps. So what activities does a *Spiritual Warrior* practice on a regular basis? It really depends on the foundation principles the *Spiritual Warrior* lives by—his or her code! Later in the next section some of these principles and practices will become important tools for moving forward. Below are examples of some *Spiritual Warrior's* practices:

- Speaking the truth
- Practicing unconditional love
- Forgiving self and others
- Prayer
- Meditation
- Being one with nature
- Connecting with other *Spiritual Warriors*
- Letting go of resentments
- Making amends for harm we have caused
- Treating everyone with dignity and respect

Please identify at least four *Spiritual Warrior Practices* you can commit to performing on a regular basis

- _____
- _____
- _____
- _____

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Spiritual Warrior Values— Tools

There is a difference between spiritual principles, practices and values (aka tools). These new tools are needed to take the place of the armor we need to shed—old defenses or tools. We will address these old defenses in a future exercise. Below are examples of some *Spiritual Warrior Values*.

- Honestly sharing what I'm thinking
- Courageously sharing how I'm feeling
- Being assertive rather than aggressive, passive or passive-aggressive
- Daily prayer and meditation practice
- Reaching out to other trusted *Spiritual Warrior* brothers
- Practicing respectful communication
- Practicing altruistic random acts of kindness on a daily basis

What are at least four ***Personal Spiritual Warrior Tools (Values)*** that you can start using right away?

- _____
- _____
- _____
- _____

Tying It All Together

This is your opportunity to look at all you just accomplished in this ***Claiming Your Spiritual Power*** exercise. Please answer a few simple questions and then make the commitment to move onward and upward.

1. What is the most important thing you learned about yourself and your story by completing this ***Claiming Your Spiritual Power*** exercise?

2. What are you willing to commit to doing different as a result of what you learned?

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3. What could get in your way and how can you overcome any obstacles?

4. Who can you pick to be an accountability partner and how can they help you be successful?
