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CODEX
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**ARIYA WARRIOR'S
REALITY MANUAL**

OTHER BOOKS BY J. H. TEPLEY

Warrior Quotes for Meditation

The Master of the Elements

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The Lightwatch Chronicles

CODEX SEMPERIS

**BOOK I
THE MAKING OF A WARRIOR**

T

J. H. TEPLEY

LONDON, 2020

ARIYA VERBUM





Published in London by ARIYA Verbum

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Codex Semperis by J. H. Tepley

© 2020 Jay H. Tepley. First Edition.

ISBN 978-1-9996755-8-5

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*The Codex is your access key to unlocking
spiritual freedom, living your Purpose and
serving the world greatly.*

Δ WORD OF WELCOME

You are holding a very special book.

It is a gateway to the Calling you have always felt within your heart. A roadmap on your quest for greatness, a life of Purpose and inner power.

The Codex is a practical manual for the warriors in spirit—the adventurers, the rebels and the spiritual explorers who strive to master themselves and make a meaningful contribution to the lives of others. It teaches you how to connect with the Light—a universal power that binds the whole existence together, the Source of all things—and to begin your training as a member of the Elite Spiritual Forces.

The purpose of the Codex is to expand your awareness, vision and personal influence. This book is based on the most transformative spiritual wisdom at the core of the

ancient traditions of the East and the West including Zervanism—a secret spiritual practice of Persian sages.

The long-forgotten knowledge that once nourished legends and inspired heroes can now be yours. Not only has it been restored to a fully working system, but it has also been remastered to reflect and solve the challenges of the modern world.

The system of Ariya Creed outlined in the Codex will help you reconnect with your Truth, find your Purpose and experience a life-changing transformation. Its goal is to inspire you to become a warrior in spirit—a pathmaker, a visionary, and a leader. It is a blueprint for gaining a deeper understanding of the Self and leading by example.

The pain and confusion in our society today are largely due to the fact people have lost their spiritual compass. They lack clarity and directions. Our world needs us to awaken and start taking responsibility—first for our own mind, then for our life, and our community. We need to change our current thinking for the sake of the planet and ourselves. Some assume that we should surrender to the circumstances and that there is nothing we can do. But I want you to know that change *is* possible, and *you* can help to make it happen. By choosing

the path of spiritual warriorship, you start the process of inner alchemy and reclaiming your true power.

Enlightened warriorship is not about weapons. A warrior in spirit is someone who is on a quest to find a deeper meaning behind his existence—his Purpose in this life. He is someone who chooses to face his shadows and strives to become a better version of himself, every day.

It is hard to fight in the dark, however. You need insight and knowledge to see the path ahead, to understand your true place in this world and your true mission. This is exactly what Ariya Creed is about. Ariya is a Sanskrit word for a warrior in spirit, someone who has become different from the rest because of the honest work he has put into his personal growth.

Becoming an Ariya warrior will free you from the many limitations that frustrate other people's progress, such as fears, guilt, insecurities, the sense of anxiety or unworthiness. You will develop inner strength, charisma and authentic presence. Other people will start intuitively feel respect towards you and see you as a mentor and a guide.

Progressing on that path will give you an indescribable sense of freedom and enlightened power that is your

divine birthright. Shaking off the blocks that might have been haunting you for years and becoming the person you were called to be is an experience like no other. This transformation is mind-blowing, blissful, and profoundly liberating.

True personal strength is not about ‘power over’ but ‘power to’. It is the ability to be yourself fully. It means stepping into your greatest potential, the truth of who you are and what you stand for. It is about finding your vision and being able to share it with the world. Each human being has an inherent drive to mean something and to stand for something. If you do not have clarity on your true values and goals, you are at risk of absorbing fake ‘virtues’ imposed by society. As you may realise, the goal of social indoctrination is control, not your spiritual advancement. In the Codex, you will discover how to align with the timeless universal principles that make your mind strong and free.

It is not a journey for the faint of heart, however. To awaken the divine within, you need to prepare both your mind and your body in a certain way. You will need to explore a whole new way of thinking, to face your shadows and shift your current paradigm of reality.

Until now, the knowledge of ultimate personal transformation was shared verbally or through scattered sources. The Codex has brought them together for the first time in centuries. These guidelines are not confined to the past; their spirit is an essential need of today and the inspiration for the future.

It is time for this ancient system to be reborn, so it can yet again bring peaceful strength, wellbeing and prosperity to our hearts and lives. We are the true and lawful descendants of the heroes that came before us, and we must claim our heritage of greatness.

From the dawn of our civilised history, the set of principles outlined in the Ariya Creed have served as a faultless compass, a way for people to stay connected with their true essence and the Source. This framework provided guidance on all aspects of personal development: physical, emotional, mental, and spiritual. The knowledge of these laws helped people transcend the limitations of the mundane world, tap into their true divine essence and discover a deeper meaning in life. Only through connecting the physical and the spiritual can we reach inner peace and fulfilment as living beings.

Without being able to achieve that balance, humanity lapsed into a state of cascading deterioration and decay. The loss of hope, the rise of mental health issues and depression, the eradication of morality, dignity and the sense of purpose happened as a result of being cut off from the truth of who we are.

You might have seen people trying different systems and taking countless courses yet ending up with nothing but a set of ideas and gimmicks that do not stick. Even after years of efforts, there is no shift and no true transformation. In the worst-case scenario, such ‘guru’s’ advice can even damage the mind and take you further away from your goal.

Having a clearly defined creed is key for your safety and success. It gives you a set of trusted anchors and reference points, a clear path that takes you where you want to be. Ariya Creed (Semperism) is a reborn reflection of the ancient wisdom that for thousands of years helped keep the flame of civilisation alive; a potent formula for conscious personal evolution.

Its aim is not only to make you strong physically and mentally but also to guide you towards clarity, inner peace and empowered choices. It will give you the tools

to learn to see things for yourself so you don't have to rely on the judgement of others. This can streamline your self-mastery journey and save you years that you might have otherwise wasted on pretenders and detours.

In our troubled era, when society seems to be at loss rejecting old values without establishing new, Semperism provides a means to connect with your Light and your inherent strength directly, without the burden of doctrines.

Ariya Creed is not a religion but rather an antidote to dogma, a codified philosophy that allows you to rise above the limitations and pitfalls on your Path. It helps you upgrade your body-mind to a level you have never experienced before. When truly practised, this knowledge is capable of changing the course of history, as the past shows us.

This system is not rooted in the human world but based on the core principles of the Universe. Our ancestors were aware of them; but over the centuries, many of those rules were distorted or lost. Due to the enormous potential of this system, multiple religions and philosophies were quick to adopt it as their own. Do not be

surprised when you come across concepts here that you might have first encountered in a liturgical context.

Although religions played a role in preserving some of that vital knowledge, they also caused distortions. Each school added their own interpretation and a cultural filter that obscured the real meaning over time. There was also a human factor. Social power is a big temptation to many; often, it attracts people of uncertain moral standing. Some were more interested in spreading their dominance than preserving the truth. Some valued their ego above the common good. Such authorities edited and rewrote the old texts to better suit their goals. This is why you will find many discrepancies in scriptures.

Unlike many fragmented archaic systems that may not always be relatable or easily applicable today, Ariya Creed was specially designed to help you thrive in the new era. It leads you towards discovering your Purpose as well as *your true, above-human potential* as a fully realised and enlightened being.

Discover a proven path to self-mastery without the obscure concepts or guilt trips that many spiritual teachings are saturated with. Here, you can learn to use

the powers of your mind as a practical discipline, while remaining in control.

If you aspire to physical and mental strength, invincibility and unshakable confidence, this book is for you. If you seek to achieve enlightenment and self-realisation, you will find the guidance that you need. If you are on a mission to serve the world greatly and need a sure-fire spiritual roadmap to help you win, this book is what you have been looking for.

The entire Codex comprises of three books:

- The Making of a Warrior
- The Expanded Worldview
- Crafting Your Reality

Occasionally, you may come across ideas that do not match the current trends; this happens when those paradigms became distorted to dominate you rather than to support you on your Path. While human views and fashions change from one decade to the next, the universal laws remain constant.

For simplicity, the pronoun ‘he’ is used throughout this book to indicate any human being.

If anything seems difficult at first, do not force it. Give it time and return to it later when ready. All suggestions are verified by centuries of practice, and you can follow them with confidence. Rather than taking your discoveries on faith, though, accept them first as working theories and try them out for yourself. See what kind of difference they make. Your own experience will prove the value of your practice better than any words could.

The Codex offers you a powerful yet safe framework to get results even without a mentor. You can adopt it fully or choose only what you feel you need. The more you implement, the more profound your results will be and the greater force for change you will become.

Your Quest, your transformation, your decision. The time to start is *now*.

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PART 1





**THE
JOURNEY
BEGINS**

*“Resolve to commit
to your Path. Follow your
Purpose, go for it,
heart and soul. Wake up
every day determined to
serve the greater good.
In that commitment,
you will find inner peace,
motivation, and strength you
have never known before.”*



THE MAKING OF A WARRIOR

The Quest for the Extraordinary

Warriorship is a timeless journey towards self-mastery and strength to transform your life and light the way for others. It is a commitment to the higher good, virtue and personal growth. A challenging yet rewarding quest through and beyond your shadows.

The warrior's mission is to realise his ultimate power, to transform it, and to give it to the world. His presence is a sacred gift to others. The warrior is conscious of it, yet he remains humble. He knows that he can't claim the credit for the force he wields, just as a fire on a cold night does not take pride in its light and warmth.

It is crucial to remember that your power is not of your making, and it is given to you in proportion to your willingness to become the right vessel for it. To succeed, you must train not only your body but also your mind, and tame your ego. This challenge can be tough but it

is worth every effort because your returns can be greater than you could ever imagine.

Your self-mastery is not only about you. You came to this world with a unique mission and abilities to contribute to the evolution of the world and help others on their path.

Treat your pursuit of the inner power as a sacred quest, and do not discard any opportunity to awaken and evolve. The more diligent you are at discovering those opportunities and using them to your advantage, the happier, more fulfilled, and more meaningful your life will be.

Your inner power has been with you from birth. But often, it lingers at the minimal level, nearly dormant. To awaken and grow it, you need to become aware of it and take steps to align your body and your mind. It means accepting and embodying both the physical and the non-physical part of you.

The current social paradigm emphasises the physical aspect, seeing the spiritual part as a fancy add-on or barely acknowledging it at all. This is a disempowering way of going through life. It keeps you blind and vulnerable to the many dangers on your path that, although unseen, are no less real.

The perspective of an Ariya warrior is different from that of other people. Part of your further training will be developing your Extended Perception (ExP)—the subtle senses of your mind. This perception will unlock your premium mental abilities such as recognising other people's presence without your physical eyes, reading their intentions, defending yourself from mental induction as well as to sending and receiving energy for healing and combat purposes.

This training is your gateway to deep-level transformation, bringing you close to a real-life superhero.

The fields of training for the Ariya warrior are:

- Thinking paradigm (Mindset)
- Physical fitness
- Mental fitness
- Spiritual power

This part of the Codex is dedicated to Mindset, the first and the most crucial step on your journey. It is a good idea to keep it as your bedside book and refer to it as often as you need.



THE POWER OF COMMITMENT

No success is achieved without dedication. The first and most important step involves your **conscious decision** and **commitment**.

We live in a society of dabblers—people who barely dip a toe into the various activities that pique their curiosity and constantly ‘keep scrolling’. They put in minimal effort and expect the results to show quickly. When that does not happen, they lose interest and move on to a new idea, project, or relationship. Putting your heart and soul into one thing and focusing on it relentlessly is considered unpopular and ‘old-fashioned’. No wonder so few people ever achieve mastery or greatness. Meanwhile, history teaches us again and again about the power of dedication. Johann Sebastian Bach, Florence Nightingale, Nikola Tesla, Steve Jobs, Jean-François Champollion, and Marie Skłodowska-Curie are examples of those who understood that principle and embodied it in their lives.

No real power or any profound transformation has ever come from dabbling. Choosing to become dedicated to one purpose or idea can be a frightening step to take, but only through overcoming your fear will you be able to achieve fulfilment and liberation. It will streamline and simplify your daily actions, giving more energy and focus on what truly matters.

Dedicating yourself to personal mastery and fully embracing the warrior path will help you naturally avoid many traps and distractions that stop many other people in their tracks. You will realise that the struggle with discipline and willpower is a myth created by those who are scared to become committed. Once you make a conscious commitment to live according to your highest values, your whole life lights up.

Think of someone who wants to become a top athlete, a top author, or a successful entrepreneur. His passion and consistency will help him lose interest in distractions. He won't waste his time procrastinating, watching TV, or hanging out with people who do not support his dream. Instead, he will research, learn, and practise his skill every chance he gets. This is the mindset of a warrior and a winner. Often, he will not only reach his goal but go beyond what he thought was possible.

And the secret code that unlocks that door is simply this: *commitment*.

You will need the same single-mindedness if you want to succeed with your personal evolution. Not only will it help you focus, but it will also protect you from another mental trap—restlessness known as the fear of missing out.

That fear tricks the mind into an endless pursuit of ‘bigger, shinier things’ while forgetting that the grass is not greener on the other side but where we water it. The constant switching of directions causes exhaustion, dissatisfaction and the feeling of emptiness. Great results take time to show up, so patience, trust and perseverance are key.

Sticking with something and going all the way is much more practical in the long run than jumping from one thing to another. If the path you chose turns to be right for you, you will get your rewards. If it happens to be not what you needed, you will have a valuable experience that will help you navigate in the future.

Whatever is your course, the results you get come from your dedication to that path. If you keep trying different things never stopping anywhere for too long,

you will miss your chance to experience the true transformation that those teachings might have offered if you committed to practising them.

You do not need to know your ultimate goal or purpose from the start to be able to consciously choose your Path and commit to it. Your Path encompasses your core philosophy, your moral code, the higher force that you serve, as well as the unshakable resolve to share your unique gift with others. Start with what you deeply resonate with and allow it to lead you on a journey of discovery.

Many people struggle to align with their Purpose as they keep ‘searching for it’ through external means. The truth is that your Purpose is already there, encoded in the very essence of who you are. It is not an external destination to be found. Living your Purpose simply means living as an ultimate expression of who you are, and sharing your light with the world.

There is a caveat here, though. Being your true self *does not* mean doing what you enjoy doing right now. Rather, it is *doing what you do not dare to dream about* from the position you are currently at. It is something that your old ego-self balks at as ‘impossible’ but your soul craves more than anything.

Many people never unlock the level of living their Purpose because they are not dedicated to mastering themselves. *To find your mission, you must grow into the person who could fulfil that mission.* Your Purpose belongs to the domain of your higher essence, and to approach it, you have to train and upgrade your mind.

A heartfelt commitment can help you achieve things that seem impossible to others. All transformation starts with dedication. There is a long-forgotten secret: the moment you make a sincere and conscious decision to dedicate yourself to serving the Light, you will be given the Light's power to do your work. The power of Creation will shine and manifest through you. From that place, sensing and following your life's mission will become almost instinctive.

What's more, you will no longer have to fight a lonely fight. You will become supported by the Ariya egregore—the generations of noble warriors that came before us, as well as those who share this world with you. You will become enlightened, empowered, and protected. Many sages throughout the history of mankind have spoken about this.

To begin your journey as an Ariya warrior, you have to declare firmly in your heart that from now on, you commit yourself fully to the journey of spiritual warriorship. You vow to master yourself in any way possible and to live according to the Code. You leave behind the story of the old ‘you’ as a mundane being, and enter a new chapter of your life —a chapter of greatness and empowerment.

To mark your decision, you may perform a simple ceremony for yourself.

Choose a quiet time. Keep your spirit earnest and solemn, and, mentally or verbally, declare your unshakable decision to begin your quest. You can perform it looking at a burning candle or up into the sky. Quieten your mind and allow yourself to feel at peace, as your vow has been heard by the Light and accepted. Know that from this moment onwards, your life will change. You make this vow only once.

You may choose to wear a small reminder of your commitment, a secret sign to yourself. It can be a pendant, a ring, or a bracelet, or any other unassuming object that is meaningful to you.



THE ART OF APPRENTICESHIP

A path of personal growth is a path of constant learning. The true art of apprenticeship is largely forgotten in the West, and the sacred relationship between a student and a master lost. For many people, it means years of wasted time. While believing they're doing a meaningful study would further their progress, they are merely collecting information.

This process is not transformative or liberating, as true learning should be. It resembles burning data on a disk and putting it away on the shelf. Even worse, collecting many units of such information has the potential to inflate the ego to the point when the person becomes unteachable. From that point onwards, they will only accept the information that confirms what they have already heard. They cut themselves off the possibility of real transformation and breakthroughs.

You do not need to go down that path, however. You can choose to embody the art of true apprenticeship and show others how to revive that art, too. This way, your journey will become an inspiration for other seekers; you will serve and guide by simply following your truth. Every great master was a great student once.

The first most important trait of a good student is humbleness. Spiritual energy behaves like water, it flows from a higher place to the places lower down. And the steeper the drop, the higher the intensity of the current. This means that to benefit from a teaching, you must respect and treasure highly your teacher and the knowledge that he shares. If you fail to develop reverence and wonder, your mind will only skim the surface and not retain much.

This happens because of the mind's inherent inertia and the tendency to use as little energy as possible, which on the quest for personal evolution is a serious drawback. Reverence, being a feeling close to love, allows you to overcome that hindrance. It uses the mind's natural property of automatically focusing on what it deems important. When you are in love, you can't stop thinking about the object of your affection—or your goal—and spare no effort to succeed. You need to foster a similar attitude towards learning. Remind yourself that meeting

a true teacher who can guide you to your goal is a rare gift and an honour. Not everyone is lucky to meet their mentor in this lifetime, and not everyone is lucky to be accepted as a student. Cultivate humbleness, reverence and wonder as well as genuine gratitude for the attention and guidance you receive.

Humility does not mean self-denigration and in no way does it bring you down. Quite the reverse, acknowledging your place as a learner makes you an empty vessel ready to be filled with knowledge, strength and enlightened awareness. The power of Light that manifests through you does not belong to you; you are only a gateway for it to flow into the world. The humbler your attitude, the wider that gate opens and the more power you can yield as a result.

Arrogance is an enemy of growth. It blocks the flow of Light within and through you, making you fragile, spiritually blind and vulnerable to the traps of the Shadow. Beware of the ego's dark urge to disrespect your teacher and slander him behind his back. By doing so, you are putting yourself down, too. The people you associate yourself with, and the teachings you follow become part of your world and an expression of your personal dignity and awareness.

Try out the new concepts and keep practising at every opportunity. If you merely listen, even the greatest wisdom will remain an empty sound. The key to transformation is practice.

Show respect for your own time and effort by giving yourself the best chance to succeed.

PART 2



The image features a dark gray background with a prominent diagonal line running from the bottom-left towards the top-right. This line is composed of two parallel bands: a wider, dark gray band on top and a narrower, white band on the bottom. The text is centered in the lower half of the image.

**TRANSFORMING
YOUR PARADIGM**



THE WARRIOR'S MINDSET

Your life's transformation does not start with wishful thinking for things to get better. It does not start with making plans, either.

It starts with transforming your paradigm and your mode of thinking.

There is a powerful secret that sages have spoken about since antiquity: to become who you are called to be, you need to operate on a different frequency of thought and adopt a new vision of reality.

The way you see yourself and the world around you can either propel you towards your ultimate life's fulfillment or bind you in a suffocating trap of mediocrity.

A spiritual warrior is someone who is willing to face his shadows and his weaknesses and who strives to be a greater version of himself every day. Adopting this attitude is the most effective way to function in today's world

and an excellent starting point for your self-mastery work.

The path of the Ariya is that of selflessness, vigilance, integrity, and compassion. To stay fully present in the moment, the warrior must train his mind through meditation, martial arts, and self-knowledge.

Facing Your Ego

A quest for self-knowledge is a tough one. Not everyone can find the courage to face his shadows. Only the attitude of a warrior will help you succeed on this path.

On your quest to your greatest goal, you will be tested.

Difficulties, doubts, and other people will get in your way.

The deeper meaning of what you are going through is to test your resolve. Those hardships represent your personal Guardian of the Threshold, which will be your old ego-self.

Are you ready to do what it takes to succeed? Are you ready to leave behind the person you are right now to become the person you are called to be? Only when you are ready and your vision is clear will the Guardian let you pass.

Behind the threshold, there is a whole different world.

Be ready to meet resistance from both external and internal forces. Your primary target shall be developing internal wholeness and integrity. The strength of the warrior is in his spirit.

No external obstacles can bring you down as long as you are solid in your mind.

Your greatest enemy from the start will be your current ego with its limitations and shadows. The ego is your concept of yourself, the story of you that you tell yourself and others. It is a creation of your conscious mind.

Although the ego is part of your system, it is not who you really are. During your process of self-mastery, you will have to perform several ‘ego upgrades’, each one bringing you closer to the person you were called to be.

The first upgrade, often referred to as an ‘ego-death’, tends to be the most painful and traumatic because the version that was in control for many years does not want to give up that control easily. It strives to maintain the status quo by keeping you small and ‘safe’. Its weapons are self-pity, the fear of death, and the sense of self-importance. Unlike your true essence, which is eternal and immortal, the ego is finite and fragile - and it knows

that. What's more, there is a big chance that your current version of the ego was not your conscious creation. It was likely to appear spontaneously as a collection of other people's comments, beliefs, reactions and demands. The struggle we experience in life using this ego version is because it is not fit to represent you as a person and is not designed with your best interest in mind to start with.

It will naturally thwart your attempts to replace or upgrade it because it does not want to lose its influence over you. It was designed to be your tool and interface to allow your true Self manifest in the world, but while your true Self was asleep, the ego took the role of a master. It quite enjoys that undeserved position and won't give it up easily. However, with some perseverance, you can train the ego to take its proper place.

Were you ever wary of having a clearly defined identity in the fear that it would limit you? That is the ego talking.

In itself, the ego is not dark or evil. It only becomes a problem for an untrained mind. Once you learn to consciously create your concept of Self, the ego will act as a powerful ally on your journey to personal strength and mastery.

You are ‘limited’ by a consciously crafted identity the same way you are ‘limited’ by a satnav. It simply means that you are taking a fast track to your destination instead of wasting time on detours. It is also worth remembering that the ego is always limited in some way whatever you do because such is its nature.

Here is how it works—we were designed to function synchronously on different planes of existence, for which we have four corresponding levels of the mind. These four levels, namely the Spiritual, the Conscious, the Emotional and the Carnal, each plays a certain role in the system and have executive power over those beneath. You will find more explanation about this structure in Book II.

Ideally, we should be living on the level of our Spiritual Mind—also referred to as the Superconscious—that represents a truer reflection of our nature. With most people though, the spiritual mind is dormant. In that situation, the Conscious mind takes over the task, even though it is not fully equipped to do so. The resulting strain throws the entire system out of balance.

Trying to rise to the challenge, the Conscious Mind creates an avatar, ‘the ego’. Yet unlike our true essence, the ego is limited and fragile. It is not an adequate

representation of who we were born to be and it struggles in its new role—but it is the best the Conscious Mind can do.

This is why people whose identity is based on a spontaneously grown ego, always feel in some way ‘broken’ and ‘not good enough’ deep down. This is because that is how the ego feels about itself. It is its truth. What’s worse, since their true nature is at odds with what they believe about their ego-self, it deepens the inner conflict even further. Such a strain, if unresolved, can contribute to emotional exhaustion and depression. This is why training the mind and restoring the ego to its natural role is so important.

The ego was originally designed to be an interface, a pathmaker, connecting our Higher Self (the Spiritual Mind) to the lower levels within your system. Think of it as a receiver or a decoder of sorts.

When instead of functioning as designed, the ego forced to do a task of substituting your true Self, all kind of misery happens. This is because fulfilling such a role simply outgrows its possibilities.

Throughout the Codex, you will find suggestions on how to realign the ego so it can serve its original function as intended. Doing so would help restore the balance,

efficiency, and proper energy flow in your mind and your life. You will notice that many problems that haunted you for years will tend to resolve themselves once you start operating on a new level of perception.

The obstacles that come from the ego tend to persist if we try to tackle them from the same level that created them in the first place. Going beyond, to the realm of your Spiritual Mind, your Superconscious, allows you to reach the states of clarity and knowledge that you have never experienced before.

You will learn to navigate away from the painful traps that your old ego would walk into blindly. Your life becomes more peaceful, more empowered and more meaningful.

Integrating all levels of your mind allows you to function with maximum efficiency, creating a powerful shift in your own journey and making a difference for others.

Initially though, confronting your old ego may feel like a real battle. It can create an illusion of some unknown 'dark force' holding you back and sabotaging your new goals and resolutions. When the ego feels threatened by your progress and your growing strength, it can become desperate to bring you down to what you

once were. Do not be disheartened though. As you keep moving forward, the resistance of the ego will subside.

If at any point the resistance becomes too strong, refer to the Emergency Warrior Toolkit in the Appendix.

Revising and updating your old story is a very healing process. Shedding the layers of conditioning and uncovering your truth will bring you closer to discovering a deeper meaning of your existence. Only giving yourself to the world as you are—in your uniqueness, rawness, and vulnerability—can you truly manifest your Purpose. Do not try to hide your scars and the pain you have been through. Your battles are an inspiring story for others who are also on a quest for inner strength. You never fail on your Path as long as you keep going. Your personal struggles are your blueprint for uncovering the gift and the message you came to share with the world.

The more perfect someone appears, the more damage he is likely to be hiding. A warrior does not try to appear perfect; he aims to stay real and strive to master himself every day. His heart is filled with enlightened confidence, knowing that he was chosen as a messenger of Light. In that confidence, he finds the courage to show up and to serve greatly.

Your Tribe

Not all experiences can be shared, though. On his quest, the warrior often experiences a peculiar feeling of loneliness. That feeling can be painful, but at the same time, it is beautiful and true.

It touches the soul in a profound way and opens it to serving and supporting others. You realise that you are powerful and unique and that the majority of people do not understand you and your mission.

Gradually, you learn to make peace with that thought, and you start to search for others who share your journey of spiritual warriorship. They may be few, but their advice and understanding empower you greatly. Finding others who can offer mutual support, encouragement and respect is an important part of your path. Your warrior tribe is your spiritual brotherhood; support them and care for them in every way you can. Nobody can be strong on his own all the time; your comrades are what helps you to keep going and succeed through the toughest missions.

Be also prepared that not everyone may welcome and appreciate your new evolving self. Some people who choose to live in their old ego, are likely to get puzzled or vexed by the changes they see in you. They will feel

challenged to either evolve as well or fall behind and leave your circle. This is a natural process.

No matter how others respond to your self-mastery work, respect their choice to stay or leave. Do not let their anger or fear hold you back. The warrior does not live according to other people's expectations. Follow your values and keep up the good work. The word will spread and with time, new friends and allies will seek you out and stand by your side.

Your Focus and Values

The current social paradigm implies that a person's value is based on their financial or professional standing. The more you own, the better, wiser and more worthy of a person you are believed to be. This concept is deeply toxic, it erodes your personal dignity and the true appreciation of self. Yet you would be surprised by how many people follow it without questioning and without realising how much anxiety such a mindset can produce.

Deep down, everyone is aware of the impermanence of physical possessions. We sense that they can be suddenly swept away for any reason, at any time. If someone sees their car, their savings or their job as a reflection of

their value as a person, losing any of those symbols can be a devastating blow.

If, on the other hand, you give the earthly amusements their proper place—taking them simply as rewards for your work here, and as something to support you on your quest—you develop a healthy stance of non-attachment. Your sense of personal value will be unshakably based not of what you own but who you *are* and the value you bring into the world.

The impulses of attachment and desire are natural parts of being human. They do not need to be eliminated or suppressed, only directed towards the right goal. Trying to stop them is like getting in the way of a river. Rather than fighting to block its flow, adjust its course—and the raw power of rushing water will be at your command.

The energy of attachment serves you best when focused on things beyond the mundane plane, the values that can't be taken away from you: your zeal for following your mission, your spiritual development, and your personal mastery. Investing your energy in these brings you returns not only in this life but for all eternity. All of your future journeys will benefit from what you are doing now.

You are probably aware that obsessing over a material goal tends to push it away. However, once you shift your attention to what really matters, once you start living your truth and sharing it with the world, the financial rewards are often quick to follow. You will find detailed guidance on how to craft your reality in Book III.

The Ariya warrior is in the world but not of it. He gratefully acknowledges and welcomes earthly gifts, makes good use of them but stays internally free. He knows that his true essence exceeds by far anything that the mundane world can offer. The warrior never allows his possessions to own him.

The trap in focusing too much on the physical level is that those who get caught in it, tend to forget their mission and their sense of self. With that, they lose the power to choose their reality consciously. Their life becomes a waking dream, making them passive subjects of the external events. The more disconnected you are from your truth and the Spiritual level of your mind, the less power you have to craft your reality deliberately. The more someone sleepwalks through their life, the more they become a victim and prisoner of their circumstances. Being able to influence reality and choose the events that are right for you are signs of a warrior path.

The warrior does not waste his time chasing pleasures because he knows that what he needs will come to him. His main focus is on living by his moral code and higher values, and how his presence can contribute to the wellbeing and enlightenment of others. He does it not because he covets praise but because he has discovered that following his Path brings him peace, freedom, and strength that he values most.

The warrior's journey takes him not only upwards, towards enlightened service and a greater understanding of the world, but also inwards, towards the greater understanding of the Self.

The Mental Traps to Avoid

On your journey to inner strength, it is important to become aware of certain mental traps that are currently being circulated as 'must-have' beliefs on the path of personal development. The warrior must be very deliberate and practical with what he allows into his mind.

What you think, you become, and the ideas that you let take root in your mind become your reality. Unlike your conscious mind that likes playing with angles and subtleties, your subconscious (Emotional) mind takes

everything literally. Not only that, but it also responds to mythical and archetypal images that dwell in the collective subconscious—the total of all creative and mental energy of mankind.

Here is why it matters.

Whatever you plant into your Emotional Mind becomes a hidden driving force behind your actions and choices. What's more, that pattern rarely gets discovered and decoded by your conscious mind, and can remain a background process for years. As a result, many people feel that 'something' limits them from being who they truly are. They feel trapped but can't explain why. They struggle to set themselves free and live a life that is calling for them. The processes left unattended in their subconscious mind are to blame.

Part of your warrior journey will be work with your shadows and damaged mental patterns. Like with most things, here too prevention is easier than cure. Before you accept something into your set of values or beliefs, it is worth examining it closely to find out whether that concept would truly work for you.

Below are examples of such disempowering ideas, often dressed up as noble aspirations, with explanations of their effects on the mind.

The first of them is the concept of *Acceptance*. It may sound reasonable to the conscious mind, especially in the context of mindfulness, and many people tend to accept it without judgement.

But here is what the problem is. On a deeper level, accepting something means knowing that it is there and doing nothing about it. Akin to ‘accepting one’s fate’ practising this concept promotes passive and defeatist attitude. In spiritual terms, blind acceptance contributes to learnt helplessness. With time, it may lead to meekly accepting everything—first within your mind, then in your life, then in the world around—including things that are outrageous and should never be accepted. You might have seen such attitude in people who succumbed to the role of a victim; in other words, they *accepted* that role. Observe what happens to those who swallow the idea of acceptance without judgement, only because other people glorify it. Do not make the same mistake.

Instead, focus on growing **Awareness**. Become aware of as many of your mental patterns, limits and beliefs as

possible. Notice what other people do and say, and try to decipher their hidden motives. Pay attention to details of what is happening around you, build situational awareness.

From that place, you will have the power to decide what you are willing to accept, what you refuse to tolerate, and what you want to change. The faculties of discernment and judgement were given to you for a reason. They help you remain conscious, strong and in control.

The second disempowering idea similar to the one above is the motto of *Surrender*. For the subconscious mind, the concept of surrender is not positive. As you may remember, your mind draws visions from the pool of the collective subconscious. Throughout the turbulent history of mankind, the word ‘surrender’ was used mainly in the battle context, where the victorious army would order the defeated enemy to surrender, as well as to surrender their weapons and their possessions or lands.

When we say that something ‘surrendered’ we imply it was defeated or taken over by some overwhelming might. If a house surrenders to the flow of time it crumbles; if an electricity cable surrenders to the cold it cracks.

For your subconscious mind, the idea of surrender is closely intertwined with the visions of being thrown to

your knees, defeated, humiliated and forced into being a lesser version of yourself. However, unless you have developed a high level of congruency between the different levels of your mind, your conscious mind may not be aware of what is happening under the surface. Once again, this means that the destructive process can run in the background, unnoticed and unhindered.

Telling yourself repeatedly to ‘surrender to what is’ promotes a similar defeated attitude as in the case with ‘acceptance’, but it has stronger ‘you have been conquered’ and ‘you have lost’ overtones, which can additionally foster the sense of despondency and helplessness. This is because the subconscious mind knows that we never surrender voluntarily, and if you are forced to surrender, you are ‘done for’.

It also creates a glaring contraction with your deeper essence and your truth as a divine being, thus starting a war within. That inner conflict weakens you further.

What you could choose instead are the concepts of **Embracing** and **Accepting**, which promote the sense of being aware and in control. The concept of embracing is very positive and uplifting for the subconscious mind. Say to yourself slowly, ‘embrace change’ and ‘surrender to

change’ and notice the difference it creates in the way you feel. Words can be very powerful in shaping our reality.

Resistance is not always good. Not all battles need to be fought. Sometimes it is wiser to step back and simply allow events to unfold as they may. Also, resisting your shadows and fears keeps you their prisoner. Allow yourself to go with the flow of life, consulting your heart about what actions are needed. Discover your shadows, work with them and open yourself to change. Acknowledge what needs to be done and what needs to be left alone. But never surrender.

The third mental trap is the insidious idea of an *Inner Child*. Accepting it automatically puts you out of control.

This concept essentially fragments your mind, giving one part of it an independent existence. ‘A child’ can never be a full part of us, like our arm or leg. Imagine if you gave you limbs a right to move randomly, without being controlled by your will. Not only would it be impractical it might potentially put you in danger. You wouldn’t be able to rely on your body to get up, do any work, or even make it down a flight of steps.

Having this happen to your mind has a similar paralyzing effect on development and the way you function

in the world. You are a congruent, interconnected unit, where each of the elements relies on the smooth functioning of others. If you do not have access to and conscious control over a vital part of your mind, your whole system suffers.

Not only that, but that separate part is typically seen as moody, unpredictable and attention-craving. It does not listen to the voice of reason. You never know when it decides to throw a fit and screw things up for you. In real terms, it is like carrying inside some parasitic overlord that rules your life, and all you can do is to placate it the best way you can, yet always fail.

Since our thoughts are things, if you allow this idea to nest in your mind, it will become your truth. And if you look closely, you will see that what stands 'behind the curtain' is the ego, always seeking comfort, validation and applause.

Remember, your mind is just merely a tool, an interface of your true self for you to channel your power and gift into the world. Be appreciative towards it but strict. Do not give your mind more permissions than absolutely necessary for it to do its job. If you do not rule your mind it will rule you; and as you know, it is a terrible master.

The fourth trap to be aware of is the concept of the *Monkey Mind*. Similarly to the one above, it programs you for failure.

Your mind accepts what you say to it without questioning. It takes your word as an order. Holding on to an idea that your mind is like a stupid restless animal you can't control, will create a state exactly as described.

What's more, treating any part of you as inferior or contemptible damages your self-respect and goes against your personal dignity as a warrior. You mustn't forget that at your core, you are a divine being on a sacred mission to serve the world. All tools that you were given on your journey deserve appreciation. Having a derisory opinion of your mind blocks the flow of your inherent power, making you into a lesser version of yourself.

The most effective way to view your mind is to see it as an incredible supercomputer. Its processing capacity is truly awe-inspiring. It is capable of performing tasks beyond what you can imagine, and it is ready for your command—you just need to set it up right.

When you buy a physical computer, you do not get alarmed or upset not finding your favourite apps or your preferred settings in a default configuration. You simply

go through the settings and install and uninstall the apps until you set your machine the way that suits you. And you are probably quietly excited to have the newest piece of engineering genius at your fingertips.

Your mind is like that, too. But its power stretches way beyond what you may be currently aware of. It is capable of connecting you with the wisdom of the entire universe and shaping your reality. It can help you heal yourself and others, and manifest your true power in the world. The more you understand it, the more you can't help but marvel at the possibilities it offers. Approach your mind with gratitude and wonder, and you will progress much faster on your Path.

The last mental trap to be aware of is the popular spiritual motto, *We Are One*. It comes from oriental teachings and uses the latest quantum physics findings for support. This mixture of scientific glamour sprinkled with ancient wisdom claims appeals to many as trendy and logically sound. Its popularity is also fuelled by the egalitarian spirit of the new era. So much so, that people swallow it without thinking twice.

As in examples above, the problem here is not so much with the concept itself but with its interpretation. Here is why you should look at it closer.

There are no doubts that everything in the universe comes from a quantum soup, interlinked on the fundamental level. In other words, we're swimming through a giant ocean of energy that created all. However, what may be slightly tricky to understand is that the universe exists simultaneously on different levels of manifestation. What's more, the rules that operate on those different levels do not always match. This is how both quantum physics and Newtonian physics can coexist and both make sense, from a certain point of view.

The fallacy of 'We Are One' concept lies in trying to apply a certain rule to a level of reality it does not correspond to. The quantum soup may know no divisions, but in the physical realm, distinctions are tangible and apparent. That separation appears on the astral and mental levels, too. We all know this on a visceral level, we simply sense it to be so.

In everyday terms, when you wake up each morning, you know full well that you are who you are—you haven't mysteriously morphed into your neighbour Fred or his

wife Ann, or the prime minister, or a NASA space pilot (unless you serve as one, of course.) You have a very clear and distinct sense of your own identity, of your own separate spirit that is a spark from a greater fire of Creation.

Think of a meadow. From the same soil, and built of the same elements, very different plants grow there—large and small, poisonous and healing, with beautiful flowers or with menacing thorns. Using your faculty of discernment and common sense, you can easily understand that those plants are *not* the same. Somehow, you know it would be nice to stretch on the grass amongst poppies and chamomile, but not on the stinging nettles. Yes, they may all grow from the same patch of land but they are different. Pretending that they are not would go against sanity and common sense.

Here is another example. Imagine air bubbles floating through an ocean, big and small. Some carry breathable gases and some other—noxious; some are explosive, some are neutral. They are all bubbles, moving through the same body of water, and yet each one is unique.

Millions of those individual bubbles of consciousness flow through the universe, together yet separate, and this is how the Source made it to be. By itself, separation is

not ‘right’ or ‘wrong’. It is what it is. For the reason we are yet to uncover, the universe is structured this way.

Trying to force yourself into the ‘all one’ concept in your everyday life creates a paralysing effect on the mind. In essence, it is a form of self-induced gaslighting, where you reject what you intuitively know to be true and force yourself into accepting something that does not feel right.

The basis of your effectiveness in this world are your feelings of sovereignty, self-respect and self-control. This implies that although you are aware that you are part of the universal energy field, you channel that energy in accordance with your abilities and will. If you make yourself feel that you are one and the same with all darkness and grime: all the villains, child abusers and murderers in this world, your integrity crumbles, together with your sense of self. If you believe that the Shadow is part of your being, you won’t be able to stop it from spreading and to protect what matters.

Do not let utopian ideas cloud your judgement. As a warrior, you should learn to respond accurately to other people and situations according to what they are—here and now. Remain discerning and vigilant, to serve your mission the best you can.

These examples are not an exhaustive list but rather an inspiration for your own analysis and discovery. Your mind is one of your greatest assets and vehicles on your path, akin a supercar or a turbojet. Be mindful of what fuel you put into it.



TRANSFORMING YOUR PARADIGM

We are being told that unlimited consumption is the solution for the sucking inner void created by the lack of meaning and purpose. In a desperate bid to make that pain stop, people burn themselves out trying to get more money to buy more... and more. It is common to see someone who spent his entire life chasing various jobs and goals only to discover that at the end of the day, all that chase did was leaving him tired and empty.

And the more we try to escape from the inner void, the more we desensitise ourselves, meaning that with each new time we need a larger dose: a bigger shopping spree, a riskier entertainment or a stronger drink.

No matter what we try though, material or sensory gratification brings only temporary relief. This is because as living beings, we do not belong to the material plane only. While we do possess a physical part to be looked after, our true domain is the domain of the Light. Our

will is a spark from the Universal Will, and our consciousness is a glimmer from the Universal Consciousness that flows through all levels of existence constantly recreating them.

Without merging both the physical and the spiritual levels of our essence, we feel unsatisfied even if surrounded by the finest gifts that the mundane world has to offer. We can't enjoy them fully if they come as a price of compromising our true self, of not living our lives the way we were meant to.

Those who have not tapped into the power of their true essence are like caged birds. They are always filled with an anxious longing for the freedom they have never known. They may feel empty and depressed without understanding why.

The answer is that they are feeling stifled in a reality that is 'too small' for them.

Breaking free from the mental cage created by society is possible for everyone. However, it requires courage and the knowledge of how to do it—this is why many people remain trapped.

Unless you awaken your true power and use it for the benefit of the world, you will always feel a peculiar

sense of pressure, dissatisfaction mixed with a hint of unworthiness and depression. Your subconscious mind will keep telling you that you are off track, that ‘something is wrong’. This is because the power given to us should be used. Trying to block it or suppress it creates many negative effects both in the body and in the mind.

In the past, people who sought spiritual liberation and enlightenment could use their religion as a gateway. All worship practices around the globe offer their version of techniques for realising one’s divine nature and unlocking the potential within.

However, with the downfall of the leading religions in the West, people were left spiritually stranded. Since then, what was once a clear and safe path to personal mastery has been replaced with many obscure and often contradictory practices. Many subconsciously reject them, rightfully sensing that there may be some danger there. Sometimes, though, the building up frustration and pain force people to try those possibilities as a last resort in the hope of finding an answer.

In the absence of true spiritual authority and clear guidelines, the discipline of self-development has largely turned into a mind-maiming trap saturated by the

Shadow. Many people are not aware of this, but if you think logically, you can understand how and why it happened. Where there is no Light, the Shadow grows and thrives.

Aspiring students nowadays are encouraged to try avenues that for centuries were considered ‘forbidden’—and for a good reason. Practising them unprepared can seriously and sometimes permanently damage one’s mind and thinking abilities. Certain types of meditation (such as the Kundalini practices), as well as psychedelics and entheogens, are a good example of this.

Beware of those who indiscriminately advocate such methods to ‘expand consciousness’ and ‘achieve enlightenment’. Those wannabe teachers are either misled about what they are doing or deliberately hide the truth. Such stories rarely see the light of day, but many unfortunates who trusted such ‘mentors’ end up in an asylum or condemned to a lifelong course of medications. In some tragic cases, they might even take their own lives, unable to handle the mental damage. Official medicine has not yet reached the level where it can help the victims of such schemes. This is why it is one of your main responsibilities to guard your mind and keep it strong and clean.

Not all principles propagated in self-development are dangerous, but without a reliable blueprint, a set of values or a Creed, you have no way to tell with clarity what you are really dealing with.

Often, a small win with something simple can trick you into trusting the coach or a mentor unconditionally, and he can easily misuse your trust. This is a basis of how many sects and similar circles operate. It is worth remembering that not everyone who position themselves as teachers, philosophers and thought leaders are there to help the world; many are driven by much more basic incentives, such as getting rich quickly or pleasing their ego. It is an inconvenient truth, and they do their best to cover it up with polished marketing.

Those schemes become powerless against you if you have a Creed: a clear set of guidelines of what you stand for and what to avoid allows you to navigate safely even through the grey and uncertain paths.

Many people are vaguely aware of this, and so they try and adopt various philosophies from far away. Eastern philosophies are beautiful and profound, but they are often extremely complex to the point where even the native followers may find them challenging to understand.

Although having some system of bearings is better than nothing at all, the issue is that those doctrines were created in a distant era, and ultimately for a very different mindset from ours. Faraway philosophies are deeply rooted in foreign religious beliefs and are based on languages that the majority of us do not understand, such as Sanskrit, Pali, Tibetan, Japanese, or Chinese. It is worth keeping in mind that many subtle yet important nuances become lost or distorted in translation.

Another issue is compatibility. When choosing a diet or an exercise routine, we naturally sense that the best choices are those that are aligned with our needs, our body type, and our health condition. In other words, we look for something congruent with our nature and our goals, so it can support us. You can stretch that outlook to everything you choose to adopt or absorb. Just as eating the food that is right for you, and following an exercise regimen that serves your personal needs, choosing your spiritual foundation should be a careful and deliberate process. Searching for what resonates with you on a deeper level is much better rather than blindly following the hype. Whenever you force your mind to adopt a religious or spiritual concept that is not naturally congruent

with you, it creates an inner conflict that brings you down you in the long term.

To fully benefit from your practice, you must be able to understand it and to follow it easily. The system should be logical and transparent, and offer tangible results without any convoluted dogmas. This is why Ariya Creed (Semperism) is a powerful and healthy alternative to many other systems.

Semperism is a philosophy that focuses on the empowerment and enlightenment of all living beings through the ideas of integrity, a purposeful life, and spiritual warriorship.

A creed is a codified system for achieving wholeness, inner freedom and personal power through transforming the structure of the mind. This system offers reliable and easy-to-follow steps that are a mixture of daily activities and mental exercises. There are no special preparations or requirements to see the results from your practice—only commitment and sincerity.

Core Principles of Semperism Philosophy

1. All comes from One that is the Light, and unto the Light, all shall return.
2. You came to this world for a reason, and that reason is greater than yourself.
3. Our consciousness is a spark of the universal consciousness.
4. Our true essence is eternal and immortal.
5. We come into this life voluntarily to learn, and to help the ultimate victory of the Light.
6. You possess the power beyond what you realise. Your first quest in this world is to recognise it and learn to wield it consciously.
7. Your duty in this physical reality is to transform it using your gift that is unique to you.
8. This world has been affected by the Shadow that brought great suffering on living beings, but there will be the time when the Shadow is defeated and the harmony of the world restored.
9. What you do in life echoes in eternity—your choices ripple through the fabric of existence, shaping the

present and the future. Everyone is a co-creator of the world we are living in.

10. We incarnate many times until we awaken and remember our true essence of the Light.
11. To align with your Purpose and make a true difference, you have to develop an Ariya mind—the mind of a warrior in spirit.
12. A warrior in spirit is someone who is willing to face and overcome his shadows, and who strives to be a greater version of himself.
13. A Semperist's life path is based on the foundations of honour, integrity, discipline, the Sevenfold Path and the Ariya Code.
14. Any person can become an Ariya through dedication and training.

Ariya is a Sanskrit word meaning a warrior in spirit. It describes someone who is different from the rest because of the work he has put into his self-development, and his commitment to his higher purpose.

Ariya warriors are not fighters but guardians. But if the situation calls for it, they become unstoppable. Although many of us are trained in different kinds of

combat, our primary duty is to awaken other people to their true potential and, by doing so, to transform and enlighten society.

Ariyas are protectors, teachers, and pathmakers.

Where there is at least one Ariya in a family, then the whole family—and the whole community to which they belong—becomes sanctified. What this means is that every Ariya warrior has the power to affect other people's lives on a deep level, helping them to awaken and to shake off their spiritual blindness and pain.

An Ariya warrior is a Twice-Born: once by his parents, who gave him the physical body, and secondly, through a spiritual teacher who has awakened the warrior to his Path, his strength, and the principles of the Ariya Creed.

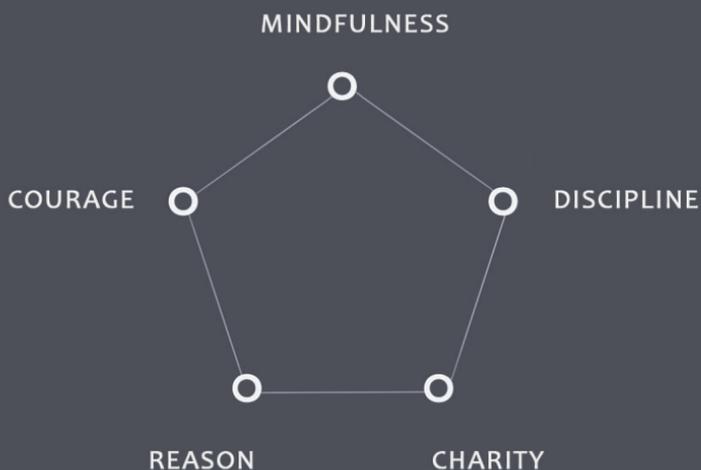
A Once-Born believes that he is either his body or his mind. His whole attention is trapped in mundane matters, which makes him anxious and dissatisfied. A Twice-Born, armed with the knowledge and the power of his awakened spirit, is calm and unshakable, becoming a formidable force for Good.

A warrior shall remember that through developing his mind he creates a way for a greater force to reside within him, ready for his command. For this reason, each Ariya

warrior has the potential to wield immense power—the responsibility he should always remain mindful of.

Our true domain as human beings is immortality and transcendence. What we do in every moment of our lives echoes in eternity, affecting both ourselves and others in this lifetime and beyond.

FIVE FUNDAMENTALS



5 Fundamentals

The Five Fundamentals are the key principles, the core building blocks of your mental framework as a warrior. Develop them equally. Making the Fundamentals your background process (the automatic way your mind works) is what allows you to succeed on your quest. These qualities are:

- Mindfulness
- Courage
- Charity
- Reason
- Discipline

You will learn mindfulness through practice; courage and discipline will spring from your passion to serve while prudence and charity will grow in connection with your Light within.

Cultivating *mindfulness* means that not only do you learn about yourself and your shadows (so nobody can use them against you), but you also train your situational awareness of a warrior. You become conscious of what it is you are truly doing and why—meaning that you take your mind off autopilot and become resistant to negative mental influences. You stop wasting your time on things

that do not deserve it and become unstoppable in achieving your goals. Mindfulness is also expressed through focus, patience and self-enquiry.

Courage is the ability to act despite fear. It gives you the strength to act and to speak up when needed, and to do the right thing even though the situation may seem overwhelming or unsafe. Courage connects you with your true core, your fearless and immortal self. Practising it brings you closer to the person you were called to be and allows you to win against many odds. It is important not to mistake this quality for recklessness or bravado, which are in essence just a distorted expression of fear. Courage must be paired with **reason**—sound judgement and skill in calculating risks.

Reason stands for shrewdness or sagacity when dealing with everyday matters, the ability to govern yourself through discipline and the sense of duty, as well as good management of resources. Its foundation is the practice of mindfulness. In simple terms, it means accessing the situation to the best of your ability and striving to take the right action at the right time.

Charity is the willingness to share your strength and your Light with others; to lift, inspire and protect those

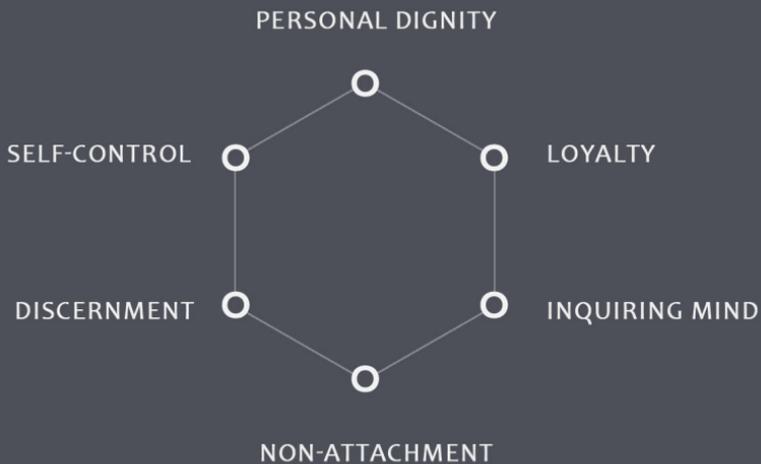
who can't stand up for themselves. It includes the qualities of kindness, forgiveness and compassion. The kindness of a warrior is not meekness, though. It does not mean the inability to be strict and decisive when the situation calls for it. The warrior understands that there are times when resorting to tough measures is the best thing he can do. He recognises that delivering that lesson would be of a great benefit to those involved. Charity, just like courage, should be paired with discernment to work well.

The acts of charity are also helping others while dealing with challenges yourself, sharing whatever little you have with those who need it even more, or risking your own life to save someone in danger.

Discipline is an outward expression of your commitment to following your Path and serving the world greatly. You will find suggestions on how to grow and strengthen it on the pages that follow.

You will also learn the Ariya Code, the Six Noble Virtues and the Sevenfold Path, which will become your mental anchors against the storms of life. Having this framework will help you achieve inner peace, creativity, focus and a sense of harmony with yourself—the state often referred to as the Flow.

SIX NOBLE VIRTUES



6 Noble Virtues of the Ariya Warrior

1. Personal dignity
2. Loyalty
3. Self-control
4. Enquiring mind
5. Discernment
6. Non-attachment

Cultivating these traits helps you live in harmony with yourself and evolve on all levels of your being. Unlike the universal Fundamentals, the way you express the Six Virtues is personal and unique to you. You may find some of them easier to cultivate than others but strive to master all six to the best of your ability.

You will learn about developing personal dignity, enquiring mind, non-attachment and self-control from the pages that follow. Loyalty is your personal choice while discernment comes from relentless practice.

A warrior must always be discerning and vigilant lest his talent, skill, and ability be misused by the Shadow. The Shadow is a conscious force of darkness, destruction and decay. It is what brings suffering, cruelty, illness and despondency into the lives of people and the world. As an Ariya warrior, you stand against the darkness at all times, banishing it from your heart and mind.



THE ARIYA CODE

1.

I'm sworn to the Light,
the source of life and truth.

2.

I act with integrity and honour.

3.

Every day is my training ground.

4.

I show respect for the free will of others.

5.

My life unites both physical and
non-physical reality.

6.

My tribe are my brothers in spirit.

7.

I do not boast; my work speaks for itself.

8.

My power is in service to the world.

- CODEX SEMPERIS -

The Ariya Code

Some people are misled by the idea that having rules in life means being limited or constricted. In reality, the opposite is true—genuine rules work as road signs, or as steps on a mountain slope. They make your progress easier and faster.

When you first learn to drive, to play a musical instrument or practise a martial art, the first thing you want to master is the rules. You instinctively feel that ignorance means a disadvantage. The quest for your inner power follows the same logic.

Making the right decisions at the right time is crucial for staying on track with your work and your spiritual progress. There are times, however, when relying only on your own judgement may not be enough.

When you are tired, angry, ill, stressed or feeling low, your thinking and discernment tend to get distorted. Often, the decisions we make and the words we say at such moments do not reflect our truth. In such circumstances, having a moral code works like a safety net that pulls you away from the actions that might have otherwise ended up in regret.

The Ariya Code offers assurance, guidance and light on your Path. It simplifies and empowers your everyday choices so that you have more energy to do other things. Having a 'spiritual map' also helps you feel more relaxed because you know that you are heading where you want to be. It takes away the worry of inadvertently taking the wrong turn.

The Code is a set of powerful reminders to help you make decisions that truly serve you, and train your mind for greatness. Repeat these lines to yourself often.

1. I'm sworn to the Light, the source of life and truth.
2. I act with integrity and honour.
3. Every day is my training ground.
4. I show respect for the free will of others.
5. My life unites both physical and non-physical reality.
6. My tribe are my brothers in spirit.
7. I do not boast; my work speaks for itself.
8. My power is in service to the world.

A line by line explanation:

1. I'm sworn to the Light, the source of life and truth

To further your spiritual evolution and ensure your success, you must develop a true understanding of and reliance on the Light.

This is not some abstract concept but rather a practical necessity. The Light is an underlying creative force of existence that flows through the entire universe, transforming and connecting all. We can't perceive it with our limited physical senses but we can develop the senses of the mind, which would allow us to see that power as the most beautiful pulsating radiance that permeates all that is.

This force is conscious and is aware of you. At the times of trial, you can call upon it for guidance, consolation or support. The more you build your connection with the Light, the more your inner power, charisma and confidence will expand. Not only that, but it will awaken the higher abilities of your mind, making it possible for you to create your reality consciously, reading other people's hidden intentions, glimpse into the future and the past of people and places and alleviate pain by the virtue of your presence.

It is the reliance on the Light that gives hope to the defeated, strength to the oppressed, and healing to the ailing. Throughout human history, this force was referred to by many different names, but the truth remains the same.

This energy that created the Universe also flows through you. You are one of the rays from that radiance, a spark of the Universal Fire. But unlike other forms of life, you have the ability to connect to that force and direct it with your conscious will.

Following the Path of the Light means being guided towards the best choices and living your life to the fullest. Only the guidance and the power of your higher essence can awaken your true potential as a change-maker. Without that vital sustenance, you will stay trapped in limiting mundane reality, haunted by the feeling as though something crucial is missing but not being able to tell what it is.

Through consciously turning your thoughts towards the Light, you strengthen your connection with it. This allows you to tap into the new dimensions of personal power and understand yourself and the world on the most profound level.

Creating and maintaining this connection can be effortless once you know the principle at its core. That principle lies in cultivating a deep and genuine love for the Light, the force that keeps you alive. The stronger your love grows, the easier it will be for you to stay grounded in that awareness. This is the same as when you are in love with a person —you keep thinking about them whatever you do and wherever you are.

Every time you find your thoughts wandering idly, always turn them towards the Light. With time, your mind will learn to do it naturally. This will accelerate your inner growth and transformation, and the results will soon inspire you to reach for more.

In your heart, sense the force of the Light permeating all things, flowing in an everlasting stream of brilliant radiance, manifesting itself through the people, objects, and places that you love, through all the phenomena of beauty and transcendence. Feel yourself being immersed in and supported by that power at all times.

Call upon the Light daily, with gratitude, and in the time of crisis for assistance, while fostering in your heart unshakable confidence that your prayers are heard and will be answered.

2. I act with integrity and honour

Your purpose is to bring the Light on earth through your unique mission.

Master your body and your mind to become a greater weapon of Good. Align your thoughts, your words, and your actions with your integrity and truth. Make your life an untiring quest for self-mastery and self-knowledge.

Follow the path of integrity with the right thoughts, the right speech, and the right actions.

Find out what your true priorities are (more explanation about this in the Mental Anchors section). Once your highest priorities are clear, you will discover that it is easier to focus on them and align your thoughts and actions with what you want to achieve.

Develop the warrior mindset based on courage, loyalty, and personal dignity. Once you start making your choices in alignment with those inner guidelines, you will become stronger, healthier, more confident, and more capable of making a true difference. You will also free yourself from the burden of guilt and shame that may have been holding you back until now.

Your vision will become clearer, and you will gradually free yourself from the activities and connections that steal your time and move you away from your Purpose. You will start shaping your life into a happier, more fulfilling, and more profound experience.

3. Every day is my training ground

Only striving towards both mental and physical perfection will unlock your path to greatness, confidence, and true fulfilment.

Every new day is a new opportunity to learn more about the world and yourself, discover your hidden abilities, contemplate how you can serve greatly, and train more to become a true weapon of Light. A warrior masters his mind through meditation, and his body through physical exercise (callisthenics, yoga, and martial arts). It is a good practice to start your day with the ARIYA Morning Routine.

4. I show respect for the free will of others

It is easy to get seduced by your power into thinking that you can claim responsibility not only for yourself but for others, too. The ego can trick you into believing that you should be able to direct other people's choices, according to your expectations. If you feel stronger and wiser, you might experience an illusion that you are in a better position to decide for others to 'keep them out of trouble'. This is a very dangerous mistake.

It is not within your power to choose when it is someone's time to move on from this life, or what tests and trials they must go through on their Path. Always offer your help and advice to those who ask for it, but realise that you can do no more. The only responsibility you have is for yourself.

Focus on developing genuine respect for the journeys of others. Other people's choices and the courses of their lives are only theirs to decide upon. Even if you do not agree with them or do not understand their reasons, you do not have the right to interfere unless your help is openly called for.

5. My life unites both physical and non-physical reality

One of the biggest misconceptions of the modern world is the belief that the world only exists on the physical plane. This illusion restricts people's possibilities and robs their life of true meaning. This is because our Purpose as living beings belongs to the higher realms beyond the scope of the mundane.

We were designed to function on both physical and spiritual planes in equal measure, and our goal is to unite those scattered fragments into a coherent whole. We need to remember how to reconnect with our core and channel that truth and clarity into the world.

Realising that your eternal essence of the Light is more powerful than your current ego-self can comprehend, gives you an unwavering point of reference. Working on strengthening that realisation illuminates not only your life but also the lives of those around you.

Our world consists of different layers of reality. The warrior trains himself to perceive the dangers and the possibilities of the subtler planes to be able to take informed and timely actions. Extended Perception (the ability to perceive energies beyond regular human vision such as

the auras, the mindgates, non-corporeal entities, and mental influence) is part of the ARIYA Mind Training.

6. My tribe are my brothers in spirit

To succeed on your Quest, you need the support of an inspired tribe of fellow warriors sharing your values and your journey with you. No person, no matter how strong, can remain strong all the time. Anyone makes mistakes. Anyone has moments of frustration, doubt and darkness.

What can be a fatal downfall when on your own, though, has a good chance to be remedied if you are surrounded by your friends and teachers. We all need people who will get us up when we stumble and who will inspire us to keep going when we fall on dark times.

Having a place where you truly belong and people whose loyalty you can be sure of creates a world of difference. Treasure those who stand by your side.

7. I do not boast; my work speaks for itself

You must make peace with the understanding that for most people, it may be hard or even impossible to relate to your Path. The desire to constantly explain yourself, in the pursuit of approval or validation from others, is a waste of energy and time. It is alright to live a life that others do not understand.

Your Path is not about showing off and getting applause or recognition from others. There is no need in trying to convince anyone to adopt your point of view or share your beliefs.

If you are firmly grounded in your personal dignity and your highest values, your results will speak louder than your words could ever do. At that point, people will likely start coming to you wanting to learn more and to discover what it is that has transformed your life. You can share some of your knowledge with them once they are ready.

8. My power is in service to the world

Just as the universe constantly expands, our true nature of Light follows the principles of emanation and expansion. The energy you wield must be put into use; it must be in a constant flow.

In other words, we must send our power out into the world and share it with others. A light bulb must radiate light to be useful. Similarly, if instead of sharing your gift you withdraw it and hide it from the world, your life shrinks and suffering sets in. The unused and unreleased power will start building up within. That inner pressure may soon lead to apathy, depression and the loss of meaning. We were not meant to live selfishly.

Every one of us was born to create a difference—if not for the world at large then definitely in our ‘personal world’ and for the people close to us. Remember this sacred duty. Commit to sharing yourself with the world as you are—fully, unapologetically, and wholeheartedly.

The Meaning Of The Ariya Symbol



The shape of the Ariya sign symbolises the two fundamental forces in the Universe: the electric and the magnetic (also known as Yin and Yang) as well as our dual nature: physical and spiritual (or mundane and divine).

It is a derivative of the lemniscate (the symbol of eternity) and represents one of the fundamental principles of the Ariya Creed (Semperism) philosophy, which says that ‘what we do in life echoes in eternity’.

It reminds us that a choice we make in every moment either takes us closer to our immortal truth and Purpose or further away from them.

THE SEVENFOLD PATH

UNITY WITH THE LIGHT



- CODEX SEMPERIS -



THE SEVENFOLD PATH

The Sevenfold Path is the moral compass of a warrior. These are the core values he cultivates for his personal evolution and the benefit of the world. These seven principles are what makes the Ariya warrior who he is.

1. Integrity
2. Loyalty
3. Discipline
4. Respect
5. Self-mastery
6. Purposeful living
7. Unity with the Light

The Sevenfold Path is the next step above the Fundamentals, connected with them through the virtue of discipline—an indispensable aspect and a hallmark of the warrior Path.

1. Integrity

Integrity is doing what is right even when nobody is watching, even if nobody except you is ever going to find out what choice you made. Integrity comes from knowing what you stand for and living that truth consistently and unapologetically.

Ultimately, integrity always pays off, even if making the harder choice seems disadvantageous at the time. There is nothing in this world worth sacrificing your integrity for. Any fleeting benefits you may be getting in return are never going to be worth the price of becoming less of who you are.

Those who compromise their integrity trigger an inner conflict, a slowly spreading mental poison that weakens them and takes away their power to craft their reality consciously.

2. Loyalty

Loyalty is the commitment to your word, spoken or unspoken. It symbolises your unwavering dedication to your Path, your tribe, and your teachers. Loyalty is a crucial part of your integrity as a warrior.

You are loyal when you come to support your friend in a time of need and when you refuse to speak badly of him behind his back.

The strength, effectiveness, and often the very survival of your circle depends on the loyalty of its members. Treat your fellow warriors in the spirit of brotherhood and comradeship; always put your bond with them above any temporary benefit, no matter what the temptation may be. Loyalty to your tribe is an investment that pays the greatest rewards over time.

3. Discipline

Discipline is the ability to follow the path of the right thoughts, right words, and right actions; of choosing what matters most over what you want at this moment. It is the force that fuels your progress through all the doubts and shadows when your heart feels low.

Discipline is not something that needs to be forced. It flows naturally from your commitment to your growth and be a force for change. Your passion to serve greatly is the foundation on which your discipline is based.

If you need external motivation and accountability, it is usually a sign that you haven't found your true mission

or you are not fully connected with it yet. To align with your Purpose, you need to evolve into the person who can make it happen. The clearer your vision and your sense of Purpose, the more organised and driven you will naturally become.

4. Respect

Cultivating reverence and respect towards all creations of the Light ennobles the soul.

You owe your sincere respect to those who support you on your path, to your teachers and your comrades. Remember that it was their presence, care, and help that allowed you to become who you are today. It is a debt of gratitude you can never hope to repay fully, but you should always strive to do as much as you can.

On the other hand, the warrior appreciates and supports those who look up to him. The level of respect you give to those who find themselves in your service or under your guidance is a sign of your spiritual maturity. The closer you get to realising your true divine essence, the more respectful you will become towards your own self and other people who share this world with you.

This also means that although the warrior is at peace with the fact that people have different views, he tolerates no disrespect. If someone does not value your presence and your time, they deserve none. Move away from those who put you down and focus your attention on your tribe, on people who see your presence as a blessing.

When someone is unable to see and appreciate your gift, it is pointless to try and change that person's mind. You would only humiliate yourself and gain nothing. Avoid serving those who disrespect you, as any effort from your side would only make their contempt greater and promote the darkness in them. It is your duty not to contribute to the moral corruption of others.

Being in the company of people who show you no respect also has another damaging effect. Every single instance of such behaviour makes you internally weaker by eroding your personal dignity and self-respect. For the sake of your mission and of those who need you, you mustn't allow that to happen. Make it your unbreakable law that you *never accept disrespect from anyone*.

The warrior does not beg for attention or appreciation. The fact that he deserves them is unquestionable and never needs to be stated.

5. Self-mastery

Self-mastery is the path of conscious personal evolution. It is a tough quest that requires passion, perseverance, and single-mindedness to succeed. Yet it offers the greatest reward. Its goal is to become a wiser, stronger and more awakened version of yourself, a true force for change in the world.

To live your Purpose you must make yourself ready to accept and shoulder that calling. Self-mastery is what takes you there. It is the quest of selflessness and dedication, inspired by the desire to put yourself through challenges and training for the benefit of not only yourself but also other living beings, too.

For example, if you master your body it becomes stronger and healthier, capable of supporting you with your work. In everyday terms it means clearer thinking, getting tired less and becoming more productive. If you master your mind, you prime it to reflect your true essence and connect with the inner power that is your birthright. This means more confidence, more mindfulness, inner peace and discipline, which allows you to reach your goals and to enjoy your journey more.

Self-mastery is your gateway to personal liberation beyond the illusions and shadows of this world, and a key to discovering the deeper meaning in life. It is the process of powerful inner alchemy that allows you to become the perfect expression of your true divine Self and a weapon of the Light.

6. Purposeful living

It is his Mission that gives the warrior his focus, determination, and mental strength, which allow him to keep going and succeed against all odds.

Your Purpose is an extension of who you are, your natural gifts, inclinations, and abilities. You can see it as the ultimate expression of the Self, the ultimate unfolding of your inner Truth. The more you discover and embrace who you are, the clearer your understanding of your mission will become.

The passion to fulfil your Purpose in this world is what fuels your passion for self-mastery and service. Always keep your mission at the forefront of your mind. If times get tough, remind yourself why you are doing your work and why it matters. Listen to the voice of your heart and allow your Quest for Purpose to become the

ever-burning flame within. That flame will fortify your spirit, awaken your abilities, and inspire you to greatness.

7. Unity with the Light

Your connection with the Light, the greater Truth outside yourself, is what gives you the authentic presence of the warrior.

The authentic presence is always genuine and calm and yet commanding and powerful. People are wired to naturally look up to those with the authentic warrior presence—to respect them and see them as leaders.

Many people crave this presence and try to emulate it with various tricks, but the authentic presence of the warrior can't be faked. That presence is achievable only through lessening the grip of the ego and becoming a conscious vessel of the higher power, a weapon of the Light. By doing so, you speed up your personal evolution and gain added strength, protection, and clarity on your Path.

It is important to understand that connecting with the Light is not some vague metaphysical ideal but a very practical concept. Having this ability allows you to adapt

and function better in these challenging times. It gives you the upper hand in the game of life.

Simply speaking, the energy supply you carry within yourself (your ‘internal battery’) is not quite enough to sustain a real personal transformation. This is the real reason why so many people do not succeed. To make it happen, you need to ‘plug’ yourself into the Source—just like you would plug your electronic device into the mains while upgrading its operating system. Failure to do so will result in a failed attempt to ‘upgrade your mental software’.

Because our personal accumulator has a limited capacity, we were designed to function connected with the Light at all times. It is a learnable skill that is accessible to anyone, but the knowledge of the correct algorithm was first distorted over the centuries and then lost. The Codex is showing you a simple step by step instruction of how to set up your mind to enable that connection, so you can tap into your full potential, empower your own life and serve the world greatly.

The benefits of being attuned to your inner essence will be transformative for you on all levels. Not only will you achieve inner clarity, peace, mental strength, and

the feeling of purpose, but you will also unlock the lesser-known abilities within you, such as deep insight, healing, and self-healing.

As the Light awakens you to your divine origins, it clears away the dark side of the ego, doubts, fears, and insecurities, giving you freedom and strength. By developing yourself, not only do you speed up your evolution and improve your own life, but your living example elevates the consciousness of others. You become the Light that helps others see.



THE WORDS OF POWER

To empower yourself and stay on track with your work, it is useful to have a mantra. This is a short ‘mission statement’, a personal motto that resonates with you deeply and inspires you to keep going even when times get hard.

It can be a simple formula such as ‘I am one with the Light’ or a longer statement, or even a prayer. The most important thing is to keep it short enough for you to easily remember and profoundly meaningful. It should awaken your spirit and inspire you on the level bordering with feeling emotional. Focus on those words in meditation and repeat them in your mind throughout the day to anchor yourself in your truth.

A mantra helps you take control of your inner dialogue as well. Repeating your ‘power words’ eradicates negative thoughts and brings you back to balance any time your mind lapses into destructive thinking loops, anxiety or fear.

Your mantra tends to evolve naturally over time, so do not put pressure on yourself to try to ‘get it right’ straight away. Do not rush it. Allow it to emerge naturally from your heart. It is best to keep your mission statement private, so it does not matter whether it would sound good to anyone else.

When creating your mantra, it is crucial to consult your heart and not your mind. The mind tends to be easily impressed with false ideas and the social bling that excites the ego. You do not need that kind of input here.

The ego, in its constant chase of validation, is likely to suggest an over-ambitious or utopian idea, for example, ‘I’ll end all wars worldwide’ or ‘I’ll make all people realise the Truth’. Such a ‘mission statement’, which is clearly beyond one person’s capability, will only trigger feelings of frustration and inadequacy, and distract you from doing your real life’s work. Avoid statements that include words such as ‘all people’, ‘everyone’, ‘always’, ‘never’, and other absolutes.

Below are examples you can draw upon for inspiration:

- To be the Light that helps others see (to teach, guide, and protect others)
- To awaken others to their truth and liberate them from fear
- To help others realise their true power over their minds, bodies, and lives
- To lift people above the level of suffering and help them transform into the noble warriors in spirit
- To teach others to use their power for the benefit of the world
- To preserve your knowledge and culture for future generations
- To inspire others by example to lead happier and healthier lives
- To protect those who can't stand up for themselves

The Ariya Mantra

While you are working on creating your personal motto, you can start from using these two that unite all Ariya warriors:

I

“Where I appear, the Light is with me. With the power of the Light, I bring strength to the weak, healing to the wounded, comfort to the grieving. Everyone is blessed and protected because I’m here.”

II

“I’m an Ariya, the messenger and weapon of the Light. I’m above fear. I’m above anger. The force within me is beyond any challenge in this world. Through calmness, I gain clarity. Through self-control, I gain strength. I am a warrior, and the Light is with me.”



3 MENTAL ANCHORS

No matter what you choose to learn and master, the beginning always tends to be a challenge. This is especially true with the mastery of self.

Personal evolution and facing your shadows is not an easy quest. It may get even harder if your circumstances are not supportive and your circle does not share or understand your values. Even with the best intentions at the start, without the right accoutrements, many falter and get disheartened when the going gets tough.

There is a secret to success, however. Those who know it, always stay on track. This secret is having mental anchors. They are consciously crafted priorities you want to cultivate inside your mind.

These anchors will allow you to keep moving forward regardless of any doubts, setbacks, low energy, or willpower failures. They will help you get back up every time. Ideally, you want to have all 3; but even with only

one in place, you have a huge chance to succeed where others fail.

These anchors are:

1. Uncompromisable, unstoppable, burning desire to achieve your goal.

Although it holds formidable power, this anchor is rarely available from the start. This is because it requires self-knowledge as well as honesty with yourself. Many are too preoccupied with goals imposed by society that they forget their real desires and dreams. And when your target is not aligned with your soul needs, your mind won't give you access to its full potential. In other words, when trying to follow a goal that is not truly 'yours', you will distract yourself, procrastinate and look for excuses.

This anchor isn't something you can activate by simply willing it to be there. You will unlock it once you have more clarity about your true truth and personal quest in this world.

If you want to find out what your current priorities are, look at what your life shows at this moment. What kind of place are you living in? What objects do you fill

it with? What activities take up most of your time? What do you invest your money in? Knowing the answers to these questions will allow you to map the starting point and see how close (or far) you are to your ideal.

A little hint to make your search easier: it is very common for someone who is not fully aligned with his Purpose to develop a tendency towards bringing himself down and sabotaging his projects. This shadow attitude comes from the Emotional Mind (the third level from the top) which has a peculiar property: whenever you are not living your truth, it develops the feeling of inferiority and the desire for punishment of some sort. This is not logical or reasonable, but the Emotional Mind—also referred to as your Subconscious or your soul—does not understand logic, only feelings. If your subconscious desire to punish yourself is stronger than the conscious desire to succeed, the subconscious wins.

Do not be surprised if your subconscious does that, it is its way to try to guide you through life. (You can find a more detailed explanation about it in Book II.) The good news is though that you can reprogram your subconscious the way that suits you best. The more you align with your true essence and your path, the more you will see the harmful inclinations vanish. You can use this

natural process as an indicator to show you how close you are to where you need to be.

Luckily, you have two more solid anchors to rely on if the first one is temporarily out of reach.

2. Your identity.

Your identity should be your consciously crafted story about what kind of person you are, what you value most and what you stand for. That image must be crystal clear and congruent with your soul purpose and the way you feel deep down.

If you do not have clarity on it yet, do not worry. The Codex's purpose is to guide you through this process and help you create a powerful personal blueprint that is uniquely yours. Having this clarity will help you stand your ground and win against many odds. Defining clearly what you stand for will give you inspiration, drive, clarity and the peace of mind you have never known before.

In short, it will allow you to:

- Align your actions and choices with your true priorities and speed up your progress
- Eliminate procrastination and mindless distractions stealing your time
- Realise what kind of people you want by your side
- Become unbreakable and keep moving forward even regardless of how challenging your circumstances are
- Turbocharge your personal growth

The way it works is through using a mechanism inside your mind that orders your actions to be congruent with your beliefs. For example, as a layman one may struggle with practising consistently—working out, learning a new language or working on a new business project every day. Such an effort will require willpower and accountability and has a chance to dwindle anyway.

However, if those actions lie at the core of your identity, your mind will make sure that you find the time and energy to do them, without fail. So if you are an athlete or a warrior, then working out becomes one of the most loved moments of your day; if you are a passionate linguist, you can't wait to learn a new phrase in another

language; and if you are a visionary on a mission, you are too excited about your new project to put it off.

Someone who hasn't developed a defined idea of what he stands for is easy to influence and put off track. As an old proverb goes, 'If you do not stand for something, you will fall for anything'. In real-life terms, it means that you either align your daily actions with your highest values, or your time will be filled with distractions and self-gratification that ultimately serves no true purpose.

Having the right kind of identity shifts your perception of the world and the way you handle obstacles and tests. It creates the difference between fear and despondency at being 'surrounded by problems' to excitement from being in a 'target-rich environment' with plenty of opportunities to learn from and to grow your strength. Remember, no trials are ever given to you for nothing.

As your understanding of self develops, you will also discover that your life becomes more peaceful and joyful. Some call it good luck, some call it synchronicity, but you will find that you are experiencing it more and more often. As the old saying goes, 'The world makes way for the man who knows where he is going'.

Having a clearly defined identity helps you achieve that and much more.

3. Your tribe

Your tribe is an external expression of your personal story. It stabilises and enriches the way you see yourself. And in a situation when you haven't yet created your identity fully, you can use the power of your tribe to guide you towards the right mindset and the right decisions.

It does not matter how big that group is, as long as you can see and appreciate the positive influence it had in your life, and you are proud to be associated with it. It can be your family, the town you grow up in or your entire country, your educational, cultural or spiritual community, or even just one person within it such as your teacher or your mentor.

Whatever that anchor is, you must trust and respect the knowledge you receive, and feel genuine gratitude to the community or the person for helping you become the person you are now.

Superficial associations hold no power. It does not matter if you are officially a member of a certain club or a student of a great spiritual teacher if you have no heartfelt

respect and gratitude for your position or towards the person who you call your guide. If you truly trust your teacher, you will be able to use his strength and insight in the times of doubt and trial, and come out victorious. You will be able to tell your mind to calm down and listen to your teacher's guidance instead of your own insecurities and fears.

This anchor cultivates the feelings of deep trust and connection, which are some of the fundamental values your soul needs. Trust means you are able to follow your mentor's guidance *before* you understand how and why things work. Thanks to that you can develop faster, benefitting from the knowledge that is not yet yours and making it yours as you go. This connection is an antidote to the fear of intimacy and belonging.

It should also offer you a blueprint for a code of honour, or a code of conduct as a member of that group. This can be lifechanging, especially if this is the only anchor you have to support yourself with.

It gives you the upper hand in situations when you are tired, overwhelmed, confused and your mind would normally start running in panic circles not knowing what to do. If you remind yourself that there is a simple straight

road ahead—you must do what is right because you represent your community, you stand for something greater than yourself—confusion and fear give way to peace and clarity. Not only that but tried and tested guidelines can often offer you a better and more effective solution than the one you could come up with during stress.

Choose your tribe wisely. Make sure that it offers what you really need and that its values deeply resonate with you.



PERSONAL DIGNITY OF A WARRIOR

Understanding and developing personal dignity is one of the most crucial steps on your journey to inner strength. Without personal dignity, your access to your true power will be severely restricted, and with it—your ability to serve the world greatly.

Personal dignity involves including both your inner and outer environment into your awareness and making your life a reflection of your self-respect. It means watching your attitudes, responses, and behaviours to choose those that truly represent you as a person. You also control and shape your environment consciously.

Starting on that path is fairly simple. All you will need are mindfulness and discipline. Many people struggle with the idea of discipline because they imagine it as something they have to force upon themselves. In reality, discipline becomes naturally available to you as soon as you have accepted your warrior essence and made the

decision to align with it. Discipline is a side effect of realising your mission.

Spiritual Level

Start by putting your inner world in order. From the position of an observer, ask yourself whether you could admire and respect that choice or that behaviour you are involved in right now. Does your pose, the way you hold yourself and the way you speak, convey elegance, kindness, and self-respect? Your appearance and your actions are your message to the world. Make sure that the message is deliberate. You are a warrior on a mission, a weapon of the Light. Allow that truth to radiate through everything you do.

Notice and appreciate things that you do well. Let your consciousness acknowledge your accomplishments, your unique strengths and skills that make you stand out. Look at them as a master craftsman would look at his favourite tools or a master swordsman at his trusty weapons. Handle them with love, and perfect them as much as possible. Your self-appreciation and genuinely felt self-respect will radiate from you and heal the souls of others.

If you notice negative self-talk, remind yourself that you are a vessel for the divine power to manifest in this world, and demand respect and obedience from your mind. Recall the strengths you have and all the times when you won and reached your goal. Your essence is infinitely greater than the ego-self with its petty ideas and limitations.

Becoming independent is a gradual process. People who do not understand your quest may occasionally get angry at you for not heeding their demands and not living your life their way. This is something you will have to get used to. The warrior's response is calm yet unshakable. He protects those who are still asleep in their mind, without expecting gratitude and understanding. He does what his Path and honesty require him to do.

People will judge you not by your actions or your intentions but by the way *they* perceive what you do. Your spiritual maturity can be gauged by the scope of the problem that forces you to lose your emotional balance. A warrior knows that the only attitude he has the power over is his own, and he makes peace with others misunderstanding him.

The most effective way for the warrior to move forward is to stay focused on his core values and follow his higher calling. The Ariya warrior never seeks external validation or approval from the world. He knows that most people are still asleep, and many of his actions will not be recognised until much later. He does not allow that thought to concern him; he does what is right because it is right.

The warrior does not try to pretend to be someone else to impress anyone, he shows people his real face. He realises that rejection simply means that the other person is not ready to understand him yet, or the reality they have chosen to live in is incompatible with his. The warrior acknowledges both choices and moves on, unaffected. He decisively steps away from people who do not recognise his value and from situations that try to bring him down. The warrior has firm boundaries and does not tolerate disrespect.

Remember at all times that you are a living vessel for the power of Light in this world. In other words, the power of creation chose to manifest through you to do some great work here. Your existence is sacred. Treat yourself with the utmost respect, because every time you

fail to do so, you diminish your power and open the door for the Shadow to win over you.

Never allow a thought of you being small or insignificant to lodge in your mind. Meditate daily to find and eliminate all ideas that ‘you should know your place’, ‘you should not bother others with your questions or requests’, ‘you are not worthy of a great life’, or ‘you should keep your head low’. Such beliefs are your inner enemies. They demean the Light within you and should be perceived as ‘thought crimes’ against yourself. A warrior always makes sure that he trains his mind to be his reliable servant and his most trusted weapon.

Train your mind out of the harmful habit of comparing yourself to others. The desire to fit in is a social construct and has nothing to do with your Truth. We are all unique spirits following our unique paths and cannot be compared. Every time you forget about this, let the night sky be your reminder. You can see millions of stars above, each of them shining its own light. There is no point in comparing one to another. They are all beautiful, and they are all there for a reason.

It is natural that we look for reference points to make sure that we are doing the right thing or moving in the

right direction. You may feel frustrated seeing someone else living his Purpose already, while you are only readying yourself for your quest.

For the warrior, though, there are no external reference points. You can't look outwards to use someone else's Path as an example, because nobody else is you. Everyone grows and does his work in his own time. Sometimes, your mind may take a longer time to evolve into the form that you need for your work. This is normal for those whose Purpose lies beyond the scope of the ordinary. The more complex the task you came here to fulfil, the more time you may need to make yourself ready.

Trying to imitate someone else's life and their achievements leads to eroding your sense of personal value, dignity, and power. Living in such a state of self-denial creates inner conflict and deeply rooted self-resentment as a result. Even if you do achieve the external attributes you were after (fame, wealth, and material possessions that show your social status), the price you will have to pay will make them not worth it. The creeping feelings of emptiness and self-loathing that often come as a side effect of not following your Path can be very destructive. You can see examples of it all around.

You need to realise that other people's ideas of achievement are not relevant to you. You have to find your own path and define your own success. You will know when it is happening, as it will feel deeply, unexplainably *right*.

The way you carry yourself not only changes the way you feel, but it also sets an example and awakens others to their greatness. By being who you are, fully and generously, you share your Light with the world in a profound and empowering way.

Inner Physical Level

If you want to make a difference in the world, you must begin from yourself.

Start from taking good care of your body, your health, and the way you present yourself to the world. See your body as a sacred vessel for divine creative power. Your task is to appreciate its loyal service, maintain it well, and protect it from defilement. Care for it as you would care for your weapon at wartime.

The way you look in your current life is a combination of many factors. Two of the main forces at work are, on the one hand, your soul's choice of the right vessel to fulfil its evolutionary mission, and, on the other hand,

your mental attitudes and choices that shape that vessel moving forward, either mastering or degrading it. You might have noticed that people who follow their true Path and train their mind look younger and perform better than those who do not.

There was an important reason for your soul to have chosen your current form, and you should respect this choice even if you have forgotten the foundation on which it was based. At the moment of your birth, your soul was guided by the Universal Intelligence that is far beyond that what we can fathom on the human level. You can and should trust it.

Self-mutilation, including piercings and tattoos, introduces disturbances to your original energy patterns and makes you more vulnerable to mental manipulation of others. Society's ideas of beauty change every decade, and a warrior does not pay attention to them. He does not compare himself with others or tries to look like someone else. He trusts that he is best suited for his purpose just the way he is. He knows that it is his passion and his alignment with his truth that makes him beautiful. He shines his own light and leads by example.

There is an important point to mention here. Some people become so fixated on the idea of keeping their body intact that they reject all kind surgery as bad. That is not reasonable. Physical matter undergoes natural wear and tear and may require additional maintenance. Those necessary repairs include correction of birth defects that would hinder normal functioning, life-saving and birth-assisting surgery, restoration after accidents, and so forth. All interventions for genuine reasons such as saving a life or restoring mobility are a gift at the times when it is needed.

For your body to function well, it has to be mobile and flexible. Stiffness in the joints reflects the limits and blocks in the mind that need to be addressed and released. The warrior cares for his body to keep it fit, healthy, and strong, and so provides it with enough sleep and exercise. His personal dignity is manifested in the ease with which he can move, work, and protect others. His physical form is a reflection of his self-respect. The warrior never lowers himself to addictions of any sort.

Maintaining an optimal weight is an important part of the equation, too. Not only does it help to prevent health issues, but it also has a far-reaching impact on how your energy moves. Additional weight slows down the

flow, starving the mind and other vital elements of the energy they need. It weakens your energy immunity and makes you more susceptible to mental influence, unstable moods and astral parasites. On the other hand, insufficient weight accelerates the flow of energy too much, promoting anxiety, the sense of vulnerability and being at the mercy of other people and circumstances. The energy system becomes extenuated, unable to store any significant amount of life force. This causes problems with healing, clarity of the mind, and also brings the energy immunity down, creating issues similar to the ones listed above. For the optimal functioning, you want to keep your energy flow balanced, neither too fast nor too slow.

The warrior knows that both his body and his mind need rest from time to time so that he can act with maximum efficiency. Contrary to popular thinking, activities such as watching TV or browsing the internet are not soothing at all; they cause your mind to be unnecessarily bombarded with random information and noise. Having to choose what picture to click on and what article to read drains your focus and willpower even further. And if you scan your body, you are likely to find it tense and far from being rested. The best types of relaxation are

peaceful sleep, meditation, creative activity, and walks in nature.

Dedicate a certain amount of time every day to physical training that is adjusted to your abilities and needs. During ill-health or busy times, even a simple set of stretches can help you maintain an uplifted attitude and better energy levels. See the Daily Routine section for more guidance.

Outer Physical Level

The way you present yourself to the world matters. When you walk or sit, hold your spine straight and your chest open. Allow your shoulders to relax and move slightly backwards. You will notice that by doing so, you naturally increase your confidence and calm. Tucking your head into your shoulders is a symbol of disempowerment and feeling uncomfortable in your own skin. If you struggle to appreciate yourself, shift your attention to the service to others and take pride in the work you do. This pride is not of the egoic type but a healthy appreciation of the Light within that you share with the world.

Another attitude, slouching, is symbolical of holding back your power. It means that you are not ready to

share your heart and your gift with the world openly and authentically. You may be afraid of being hurt or feeling guilty about who you are. Such attitudes keep you from living your truth. Slouching supports a mental image of yourself as a small and undeserving person. As a warrior, you should ensure your mind has no room for such thoughts. Fill your heart with enlightened confidence, knowing that you were chosen as a messenger of Light. In that confidence, you will find the courage to show up and to serve greatly.

Maintain the cleanliness of your body, hair, and clothes. This does not mean avoiding all activities that would leave you dusty, sweaty, or muddy, but rather to make sure that you clean yourself thoroughly as soon as you are able. Physical dirt and untidy clothing attract negative energies, as well as secretly undermine your self-esteem and foster depressive states. A mind that harbours the idea of low self-worth will not allow you to manifest your true power; it will keep you trapped in a reality that is less than you deserve. Do not allow yourself to walk around with greasy hair or messy clothing. Cleanness of the body promotes purity and strength of the mind.

The way you dress is not only your message to the world but also a powerful signal to your subconscious

mind. What you wear has a profound influence on the way you feel and act—you may recall many first-hand experiences of this. Choose clothes that fit you well and look flattering for your type.

Clothing has not only ornamental but also protective function, including shielding us from unwanted negative energy. For that reason, take care to cover the middle of your body as well as your legs above the knees. You will notice a difference in how you feel. Although it may be challenging for your conscious mind to understand this advice, your subconscious will be grateful if you follow it. Think of ceremonial robes that mark the positions of authority and power. Added length and layers help to contain energy and inspire confidence and poise.

The warrior makes sure that his appearance reflects his understanding of his value and his personal dignity. Dress in a way that promotes respect and self-respect, even when you are in your own company.

Take care that your other expressions, such as your style of speaking or writing, represent accurately the way you want to appear. This is not about following some social ideal but about developing a personal style that is clear, powerful, and exact. A sloppy message full of

typos and errors loses its pith and power of persuasion. If you become aware that you make mistakes in writing or speaking, or that your vocabulary cannot adequately fulfil your needs, work on eradicating those shortcomings. There is a strong link between being able to access your inner power and being able to express your thoughts freely and elegantly. Through the careless use of language and untidy, scrambled writing, you make yourself less by not being able to step into your personal dignity fully.

Being embarrassed or uncomfortable about the way you express yourself blocks your access to inner power and limits your opportunities. Luckily, there is no reason to stay trapped in that state. We live in times that offer endless possibilities for mastering any skill you are interested in.

Develop a sense of satisfaction and control over the way you present yourself to the world. Treat it as a rewarding side quest. It will support your mindfulness practice as well as stepping into the experience of Flow.

Attitudes

A foundation of personal dignity is your ability to stand up for yourself. This is not simply a matter of physical strength but more importantly, the right mental attitude.

Firstly, learn to protect your time. Standing up for yourself on a day-to-day basis means being able to say ‘no’ to things that do not deserve your attention or do not feel right.

This also means the ability to cut off distractions or unwanted connections that steal your energy and your time.

Choose the company of people who support you on your journey and challenge you to grow. Seek the tribe that is courageous and honest, and says what you need to hear most. Ariya warriors look out for each other because it is their nature to do so, not because they expect anything in return.

It is perfectly fine to be alone while building your new circle, and certainly better than being in a group who openly or covertly brings you down. Tolerating disrespect is one of the greatest obstacles to growth. Teach others the

right way to treat you, in a gentle and caring way. Respect the Light within them as you respect yours.

Forgive those who choose to remain ignorant of your true nature, but aim to distance yourself from them when you can. Let go of people who do not make an effort to stay in your life, because giving yourself to those who do not value your presence sends a powerful negative message to your subconscious mind.

In our current society, we are largely denied the tools we need to heal and to eradicate our shortcomings and inner limits, and we are encouraged to make them part of our identity instead. It is actively promoted as a good thing to present oneself to the world as weak, damaged, or ill and to take a distorted sense of pride from it. Such an attitude is cancer to the mind.

Face anything that holds you down and search for ways to overcome it. Be honest and allow yourself to realise that you may have room for mastery and improvement, but never let that idea of seeing yourself weak and defeated to lodge in your mind. Having gone through tough lessons in life does not mean that you are broken. Being currently in a financial low does not mean that you are destined to be poor. Any shadows and obstacles

should inspire you to aim higher and to find the lessons behind those trials. You are not ill; you are pre-healed. You are not poor; you are pre-rich. You are not weak; you are just getting ready to embrace your power. Remember that your true essence is infinitely greater than anything that the mundane world can throw at you. Make yourself a living proof of that truth. What you believe about yourself becomes your reality.

Strive towards balance and moderation in all things. Never eat more than you need to or drink yourself to the point of losing control. By making choices that are less than what you should demand of yourself, you make yourself less. The warrior knows that compromising his integrity leads to his self-respect and personal power being eroded, which in turn, would force him towards dark and disempowering timelines. Being locked in a reality that hinders him from living his Purpose is a price he is not willing to pay.

Master the art of physical living so that you can provide for yourself and be self-reliant. There are few things as demoralising and as likely to instil the victim mindset as being financially impoverished. Avoid making yourself dependant on other people's charity. This is not a matter of becoming wealthy (unless you wish it to be so) but a

matter of having enough to live an honest and dignified life. Ignore what other people may be saying about ‘difficult times’. If you are willing to learn, to work, and to embrace reality instead of turning away from it, there will always be opportunities to be rewarded for the work you do.

As your understanding of yourself evolves and your Purpose becomes clearer, you will be naturally drawn to an activity that will allow you to express your power more, serve greater and get rewarded greater. Until then, remember that for every action you take, you exchange part of your life that you can never get back. Think of your time here as a finite number of heartbeats. Make all your actions matter.

It is a misconception to think that you are somehow lowering yourself by doing what appears to be a simple or mundane job. It is an unawakened view. *Anything* the warrior does he imbues with his energy and essence. Your tasks, no matter how small they may seem, bear your signature and spirit. Not only are you making a difference in the world by doing them (creating something that did not exist before and affecting other people’s lives), but you are also securing the necessary sustenance so you can continue on your Higher Path. Whatever you do,

strive to perform it to the best of your ability and leave your mark.

Doing what is easiest or what makes your ego-self look good may seem like a smart move (for example, making something cheaper or doing something faster than normally required while compromising on quality). In the long run, though, it causes far-reaching cumulative damage to your sense of self. Regardless of the scope of negligence—whether your task is to clean up your room or to run a factory—the underlying damage mechanism is the same and only varies in intensity. If you can't take pride in what you bring into the world and are not satisfied with the quality of your work, it blocks your flow of inner power, making you more fragile and insecure. On the other hand, knowing that you have nothing to be ashamed of and nothing to hide radiates calm and confidence into the other areas of your life, the way you act and feel about yourself. Do not take this statement on faith, test it to know the difference firsthand.

The warrior's personal dignity and self-respect do not allow him to mistreat or belittle those around him. He always offers fair pay and honest gratitude to everyone who contributes to his success. The warrior is fiercely loyal to his friends, comrades, and teachers. He stands by

their side in dark times and offers them his unconditional help and love. A true Ariya warrior is recognised by his kind and resolute actions, loyalty, courage, powerful presence, and mental discipline. Those who walk the trying path of self-mastery can count on his support.

On his Path, the warrior often appears to hurt others, not because he is uncaring or unkind, but because he can't afford to live according to someone else's expectations.

He must follow his truth, serving his life's Purpose, which he knows is greater than himself. The warrior respectfully shakes off the bonds that hold him down and keeps moving forward. He respects others, but he does not allow them to stand in his way.

Another crucial aspect of the warrior's life is his relationship with reality. The warrior chooses and crafts his reality in accordance with his mission and his will. His self-respect guides him away from the choices that would lead to unwholesome and undignified conditions.

Although you should let other people know about your desires, needs, and expectations—after all, this is the only way for the majority to discover them—remember that the warrior never begs. If something is not given to you freely—whether it is love, attention, opportunity, or

gain—it means that either the time is not right for you to receive that, or it was never meant to be yours. Realising that on a deep level is very empowering and liberating. If something is not given to you, it means that your ideal version of the event is forthcoming. Make this idea the unshakable foundation of your thinking.

The warrior is prepared to go without while waiting for the right door to open. He would refuse to settle for less than he deserves, be it a job, a relationship, a friendship, or any other prospect. By settling for less than you deserve, you receive even less than you settled for. You will find detailed guidance on how to shape your reality consciously in Book III.

Train your mind for non-attachment, so you remain internally free and unafraid to lose. Non-attachment has nothing to do with being emotionless, uncaring or indifferent. Rather, it comes from the powerful realisation that the mundane world is not the ultimate truth, and getting overly involved with it leads ultimately to emptiness and disappointment. The warrior makes sure that he does not lose sight of the true multifaceted nature of reality, and stays focused on what really matters: self-mastery and service.

When you are led by your discipline and your sense of duty instead of blind attachment, you are in the position to make the best decisions. Commit to your choices and see your projects through till the end. Plan your steps mindfully, and correct your course whenever you realise that you made a mistake.

The Universe is always working in your favour, guiding you towards the best possible outcomes. Even though it may not be instantly obvious at times, it is vital to remember this truth firmly, especially when going through storms. If you look back through your memories, you will notice how many times when you thought you were denied something good, you were redirected to something much greater. Think of all the times when you were grateful in hindsight that things did not happen the way you originally wanted—and you will understand the principle. Although you may not always be able to see the lesson and the benefit of an experience you are going through, it is enough to simply know that it is there.

Regardless of what you are going through, keep the image of your ideal self and your ideal life fixed firmly in your mind. Act, feel, and think in such a way as if you could see that perfect state coming closer and closer every day. Remember that the same force that created the

Universe also flows through you. Dwell on that truth and let it manifest in everything you do.

Taking Care of Your Environment

The warrior cares for his environment.

The way you treat your immediate environment speaks of your personal dignity and self-respect. Clean your living space thoroughly, both through the energetic and physical means. You will find the energy cleaning techniques in the Appendix.

Dust, rubbish, and dirty dishes attract negative energy and bring your spirit down. The place that is hosting you, whether for a long time or temporarily, affects the way you feel and think. Living amongst dirt and clutter diminishes your power. A cluttered room is a reflection of inner confusion and the lack of control over your life. External cleanliness promotes clarity and peace.

To help you grow your sense of dignity, there is no need for a large or luxurious place. Even in a small flat or a guest room, arrange your close environment in a way that is harmonious, peaceful, and welcoming. Maintain it as clean and tidy as you possibly can. Choose the shapes and colours that are comforting to yourself and others.

Our society tends to aspire for large living spaces—as big as possible—not as a necessity but as a means to proof of our value and status. This is not always a good idea. Spaces we occupy are somewhat similar to the clothes that we wear: for the most comfortable fit, they must be in our size. In other words, when our pad is too small we often feel restricted and suffocated, but when it is too big we feel overwhelmed and lost. These feelings do not always come to the surface for the conscious mind to notice them, but if you watch carefully, you will notice them running in the background.

While it is obvious how living in a place that is too small can limit your self-expression, living in a place that is too big also has its dangers. If your apartment or your house is too large for your energy to fill it up, the unused and unattended parts will start collecting stale negative energy. That energy can cause discomfort, insomnia, restlessness and in some cases even attract negative astral entities into your place. Those astral intruders, unfortunately, pay no attention to whether you believe in them or not and will be affecting your mental health regardless. Living in a house infested with astral parasites can greatly impair your sleep and your effectiveness. The subtle structure of the world is explained in more detail in Book II.

If you are living in a large house, make sure to regularly visit all rooms, change covers or rearrange the objects there ever so slightly, so your space recognises you as its owner. There is no need to believe or understand on a deeper level how this works to reap the benefits.

When you travel, never leave rubbish and untidiness behind, but strive to bring all places you visit back into harmony and balance, whenever possible. Remember that your outer world is an extension of you.

Even if someone else looks after your household for you, always make a small personal contribution to keeping the order. By doing so, you express your personal power and care for your world.

Enlightened Ownership

Imagine going on a journey. Typically, you would look through your belongings and take with you only what you need. Travelling light allows you to move faster and enjoy your trip more.

It is good to maintain this attitude throughout your life. We are all on a journey here. Take only what you need and let go of the rest, offering it to those who may need it more.

Here is the reason why. Every object that you own is linked to you by an energy thread. The larger the number of these objects, the more energy links you have to feed and maintain. They demand your attention, time, and care—and as the number of possessions grows, attachment and the fear of losing them grow as well. Numerous energy links can become a burden that slows you down in life.

Do this experiment. Spend some time mindfully going through the contents of your wardrobe, your garage or your storage room. Decisively separate what you treasure, wear or use from what you even forgot you had or might have been keeping ‘for a rainy day’ (which never happened in the last ten years).

Clean the space well and put back only what you actually use and need. Let go of the rest—sell, donate it to a charity or give to friends. If this is your first try, you may be surprised by how much lighter and stronger you feel right after your work is completed. The difference in the atmosphere in your house can be mind-blowing.

To make it simple, you can take these three criteria as your rule of what to keep:

- Items you need in your everyday life
- Valuable assets
- Objects that bring back good memories (do not let their number grow too much, choose only those you really treasure)

Often, you can recognise someone who is afraid of death by the number of their possessions. Fear makes people surround themselves with countless energy links in a subconscious hope that the sheer weight of those attachments will protect them and keep them alive somehow. If you notice yourself falling into this trap, train your mind to trust your inherent power and rely on the Light more. The more you trust the wisdom of the force that has brought you to life, the calmer, freer, and more confident your mind will become.

It is important that you do not let go of things that you actually need or hold dear, for the sake of achieving some lofty ideals. If you deny yourself an object that your heart longs for, or let go of something that used to make you happy, it will serve only to promote self-pity

and the mindset of a victim or a martyr. That attitude would block your energy flow, leaving you feeling low and disempowered. It is crucial to weigh your decisions carefully, so you are certain that you won't regret the step you have taken, irrespective of the outcome. Do not force yourself to get rid of things that bring you genuine joy.

As you mature physically and spiritually, many objects that you used to treasure tend to naturally lose their appeal. For example, you may find in your storage an old toy that is of no importance to the grownup you. But if that same toy had been taken away from you at the age of ten, it could have left you frustrated for weeks. We change as we go. Allow your possessions to reflect that truth. Let go of the things that matter no more; keep the ones that do.

When considering buying something new, ask yourself two questions. Firstly, whether it is something you need. Could you use something that you already have instead? Try to reuse as much as possible, and to appreciate the objects that you have made part of your journey. Look after your possessions and 'accoutrements' well. Clean, oil, dust, repair, refill or repaint them when needed. Treat them with gratitude, and they will serve you for longer.

The second question to ask yourself is whether you will have the time and the resources to take proper care of this new buy. Inviting a new item into your life is like adopting a new pet. From that moment on, you become responsible for it. Will it provide enough value to make your efforts worthwhile?

Make the way you treat your possessions an expression of your personal dignity. Strive to own less but of a higher quality. This is important for four reasons:

- By buying items at a fair price, you support the craftsmen's skill and honest work and help them continue to create and live their passion.
- Items of higher quality last longer, which means that you are saving money in the long run. Not only that, but you are also helping the planet you call home. Less demand means less production and less pollution, so you can live in a cleaner and healthier world.
- Most cheap items are imported, which increases our carbon footprint; shopping closer to home will help keep the air cleaner not only for yourself but for the entire planet.

- The low cost usually comes with moral compromise. Many cheap items originate from the sweatshops in some poorer countries with unfair pay and tough living conditions. Even if you banish that thought from your conscious mind, your conscience will know exactly what you are doing and continue feeling bad about it.

The awareness that by your actions, you are damaging your environment and supporting slave labour will cause a build-up of guilt, which can be then used to manipulate you in different ways. Someone who feels guilty can too easily become a marionette in other people's hands. You might have observed how readily people who feel guilty follow orders. And you can't help feeling guilty while doing something you know is not morally sound.

On the other hand, doing the right things for the right reasons—supporting craftsmen, protecting the environment, owning less—encourages your self-respect and personal dignity. You can feel justifiably proud of your choices and live your life with integrity and a lighter heart.

We live in the physical world, and so we must make reasonable efforts to ensure that we can live here happily and comfortably. It has been proven that to achieve that

balance, we only need to have our real needs met—nothing more. Excess and exuberance does not add to the score and soon become a burden and a distraction.

The warrior must decide for himself how much is enough for him to live his life in peace and dignity, and refuse to allow greed to control his mind. Being content with having just what you need to succeed on your mission frees up your time and energy to pursue things that really matter. It also creates inner peace and freedom from the consumerist indoctrination.

The current social pressure to over-emphasise material possessions and to link people's value to how much they own and buy, is a mental manipulation trick. Here is how it works: if you make someone believe that they need a certain amount of money (or must own a certain object) to be 'worthy' and respected, then that person will experience torturous inner pain all the while until the required amount is reached.

It is a natural human tendency to want to relieve pain, and so the person affected will eagerly accept and follow any suggestion that promises a salve, without questioning. As you can imagine, those social suggestions are not

designed to support the suffering but rather to keep the existing order in place.

But it gets worse from there. Once the desired financial status has been reached, inner pain intensifies. This happens because everything we do in this life comes with the so-called ‘opportunity cost’. In other words, by choosing one path, we must reject others. By focusing on one activity, we miss out on other things we could be doing. This is a natural process, and there is nothing wrong with it for as long as our choices and sacrifices are deliberate and bring a sense of fulfilment.

The problem appears when we lack awareness and start exchanging our life for the goals and choices that are not aligned with our true nature. Focusing squarely on the material gain makes people mental slaves to the current system. They enter a game played by someone else’s rules and is not rigged in their favour.

The obsessive pursuit of money and possessions requires that all your energy and attention must be directed to that goal. It means turning away from your essence of *both* the material and the spiritual being and compromising who you are. Such a life of self-denial can cause deep inner conflict and suffering if continued for too long.

Eventually, pain may awake people to the fact that the cost they paid for getting the social proof was too high. All they ended up with are just heaps of meaningless bling. They can never get back the time and energy they had lost, and now it might be too late to start afresh. This is the moment when depression and suicidal thoughts set in, so widespread amongst the wealthy and the famous.

Although money does give you influence on the mundane plane, it is a poor substitute for the true inner power. And it is that kind of freedom we are *really* looking for, blindly, when following the social rules. We want to find a way to reconnect with who we truly are. Living as a ‘half-self’ without the sense of inner strength and Purpose is a dire experience.

Our society’s overgrown consumerism developed to distract people from the pain and emptiness rooted in the collective lack of Purpose. But no substitute in the physical world, no matter how shiny, can fill the void of being disconnected from your Light within.

Here is something else to keep in mind. If your quest involves becoming wealthy, you must prepare yourself for handling that challenge ahead of time. Amassing a huge fortune inevitably puts you on the radar of the forces

beyond human comprehension—the forces of good and evil that are at fierce war. By becoming influential, you will be made to join that battle as an active participant, whether you want it or not.

This is a tough trial and one that is difficult to pass. The forces of the Shadow are currently strong in our world, and they have countless resources and mind manipulation tricks to obtain compliance. As you might have observed, many people in power failed that test. In most cases, this was not because those people were inherently evil but because they stepped onto the battlefield unprepared. Anyone in a similar position is likely to share their fate.

To cross the threshold (to be able to withstand the temptations and use one's wealth for the benefit of the world), one needs an awakened awareness and clear vision. You must have been trained. The ability to see things for what they really are with Extended Perception is what can help you avoid the traps.

It is neither safe nor wise to approach that threshold without being fully aligned with your truth, lest you may get turned from those who came to co-create this world to one of those who are blindly destroying it. The Shadow

has many arms and it looks out for any weakness. In the current conditions, it is nearly impossible to revoke the choice of the Downward Path, once made.

Your commitment to the Upward Path, the choice of Light and truth, has to be proven and defended over and over, to avoid inadvertently slipping down. Wealth and influence magnify both your temptations and your responsibility.



SELF- KNOWLEDGE

A true warrior is internally calm, balanced and at peace with himself. Self-understanding is your key to that goal and one of the most important quests on your journey.

Knowing yourself truly allows you to heal any emotional wounds that might otherwise block and restrict your power. Someone who does not invest time in self-discovery is bound to stay stuck limited in his comfort zone performing below his potential and missing out on opportunities.

If you do not know your worth, the value of what you offer to the world, as well as your true abilities and talents, you are likely to settle for less than you deserve. If you watch yourself closely, you will notice that in that state you tend to accept life circumstances and partners that bring you down and compromise your future. You say yes where you should say no, allowing others to take advantage of you. The results are likely to be building

up frustration, pain and bitterness. Such feelings may negatively affect your mind, over time making you forget your truth and start serving the Shadow without knowing.

Self-observation is also an excellent instrument that allows you to realise your Purpose and to discover how to fulfil your mission in this world. It is because your mission is not an external thing to be found but an intrinsic part of *who you are*. Living your Purpose means in practice to unlock your ultimate expression as a human being. It is in your best interest to gather as much information as possible. Think of it as getting vital intel on your operation area. The more clarity you get about yourself, the clearer your course of action will become.

The steps below will give you a structure to get started.

Light and Dark Mirrors

Take a reasonable amount of time—several weeks or even months if necessary—to create the ‘Light Mirror’ and the ‘Dark Mirror’ of your personality. This process needs to be done thoroughly and must not be rushed.

The Light Mirror is a list of all your positive traits that you are aware of. It is important to complete it as

accurately as you can. You can ask someone whose honesty you trust to help you gather more insights. Get their opinion on what they respect the most about you and what they perceive your strengths are. Take those observations with a pinch of salt because of the inevitable distortions (people do not see us as we are; they see us as they are) but look for patterns and similarities.

After the list has been completed, split it into four columns: one for each Element of the mind. See which ones are developed the most and where your position is the strongest. If you need more information on the Elements—or a reminder—refer to the *Master of the Elements* book.

The Dark Mirror is a compilation of all your shadows, weaknesses, and limiting beliefs. To create it, follow the same steps as above. Once again, separate it into four columns to find out where more work is needed and which Elements need to be addressed first. Keep both lists private.

This step will give you a broader and more in-depth overview of your ‘mental arsenal’ highlighting any issues or lack. It will also make you more aware of where you have a surplus of strength and what traits you can reliably

use to carry you forward. Not only can this technique help you map your current position but it will also provide you with a blueprint of your future evolved self as you want him to be.

Path Clarity Map

Now it is time to create your Path Clarity Map. It must include your Core Values, your Priorities, your Interests, and your Skills. The easiest way to work with this is to draw five squares—one in the middle and the rest at the cardinal points around it.

Start from your **Values** and put them in the first square at the top. These could be loyalty, integrity, charity, discipline, mindfulness, kindness, and so forth. This is not a wish list. Your core values are those that truly show in your personality and the way you go through life.

Move to the next square to the bottom right and fill it with a list of your **Priorities**. These could be learning, doing work for the benefit of others, a happy family life, financial prosperity, health and whatever else is applicable in your case. Once again, do a reality check. Our true priorities always manifest in our life (because we become abundant in whatever we direct our energy towards).

Working towards our main priorities is something that we naturally do. We never fail to satisfy them and do not need to be reminded or held accountable.

If you are not sure what your true priorities are, look at what your life currently demonstrates. Notice your current health and fitness level, your social and financial status, and the objects that surround you. What do you like talking about, learning about, being surrounded with? We eagerly spend energy on our priorities in terms of time and money. What are you always willing to spend those resources on? What do you think about often, and what do you spontaneously take action towards, without ever being reminded or externally motivated?

If you have never taken a self-assessment like that before, you may be surprised to discover that what you believed your priorities were and what your life demonstrates are two very different things. For example, you may have thought that your priority was financial stability. Meanwhile, you know everything about fixing cars but nothing about marketing and investing. Or you believed that having a family was the most important thing to you, but in reality, you are single and are surrounded by books and business projects, not girlfriends.

Such a disillusionment can be quite sobering, but it is a healthy and necessary step towards inner strength and freedom. Self-knowledge, understanding, and compassion towards yourself are steps towards self-acceptance, which in simple terms means being at peace and harmony with yourself.

Too many people spend their lives fighting an inner war: a war they can never win but which saps their strength and their resources. Achieving peace and equilibrium is a crucial step on your journey to become a greater version of yourself and serve the world.

Now move to the bottom left. Your **Interests** are things that you are passionate about, things that make your life more colourful, meaningful, and fun. Unlike your main priorities, your Interests may or may not be actively present in your life; however, doing them always brings you joy. It can be things like travelling, skiing, volunteering, dancing, learning photography, fixing things in your spare time and so on. This list is unique to you. Your Interests may be someone else's Core Priorities and vice versa.

Move to the square in the upper left. Here you should list your current abilities and **Skills**. You do not have to

have a high level of mastery; list everything that you can do well enough to serve others with what you know.

Now go to the last empty square in the middle. Looking at all your other answers in the previous squares, think of real-life activities and jobs that match all or most of those criteria. There is no need to rush; take your time researching to come up with plenty of examples. From your list, choose something that resonates with you most and take it as your starting point.

It is important to avoid confusion there. Those jobs are not your 'life purpose'. They are merely vehicles, enablers. They allow you to share your light and gifts with the world in a way that is most effective for you at present. As you mature spiritually, mentally and emotionally, those vehicles will change to match your new understanding and abilities. Looking back, you may notice that there seems to be a curious pattern to the tasks you chose to do, even if they seem to be unrelated on the surface level. Each of them provided you with a vital piece of experience or intel that helped with your mission and personal evolution in some way. There is a larger, overarching theme that links them all, the theme that has to do with the vector of your soul Purpose. Once you discover it, making good choices will become much simpler.

The only challenge in getting your Path Map right is the need to be brutally honest with yourself. It is tempting to write, especially when it comes to your values and priorities, something that sounds good instead of what your life truly demonstrates. Resist that temptation and remain objective.

On the other hand, do not worry if the result is not quite what you expected. The Map is not a verdict but only a snapshot of your current level of progress.

Your interests, skills, values and priorities are likely to change and evolve with you. For that reason, it is a good idea to revisit your Map regularly to keep it up to date.

Mindfulness Practice

It is crucial to make mindfulness your daily habit. Spend some time to become aware of what it feels like to be 'you'. What kind of vibe do you send out with your emotions and thoughts? How does your presence affect the people you come into contact with? Knowing what your usual frequency of thought feels like will allow you to instantly detect and disarm any attempt of mental influence.

Watch your behaviour and instinctive responses to discover patterns. Learn how your mind works; ask yourself

why you react to things a certain way. Discover your core polarity underneath social habits and paradigms. You may find that there exist certain self-sabotaging mechanisms that stop you from achieving great goals in life. This is your ego at work. The ego is always trying to keep you 'safe' by keeping you small and within your comfort zone. When you dig deeper, you may find things that your ego does not want to face – fear, anger, guilt, pain, and sadness buried deep inside.

Shadow work is a crucial part of the warrior's path. Suppressed negative emotions create inner conflicts and weaknesses and block your power from unfolding fully.

While working with your shadows, it is important to meet them with compassion and gentleness, just like an artisan would mend a precious artwork.

Do not feel disappointed or frustrated that you are not all perfect. Those scars are there for a reason, and with your awareness, they can be transformed into empowering life lessons. You might remember that a calm sea has never made a skilful sailor. Similarly, staying safe and cosy has never made anyone a warrior. Your scars are proof that you have put yourself out there, that you have tried, and that you have stood for what you believe in. When you

are willing to meet those shadows without judgement, you will discover that they led you to the awakening of your true Self.

You will also see that they have been a hidden treasure all along; they taught you how you can heal and inspire others. There is great power in your personal story, and with mindfulness and self-knowledge, you can claim that power to be rightfully yours.

When making your opinion about someone, strive to be objective. Recognise both the good and the bad regardless of how you feel about that person. You may dislike someone and yet be able to appreciate the positive traits and the noble actions that they take. Conversely, even when being close, do not become blinded by that closeness. Stay conscious of others' weaknesses and shadows.

This approach is in no way judgemental. Other people have strengths and flaws and are following their paths just like you do. Keeping your perception balanced is a fair and respectful attitude. It means you are making an effort to meet someone exactly where they are and appreciate another human being in his unique complexity. Choosing to interact with people based on a one-sided, biased view

(whether good or bad) is never a way to create a meaningful, safe, and stable relationship with others.

Strive to develop the soundness of judgement you can reasonably rely on but avoid overconfidence. Your opinion may not be accurate, especially at the start. It may be marred by your preconceived ideas, things someone else said or even unrelated past associations you may be unaware of. Also, people tend to change. Your view of someone from years ago may not be relevant today.

This is why it is the best strategy to disassociate from your observations. The attitude of non-attachment means that when presented with facts, you will be able to change your outdated or incorrect views on someone quickly and easily, without an emotional reaction.

The mantra below can be used as a general guideline:

“My view is based on my current level of perception and knowledge. My observations may or may not be absolutely true. They are true for me, however, at this moment. I will use them as a working theory until proven otherwise.”

Practising mindfulness will also help you increase your personal power by stopping energy from escaping through the multiple ‘leaks’ that plague most people’s minds.

Those leaks are created by failing to remain in the present moment. A huge amount of precious life energy is lost on pointless regrets and expectations of how things ‘should be’ or ‘should have been’.

Feeling sorry for himself is not the Warrior Way. The warrior acknowledges reality just as it comes without any mental blur. He knows that it is what it is, no more and no less. There is always a reason why the current circumstances are what they are, even if one is unable to uncover that reason easily.

Regarding the past, the warrior always assumes that whatever happened, happened for the greater good. He accepts that it *couldn't* be any other way, and never wastes his energy on useless fantasies of what he could have possibly done or said. The past is gone, and it must simply be accepted as a valuable lesson on his Path.

The warrior does not waste his energy worrying about what the future may bring, either. This does not mean being careless or blasé. He takes reasonable precautions to stay secure and steps to provide for himself. However,

once the systems are put in place, he shifts his attention elsewhere. Above all, he relies on the Light to guide him to the best solutions possible.

Mindfulness helps you heal your mind from the needy, fear-based attachment to the outcome and the desire to force things to be a certain way. It is that fear that hinders many people's personal growth.

Knowing that the Universe is in constant flow and that only change is certain, the warrior does not cling to what he is enjoying now. He mindfully welcomes people and things into his life but also mindfully allows them to pass when it is their time.

Taking Control of Your Inner Dialogue

The 7 Step Belief-Shifting Algorithm

Pay attention to your mental chatter—the things you habitually think about yourself and the world. Find and eradicate any limiting and self-deprecating ideas that may appear in that inner dialogue. Once you have identified your outdated beliefs, replace them with empowered and positive ones of your choice.

Reprogramming your mind is not as difficult as many people believe. Ignore the popular rumours saying that you might need weeks or months to change. That is not true. To see how it works, recall at least one experience of your own or someone else when you saw a belief or a habit challenged and changed overnight. The speed of your transformation depends on how important it is to you and how much energy you put into it.

To change an outdated belief to a new one, follow these steps:

1. Identify the thought or the idea that is not serving you well.
2. Create a new concept that you want to use instead.
3. Make it as concise, vivid and clear as you can. Always phrase your new statements in the positive and in the present tense. Example: rather than saying ‘I do not want X’, say, ‘I am now fully and completely Y’. A real-life example would be instead of saying, ‘I do not want to be swayed/upset by people’s emotions and judgements’, say, ‘I am completely immune to other people’s judgements.’
4. Say that new statement out loud a few times (you can say it in your mind but using your voice is best)

imagining what it would feel like if what you are affirming were real, right now.

5. While still focused on that feeling, relax your body and turn your attention to your breathing slowing it down as much as comfortable (you want to induce the alpha brainwaves in your brain).
6. In the alpha state, repeat the statement a few times again.
7. Straight afterwards, make your mind empty of thoughts for a few moments.

The programming is complete. Repeat it a few times over the next days until you start seeing the results.

You may also look back through your memories to find out who planted that belief in your mind and try to understand why they did it. This may offer some interesting insights.

If you struggle to switch off your inner dialogue (to make your mind still and empty), simply focus on both of your wrists at the same time. You can slowly move them up and down in opposite directions to aid your concentration. Our mind can only be focused on two objects at a time, so focusing on your wrists will switch off your mental dialogue.

Be prepared for this training to make you feel and act differently from before; embrace and welcome those changes. Allow yourself to grow and truly become the new version of you.

Meditation Practice

Practise meditation often. Meditation is what allows you to reach beyond the conscious mind with its limited and bleak idea of who you are. In meditation, you can observe your mind closely and uncover hidden disempowering thoughts and beliefs. Armed with the knowledge of the Elements and Mindgates (see ‘The Master of the Elements’ and ‘The Mindgates Blueprint’ books for reference), as well as your own observations, you can make real breakthroughs. With time, meditation will allow you to see new, higher levels of your mind and beyond.

Most importantly, though, it is through self-realisation that you learn to truly appreciate the full potential and magnificence of who you are.

This kind of appreciation has nothing to do with the ego. Rather, it comes from a place of genuine awe and wonder at the incredible brilliance and power of Light that is your real essence. Step by step, you discard

the worn-out layers of the ego, allowing that enormous potential to come forth. Gradually, you become healed from the dark shadows of unworthiness, fear, and self-limitation. You start to realise from experience that you have within you the power that created all Existence, a ray from the Universal Fire, eternal and immortal. Your true potential transcends anything you have ever known in the human world.

Meditation will help you realise that it was only your ego that was making you feel small, isolated, and helpless. You will stop wasting energy on trying to prove yourself or to impress others. You will discover and embody the important truth: you are a weapon of Light, and you are always protected by its power.

That awareness will transform your mindset eradicating weak links and anxiety. The more you embrace it, the more you will unlock your natural calmness and confidence. Your presence will become healing and magnetic, and a true gift for others.



MAINTAINING SPIRITUAL INTEGRITY

Your body, mind and spirit are your main assets on your earthly quest. Treat them as sacred gifts and protect from defilement the best you can.

Defilement is a serious enemy. You can see it as a form of inner corrosion that brings one down from the inside. It does to you what dry rot does to the wood or rust does to the iron. Unlike accidental harm or the general wear and tear, defilement is hard to rectify and eradicate once it has taken root.

This problem can affect every level of our being, and you need to be always vigilant to remain safe. Left unchecked, it promptly leads to physical, mental or spiritual decay spreading throughout.

There are three levels of defilement, and its impact gets more insidious and more devastating the higher up the ladder it appears. It may come in a conscious or an unconscious form.

The first level, the **Defilement of the Body**, is the easiest to notice and to prevent. The conscious defiling comes from mindless sexual contacts and deliberate self-harm such as piercings and tattoos. Unconscious defilement comes from an unhealthy lifestyle (drugs and alcohol abuse, smoking, lack of exercise and sleep), unwholesome diet and deprivation or overindulging in eating or drinking; long exposure to toxic environments, and self-harm for psychological reasons.

The warrior takes care of his physical vessel making sure that he provides it with enough movement and rest as well as the right diet that answers its needs. It is important to keep your body flexible and physically active to prevent stagnation of the mind.

Defilement of the Mind is linked with the condition of the body and foreshadows it. This kind of inner enemy can be hard to notice, and yet it is most dangerous. The body can do little but faithfully reflect the orders from the mind, so it is important to stay vigilant on this level.

The conscious defilement of the mind arises from accepting and spreading ideas that are dark, morbid, obscene or vulgar, and morally corrupt. The unconscious defilement lies in passively accepting toxic or false ideas

and following them without question, a lack of spiritual discernment. One of the most dangerous misconceptions is thinking that good and evil create some sort of a 'balance' and comparing them to Yin and Yang. The Shadow is not a thing in itself; it is merely the absence of the Light. It is the state of terror, ignorance and hate. It creates nothing but only pollutes and destroys the goodness of this world. Our task as warriors is to resist it and fight it at every turn in our minds to stop it from spreading.

By allowing your mind to dwell on the content that promotes fear, ugliness, anger, destruction for destruction's sake, shame or confusion, you are sending your life energy to the Shadow. In other words, you support the darkness with your attention and time, helping it grow. If you make those 'donations' regular, the dark energy that you are sending forth will become a permanent part of your system. That process contaminates and corrodes your mind so it can't function to its full capacity. Not only does that leave it vulnerable to indoctrination of any kind but also negatively affects your physical wellbeing. All thoughts and feelings find their reflection in your body. A youthful look, good flexibility, health and stamina are signs of spiritual integrity.

Your inner state sends a signal to the outer world as well. Broadcasting dark emotions and thoughts is likely to attract matching events into your life (following the Law of Resonance that you receive back the same frequency that you send out). Additionally, there is also a risk of attracting the unwanted attention of predatory entities from the astral realm. Those parasites thrive on negative energies and are on the constant lookout for those who produce them. For more information about incorporeal beings refer to Book II.

Your safety is your own choice and responsibility. Make your mind your castle and refuse to entertain toxic thoughts such as those of betrayal, fear, anger, lust, jealousy, or gloating. Remember that you are a warrior on a sacred mission; think and act the part. Invite and foster the concepts that are aligned with the divine truth of who you are. Practice what you believe and put it into action every day. It is practice that makes your choice real.

The Defilement of the Spirit is the rarest phenomenon to come across. Unlike the other two types explained before, the Defilement of the Spirit is always a conscious choice.

This process takes its root in the corrupted mind that is overloaded with darkness, pain, hatred, egoic pride, and poisonous ideas. The Defilement of the Spirit is reached when one becomes blinded by the desire for power, forgetting that all true power comes from the Light. In that blindness, he rejects the Light and willingly gives himself to the Shadow embodying all that comes with it. Such an individual starts seeing himself as a god or a supreme being while despising others. He openly regards everyone except himself as insignificant, inferior and unworthy.

The Defilement of the Spirit is a horrifying affliction that is nearly impossible to remedy within one lifetime. This spiritual corrosion dims one's true awareness and suppresses the highest virtues of the human soul such as compassion, love, charity or kindness. While disconnected from one's truth, the mind infused with Shadow energies takes on traits that can be described as demonic or inhumane. The person affected by this level of defilement soon forgets what being conscientious or kind really means; he is focused only on his gain and serving the dark agenda. Appealing to his heart would be of no effect because he does not think or feel like a typical human being anymore—a concept that can be hard to grasp for those who are unfamiliar with the true ramifications of

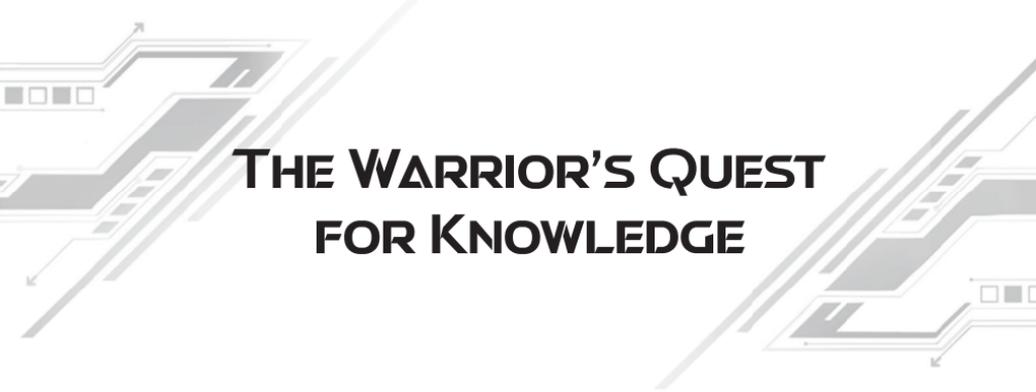
this state. Such examples are fortunately quite rare but you should know about them and be aware of the danger posed by overgrown pride and the untrained ego.

The warrior respects all living beings while having a clear and balanced view. He recognises the Light in others as well as their efforts to remember who they are, to the degree in which they strive towards it. On the other hand, he remains aware of their current limitations and shortcomings and responds accordingly. The warrior knows though that those failings do not represent the real essence of the people around him. Dealing with someone who hasn't trained and purified his mind is like dealing with someone who is unwell—you acknowledge his condition and adjust your behaviour as needed but all the while you know that he is much more than his sickly state.

It is helpful to always remind yourself of the Five Fundamentals, which create reliable guidelines for your mind to refer to when you are uncertain what to choose. If you find yourself troubled by unwelcome feelings, negative thought loops or lowly desires, purify your mind through mantras or prayers, as well as uplifting and inspiring texts (the practice of Lojong, well known in Buddhism). 'Warrior Quotes for Meditation' is a great

book for that purpose. Other easy ways of controlling the quality of your thoughts are through physical exercise or breathwork.

Here is a mini-meditation you can practice multiple times during the day to strengthen and cleanse your mind. Think of an uplifting, noble concept that you deeply resonate with. It can be one of the Fundamentals, your personal motto or the mantra 'I am one with the Light'. Now bring your attention to your breathing. You may want to make it a little bit slower and deeper than usual but keeping your normal speed is also fine. Every time you inhale, silently say a mantra to yourself. With every exhale, visualise how the energy of those words flows through you, filling and illuminating every cell. Practice for as long as you need. The more you practise the more profound your results will be.



THE WARRIOR'S QUEST FOR KNOWLEDGE

Reason, inquisitiveness and discernment are some of the core principles of the Ariya warrior mindset. The warrior is an avid learner.

Learning, at its core, is an energy exchange. It brings more life force into your body and your mind. The right knowledge makes your mental faculties faster and sharper, and transforms you from the inside.

Develop a habit of inquisitiveness. Pay attention to the little details, incongruencies and words thrown in passing that most people tend to overlook. It will help you discover patterns in people's behaviour and thinking as well as understand more about the nature of the world. Knowing those patterns will allow you to predict how situations may unfold, think of the best solutions and develop contingency plans when needed.

For the warrior, even a single breath or a drop of rain can be a fascinating mystery. He observes the phenomena

around him with the curiosity of a child and the clarity and calmness of a sage. Do not let your mind to become bored and complacent. Keep learning for as long as you are alive. Never allow yourself to slide into the illusion that you have seen and understood it all. Such a mindset makes people lose interest in life and has ageing and debilitating influence on both the mind and the body. The brain loves learning to stay young.

Show interest in the world around you, the traditions and history of the country you happen to be born in as well as other cultures. Embracing your heritage and seeing yourself its living continuation will give you a sense of grounding and unshakability, much needed in modern times.

Strive to have basic literacy in science, art, philosophy, literature and politics, so you can form and express your own informed opinions. Being completely uneducated in some area opens a possibility for others to take advantage of your ignorance to mislead you into the ideas that are harmful or untrue.

Treat all things new with openness and curiosity, but keep your main focus on what is useful on your Path. To make your choice earlier, simply ask yourself whether a

concept or an activity helps you achieve any of the Three Big S (The Strength of the Spirit, Mind and Body):

The Strength of the Spirit is found through growing your inner Light and connecting with your higher essence through self-enquiry and meditation.

The Strength of the Mind is achieved by discovering new mind-training techniques, developing your focus, and deepening your connection with your philosophy and your moral code.

The Strength of the Body is unlocked through practising the right type of stretches and workouts as well as breathing techniques. It is also supported by the right amount of sleep, a mindful diet, and martial arts.

Question what you know. Test your ideas and beliefs to make sure that they really serve you. If you discover that you hold a concept that is outdated or mistaken, treat it for what it is—a mental tool that has outlived its purpose. The beliefs you have do not determine who you are as a person and they do not make you better or worse than anyone else. A belief is simply an instrument of your

mind, which can be effective or ineffective. Same as you would stop using a needle once it gets blunt, put to rest a concept or an idea that no longer serves you as intended. See your beliefs like the contents of a combat pack you are taking with you on a mission: carry only what is necessary and make sure that your equipment is top-notch.



FINDING YOUR FLOW

Imagine a circle with a blue dot in the middle and an orange dot somewhere else within that circumference. The blue dot represents your ultimate expression and power, the most elite version of you. The orange dot shows where you currently are. Your job in this life is to bring these two as close together as possible.

Everything in the universe is energy at its core, and energy is in constant flow. Not only that but for every living being, there exists the optimal resonant frequency that represents its true nature the best. The more you align with that resonance, the more powerful, healthy, inspired and effortless your life experience will become. As your true self, you will be able to flow through life while sharing your Light with the world. This is the blue dot position.

To reach that state of flow requires that you drop off your ego-masks. You step away from the idea who you

are ‘supposed’ to be and show up as *a true you*. The more you become the embodiment of your truth, the more your personal power, inner peace and clarity will grow. You will align more and more with your natural, ultimate expression of self.

To understand what it means, observe anything in nature for a while. You can watch your cat or your dog if you have one or go to the nearest park and choose a tree. Trees are very patient observation objects and you can take all the time you need.

Let’s imagine that for your meditation you have chosen a beautiful oak. Sit in front of it with your eyes open and contemplate all parts of the tree. Notice how the leaves move in the breeze. In your mind’s eye, see the tree draw nutrients from the soil sending them all the way up to its crown. It also processes the energy around in a similar way.

Do not rush your practice. What you are looking for is a profound wordless realisation that the tree simply *is*. It grows at its own pace, without being anxious how fast other trees around may grow. It changes and sheds its foliage according to the season, without wondering whether it does it right, and how it would be received. It

does not compare itself to others, nor does it question whether it is ‘oakey enough’ or even ‘tree enough’. Contemplate the strength, calmness and poise that comes from simply being oneself.

Think about how you can manifest that understanding in your own life, how you can allow yourself to flow. The rule of thumb is, you never have to learn how to be yourself. Your soul already knows. Start from asking yourself in situations when you have to give a reply or make a choice, what your most elite self would choose and say.

The main temptation to overcome is the urge to check what someone else is doing and try to imitate it. It is inspiring to watch someone who has stepped into his power, and it is natural to aspire to reach that level. However, you must remember that there are different kinds of power, just as there are different types of frequencies, and you are at your greatest when you align with *yours*.

It can be a challenging step to take, especially if you spent years trying to force yourself to be a certain way in the hope to ‘become better’. In that search, it is easy to be misled by social concepts of what you ‘should’ be, and start forcing yourself to fit into that mould. If you have tried doing that, you will know how wrong and

awkward it often feels. Somehow, you never seem to get the confidence that you are doing it right. This is because you are not.

Allowing yourself to flow has nothing to do with rejecting social norms or good manners. It means that you do what makes sense to you, politely but decisively. Focus on growing, just like a tree grows, being simply itself. Reject the temptation to copy someone else no matter how influential, wealthy or acclaimed that person or people may be. The more someone is forced into the ways that are not congruent with his essence, the more lost and disempowered he will feel. True strength and confidence can only be found following your own Path, living on a frequency that reflects your soul.

To find out where to look for your true power, consider what you already know. You already have the key to unlock your highest potential, it is and has always been part of you. Begin where you are.

The most important alignment to make on your quest towards inner power is to follow your natural polarity. The interaction of two polar forces, electric and magnetic, Yang and Yin, Solar and Lunar, is what keeps our universe in motion and balance. On the physical level, these forces

manifest as the masculine and the feminine principles. There are few things as damaging to your growth as going against your polarity. Doing so is like saying a ‘no’ to your very core. It is denying yourself the right to live fully.

It is important to remember that polarity is not the same as a physical gender. You change bodies as you travel through different lifetimes, while your polarity remains constant. Your polarity determines your social dynamic and the way you send your energy into the world. It is not about your physicality or your sexual preference. It is an inherent property of your soul, being naturally tuned in to either the electric (Yang, Solar) or the magnetic (Yin, Lunar) principle. Although Yang souls tend to incarnate in male bodies and the Yin souls tend to favour female, it is not uncommon to see a Yang soul learning some experience in a female body and vice versa.

In our society, we live under the damaging illusion that only the Yang type of power really matters and should be aspired to. It is presented as a superior way of expressing yourself and making yourself more ‘worthy’. This illusion causes many Yin souls to try and force themselves in the ways that are alien for them, deeply wounding themselves in the process. Once they are in pain and have lost their way, they become vulnerable to being used

and manipulated by the Shadow. On the other hand, it is very hard to sway a person who stands firmly on his ground.

In universal terms, neither the electric nor the magnetic force is 'superior' to the other one. Energy needs both poles to flow. Philosophers and psychologists have long since noticed the presence of both forces in our psyche, named Anima and Animus. We all have masculine and feminine modes of expression. However, you will notice that one modality tends to prevail. One dynamic feels natural and effortless, whereas the other one feels more 'learnt'. This preference is not shaped by the social dogma as some may be tempted to think. It comes from within. Honouring it and aligning with it is your first step towards finding your Flow. Let go of what you are not.

If you do not know your polarity already, use the table below for guidance. Notice that having the Lunar (magnetic) or the Solar (electric) polarity is not the same as being extraverted or introverted.

Look at two columns and give yourself one point for every preference. Shall you discover affinity to both options at once, determine what you are most drawn to or would love to do in an *ideal setting*. If you feel that

both choices are absolutely equal, count them both. At the end, see which column scored higher.

Lunar Polarity	Solar Polarity
Focusing on the inner world	Focusing on the outer world
More emotional	More rational
Healing	Fighting
Preservation and protection	Danger and adventure
Countryside and nature	Big cities
Thinks about the past	Thinks about the future
Loves evening and night time	Loves sunrise and early morning
Avoids technology	Loves Technology
Prefers running	Prefers callisthenics
Prefers yoga	Prefers weightlifting
Contemplation	Prayer
Walking and riding	Driving
Motivation to avoid pain	Motivation to increase pleasure
Follows the guidance	Leads the way
Loves being at home	Prefers travelling
Likes muted colours	Likes bright colours
A small circle of friends	Talking to new people
Gets tired quickly	Loves physical activity and working out
Family and children oriented	Child-free/Goal-oriented
Protecting the status quo	Looking for new ideas
Attention to detail	Big picture

The purpose of these examples is not to give a complete list of traits for each polarity but to make you familiar with the general principle. Use your observations and self-enquiry to discover more.

The next element to consider is your spiritual heritage. The traditions that you were born into in this life and prior show you a path to self-realisation that is most congruent with your inner self. For the best results, choose traditions that are not only aligned with your polarity but also with the polarity of your spiritual or genetic heritage.

You do not need clear memories of your past lives to discover where you lived before. You will find that from your childhood, you resonate strongly with certain times, traditions and places—as though they are calling you home. You may even look, speak or move similarly to the people from those parts of the world, even though you might have never visited them in this life. This is because we retain many mannerisms and habits even as we go from one incarnation to the next. Your current life is not a separate cell but one link in a chain of lives. No matter what kind of body you are currently using, there is a strong sense of continuity. You are still *you*. Your past may also reveal itself in your dreams, showing you places, times and languages you once knew.

This does not mean that in this lifetime you should blindly follow a tradition that you once practised. Rather, recognise it, respect and build on it, exploring the new possibilities that your current circumstances offer. Avoid delving too deeply in the traditions from the opposite polarity to yours, as that can lead to energy damage that can be difficult to rectify. There are plenty of choices within each category, so you can find something relevant to you. It is best to choose a spiritual practice that supports and strengthens your natural polarity. Your core polarity determines your life dynamic and is closely connected with how you manifest your Purpose. If you choose the right teachings, they will allow you to truly step into your power in the shortest amount of time, while those incongruent with your mind structure will hamper and frustrate your progress.

As an example, the shamanic and the Hindu traditions are associated with Water—the contemplative, receiving, passive Yin principle. You will benefit from it the most if your natural polarity is Lunar. Practising this Path extensively tends to dampen your Fire within.

Buddhism and Norse traditions belong to the domain of Air, with the vast intellectual content of the former and the skald (bard) heritage of the latter. The Hellenistic

culture falls into this category as well. The Norse Path has an added influence of Fire. Both Fire and Air are electric, Yang elements. The Ariya Creed offers a balanced mixture of all the Elements led by Fire as the main principle.

Below are some examples of various philosophies and teachings, grouped by polarity.

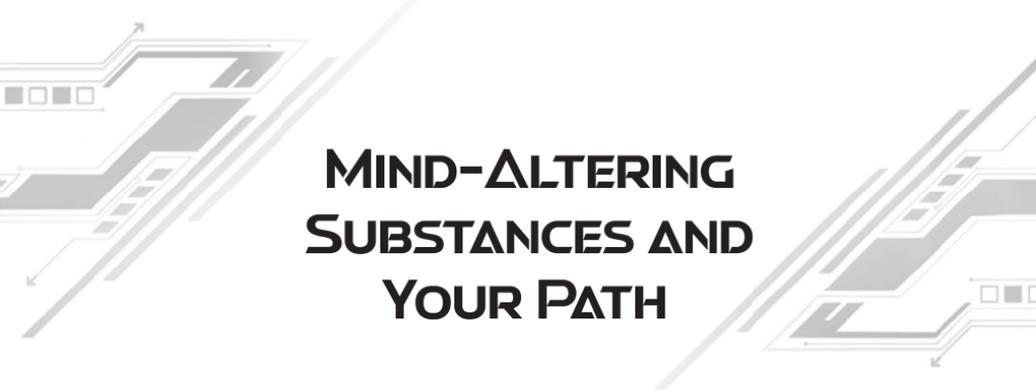
Lunar	Solar
Shamanic practices	Stoicism and ancient Greek culture
Ecstatic dance	Zoroastrianism
Plant-based and chemical entheogens	Ariya Creed
Christian mysticism	Ancient religions of Egypt and Assyria
Yogic and other oriental philosophies including popular Buddhism and Tai Chi, especially in their Westernised forms	Early Buddhism in its pure form: the path of discipline and self-restraint
Jediism philosophy	High Tantric traditions
Sumerian culture	Ancient Slavic culture
Druid and Wicca practices	Ancient Maya, Inca, and Aztec traditions
¹ Qabalah	Old Norse culture

1 *Regardless of your polarity and heritage, the teachings of Qabalah and Reiki have been hijacked by the Shadow (and contaminated with dark magic rituals) and therefore should be avoided. Tatra must be approached with extreme care and only after a preliminary training*

Filling your mind with the right paradigms is like filling your engine with the right type of fuel. The philosophy you live by always acts as a changing agent transforming you in some way. Make sure that your choice is conscious and deliberate.

The third level of alignment is synchronicity with the present. Every period of history has its own frequency and dynamic; those who successfully tune into it, win the most. Be aware that some of the systems listed above were created in the distant eras for a very different mindset, so following them too closely would put you out of coherence with the present time. Remaining coherent with the spirit of the time is a crucial skill for a warrior; it allows for best adaptation and maximum efficiency. Experiment, see the results and use your own judgement.

as there is a lot of covertly decaying influence injected into it over the centuries. Hypnosis, another Lunar (Yin) discipline, should be practised in moderation if your core polarity is Solar.



MIND-ALTERING SUBSTANCES AND YOUR PATH

It is important to be aware that mental strength, profound spiritual insights and a greater understanding of the Self come as a result of sustained and dedicated work. You can't buy or cheat your way into enlightenment.

Some may try to convince you otherwise, though, using the natural temptation as leverage. Such 'spiritual vendors' of low social responsibility sell their products with the promises of instant clarity, confidence, all-encompassing love and a connection with the divine through chemical means. Not only do they fail to deliver on those promises, but wittingly or unwittingly they lead those who trust them astray. From the position of the Universal Law, this is regarded as a felony and the perpetrators will meet karmic punishment in their own time. Until it happens, though, they often manage to damage

many unsuspecting students, at times even driving them to insanity or suicide.

A warrior firmly refuses to be part of that scheme.

On one hand, it is highly immoral to take advantage of people whose thirst for knowledge makes them open and trusting, and thus vulnerable to the egoic traps of the dishonest ‘shamans’ or ‘gurus’.

On the other hand, stay vigilant not to fall a victim of such a plot yourself. Like with many other things in life, it is crucial here to engage both your intuition and your critical thinking. If something sounds too good to be true, it probably is.

People are often driven towards trying psychedelics for all the wrong reasons. It can be idle curiosity, fear, laziness or unwillingness to face one’s shadows, and wanting to pay someone else to just ‘sort it out’. That attitude is like wanting to drop off your body at a gym and pick it up ‘when it is ready’. This is not how self-development works.

The use of psychedelics and other mind-altering drugs is hugely detrimental to your spiritual development. By using them, you give your power away. Here is why.

When looking for the Path of ultimate transformation, always remember that it will be the one that is the most congruent with your mind structure, deeper needs, heritage and polarity.

Spiritual practices from faraway places were designed specifically for their native users based on *their* mental architecture, culture, needs, upbringing, and worldview. This means that by their very nature, such teachings are not readily adaptable to anywhere else in the world. The fact that their original users receive certain spiritual benefits does not mean you will get those results, too.

For a tradition to benefit you properly, it must be part of your true heritage—either through genetics (being a descendant of that culture in this life) or through the soul connection (having been a member of that culture in one of your previous lives.) Otherwise, you will be missing the mind structures that are required for a full transformative connection; in other words, you will be wasting your time.

With the plant-based and similar psychotropic substances (referred to as ‘medicines’ in popular culture to make them sound more appealing), we must remember that they came from a culture and heritage that is not

originally part of our own. Even at their source, entheogens were not distributed freely to all members of society. They were reserved only for a certain group who received special training and initiation. Many of the participants of Ayahuasca or iboga retreats receive no such training. In real terms, this means that if anything bad happens, they have no tools or knowledge to deal with it.

And many things tend to happen.

Firstly, such drugs trigger a sudden and uncontrolled energy rush through your mind (this is what causes the temporary change in your perception of reality and self). This is like forcing water at high pressure through thin and fragile pipes. As you can imagine, it would damage them. The fierce energy blasting through your unprepared mind creates numerous breaks and malfunctions in your mind structure. The result of it is often the DP-DR (Depersonalisation-Derealisation) syndrome, where reality continues to appear unreal and unstable long after the ‘ceremony’ is over. This syndrome triggers intense fear and a deeply felt, suffocating feeling of loneliness. Although some of the damage can be reversed, people attending psychotropic retreats receive no guidance on how to heal and often end up being stuck with their condition for years.

The second danger lies in attracting the attention of parasitic entities from the astral realm. After a temporary high, the substances like mushrooms, iboga or Ayahuasca tend to send the user to the lower layers of the astral world that resonate with their insecurities and shadows. In many philosophies and religions, those realms are commonly referred to as ‘Hell’ or the dwelling place of demons. Although the chance that you encounter an actual demon is marginal, being attacked by a lesser astral entity is a commonplace occurrence. A clueless, defenceless visitor is an open invitation for the dark astral beings to take advantage of the fact.

Once attached, such entities can be difficult to get rid of without specialist help. Being under the influence of an astral parasite—yet not fully possessed by it—is a condition called ‘overshadowing’. Its most typical symptoms are:

- sudden changes in vision (blurry vision)
- the constant sensation of heaviness and pressure in the head
- frighteningly dark or violent thoughts (including suicidal and homicidal ideas) that were untypical of you before

- sudden panic attacks
- visions of snakes, spiders, or demonic faces when you close your eyes
- recurring nightmares and problems with sleeping in general

If you have noticed such thoughts and urges, be aware that they are not yours but are induced by an astral parasite. If you become attacked, do your best to free yourself as soon as possible. Some entities like to ‘grow into’ the mental structure of their hosts creating a long-term parasitic relationship. The basic skills in psychic self-defence are essential for all psychonauts.

The disfigured mind creates an even greater obstacle in growing your personal strength and living your Purpose than torn muscles and broken bones. You can’t function effectively in the world if your mind is crippled by fear and does not function well.

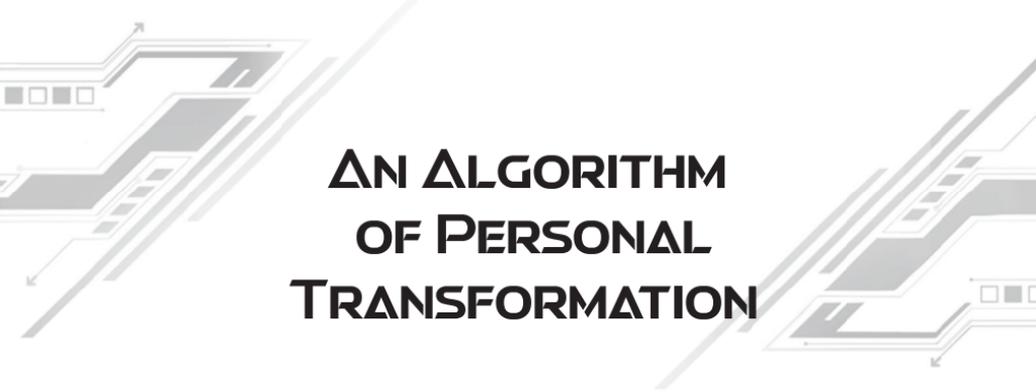
The mind is the most valued asset and weapon of the warrior; he must care for it as though his life depended on it. Often it does.

Do not get seduced by the empty promises of quick and seemingly miraculous progress. The price for this naivety is severe mind damage that often comes with

years of pain, darkness, and disempowerment. Currently, there are not many practitioners available to help the victims of psychotropic experiments, and the path of traditional psychology is limited to numbing drugs and asylums. The easiest way to keep yourself safe is to firmly refuse to participate in such activities.

Another tragic side effect is potential addiction. A person who is addicted is no longer a master of himself. Together with his independence, he loses the connection with his inner power, personal dignity and a clear vision of who he is. That state of mind usually pushes him towards the dark and disempowering timelines that resonate on the frequency of his pain, which creates a vicious circle. Look for examples in real life to see how this process works.

The truth is, any metaphysical experiences or ‘wonders’ you are curious about are already within your reach, for free. Your mind can access them naturally if trained right. In other words, you can unlock your psychic powers in a healthy, safe, and sustainable way that would benefit yourself and others. ARIYA Mind Training is an example of such a practice.



AN ALGORITHM OF PERSONAL TRANSFORMATION

Whatever your mind creates, it then radiates out as energy. That energy affects not only you but also other people and the world at large. You can imagine yourself as a mini radio station that is constantly at work. Whenever you feel an emotion or have a thought, you broadcast a certain frequency.

As that frequency travels through your body and your subtle structures, it tunes them into being receptive to the same kind of energy in the future. In other words, your mind-body system becomes conditioned by your dominant thoughts and emotions.

It is something you need to be aware of because both your body and your mind strive towards an equilibrium—a state that they are used to, which may not always be a healthy one. This equilibrium is based on the thoughts and emotions you experience most often. Once

your mind gets used to a certain frequency and its corresponding chemical state in the body, it will start demanding more of the same to maintain its new equilibrium.

It is a bigger issue than it may appear at first. This means that if you are not mindful, you may accidentally condition yourself to an emotional state that is not congruent with who you want to be. Remember that the way you feel makes the foundation of your thoughts, choices and actions. It also largely predicts your future because the mind tends to recycle the same patterns over and over.

Every emotion has its specific frequency, its own ‘energy signature’. Not all of them are created equal. Passions that come from the ego such as envy, lust, bitterness, fear, sadness or resentment have a damaging influence on both your mind and your body. Recent scientific research confirmed the psychosomatic nature of many physical illnesses. On the other hand, there are also vibrations of a very different kind that when experienced as emotions bring you closer to the truth of who you are—your divine, powerful and invincible self. In that state, you become the master of yourself and your reality. You tap into the higher abilities that come from your core essence: creative manifestation, intuition, healing, and a clearer vision of your Purpose.

Because those frequencies can be experienced as emotions, an easy hack is to condition your mind to bring up such emotions often. That repeated effort will bring you closer and closer to the ‘blue dot’ position—the core of who you were called to be. Your personal power will grow in proportion to your alignment with your truth, allowing you to experience more, serve more and enjoy more.

Examples of the Common Labels For Divine Frequencies

- Gratitude
- Joy
- Inspiration
- Compassion
- Love (not the mundane physical attachment but maitri—known as ‘divine love’. It is similar to the kind of love you feel unselfishly towards other living beings, your family, friends, your comrades and teachers and the Light that gives you life)

Training gratitude is an excellent place to start because this frequency is the most readily accessible. We all can think of at least one thing a day that we are genuinely grateful for. Start from as many points as you can and

go up from there. Using mindfulness for support, give your mind the task of noticing and appreciating even the minor things that happen in your favour. You can choose to write them down in a journal or simply acknowledge them with your mindful attention.

Because the frequencies above work in tandem, you will soon notice that the rest start to unlock spontaneously as your power grows. Maitri is the trickiest one to master so it is best to leave it to the end. Due to its overwhelming potency, it is not entirely safe to learn to handle it on your own. An uncontrolled flow of maitri can seriously impair your energy structure and affect your mind. Avoid solitary experiments. When you are ready, ask your teacher for guidance.

Alongside training your mind for higher frequencies, you may also want to rewrite your outdated or limiting thinking patterns. It is a rather straightforward process, although not necessarily easy. To succeed, you will need two of the Five Fundamentals: mindfulness and discipline. You will have both at your command when you discover your big Why.

Instructions

1. Sit down with yourself to get crystal clear on why you want to do this work. Consider how you and everyone around would benefit from it, and what kind of positive changes it could bring into your life. Once your reason is vivid enough to be fuelled by desire, the task will become not only easy but also enjoyable and fun.
2. Make an honest self-assessment of what reactions and feelings you are not completely proud of or happy with, and what you would like to change. In other words, highlight the feelings and thoughts that you **don't want** to have. Name them.
3. Work with only one issue at a time. Move onto the next one when happy with your results.
4. Admit to yourself and the universe that you did allow those negative emotions to take root, whatever they may be. Admit that you were angry, fearful, envious, ashamed or heartbroken. This is because to change your emotional state, you have to own it first.

5. Find or visualise where that unwanted emotion is nested in your body. Imagine it as a cloud of a ball of murky energy.
6. Visualise taking it out and giving to the Light. Ask for it to be recycled and transmuted, and let go of it.
7. Now decide on how you **want** to feel and think. To design your new way of being, you need an anchor—your personal story. It will allow you to create a blueprint of the responses that befit a true, powerful you: a warrior on a mission.
8. To erase the old attitudes from your mind and install the new ones, enter a meditative or relaxed state and play out in your mind the situations you are planning to deal with. Ask yourself what the most elite version of you would do, what he would say and how he would handle those challenges.
9. Add as many sensory details to your visualisation as you can. Your brain knows no difference between a real event and something you vividly imagined.
10. Allow yourself to feel empowered, grounded and in control. Now, visualise that feeling as a cloud of a ball of warm radiant energy in front of you. Take that ball and place it where the old unwanted

energy used to be. You can pat that spot to make sure that the energy is placed there securely.

11. Replay your mental movie a few times until it feels like an actual memory. By doing so, you are encouraging your brain to grow new neural connections that will start channelling energy in the way you designed. You are also teaching your subtle structures and your body on the chemical level to expect and demand a new kind of emotions.
12. Thank the Light for its guidance and protection, and for supporting you on your journey towards becoming a greater version of yourself.

You are now taking control of a process that might have run on autopilot for most of your life. Practise regularly, and you will soon notice a staggering positive shift in the way you feel, think and perform.

PART 3





**YOUR
DAILY
PRACTICE**



THE DAILY ROUTINE OF A WARRIOR

To live an empowered life, you have to make sure that both your body and your mind are supporting you on that journey.

Mental Training

Start every morning with a routine that combines meditation, stretches, and physical exercises. It does not need to take much time, especially when you are busy. It is better to set a few minutes of regular practice you can commit to than having an ambitious goal you would struggle to keep up.

If your time and energy allow, it is good to set an hour of training as your benchmark. That hour can be completed in one go or several smaller sessions. In extreme circumstances when training is impossible, perform at least three minutes of the Tejas meditation in the morning to ready yourself for the tasks ahead.

Dedicate at least half an hour every day to reading and learning something new. Online courses surely have their value, but make it your point to *read* as much as possible. Reading develops your brain and cognitive functions, improves your analytical skills and the ability to think for yourself. In brief, it makes you more resistant to mental influence and propaganda. For a warrior, the ability of critical analysis and tactical thinking are crucial skills if he wants to succeed on his mission.

Mindfulness—How to Claim Your Power in Every Moment

We all have tasks and activities that we are naturally drawn towards as well as those that we dislike.

The untrained mind tends to have a very different attitude towards these two. We love to fully immerse ourselves in the activities that we enjoy; we feel alive and empowered, and time seems to flow by. With the chores, however, we want to skip right through them. We tend to perform them half-heartedly, absent-mindedly, unwillingly.

If you watch your mind as it slips into the resentful mode, you will sense your inner power diminishing. By

doing something grudgingly, you send a signal to the universe and your subconscious that you are not the master of yourself, you are not in control. You condition yourself to be less than you are.

To retain your personal power in every moment, you need to develop a mindfulness habit. Mindfulness will help you master patience and equanimity—two noble virtues of the Ariya warrior.

Train your mind to become fully present with any activity you are currently doing. Release any desires or expectations of what you ‘should’ or ‘could’ be doing instead. Accept the present moment just the way it comes and realise that *it is your life* happening right now. Stay grounded in your essence of Light and allow it to infuse and transform whatever you are currently working on. Be a conscious steward of your reality.

Becoming aware of your thoughts, feelings, and actions will help you uncover the true reasons behind them. That, in turn, will allow you to you understand yourself and your Path on a new level and become resistant to the damaging mental influence of others.

The daily habit of mindfulness also enhances your focus and is a necessary preparation for the successful meditation practice.

How to train your mind for mindfulness

If you are a beginner, you can start by setting 5 daily reminders on your phone. Every time the alarm rings, for 30 seconds, turn your full attention to these observations:

1. What is the place I am in right now?
2. What exactly am I doing?
3. Why am I doing it?
4. What thoughts are passing through my mind? (Do not try to stop or judge them, just register)
5. How does my body feel? (Scan it for any tensions, especially around your neck, shoulders, jaws, back, and the solar plexus area)
6. What is my breathing like (fast or slow, shallow or deep)?
7. Consciously relax the involuntary tensions and make your breathing slower and deeper, if needed.

Once you feel confident with the first 30 seconds, extend your practice to a full minute each time. When that limit is comfortably reached, extend it even further until eventually, you will have trained yourself into the habit of sustained mindfulness throughout the day.

Meditation

Meditation has traditionally been a warrior discipline—a way to train the mind for calmness, focus, resilience and greatness.

There is a common misconception that meditation means ‘making your mind empty of thoughts’. This is not true. Meditation is very much like a workout for the mind. Approach it as you would your physical training. Assess your current level of ‘fitness’ and find a progression routine that is suitable for you.

The kind of meditation (or contemplation) where you can keep your mind still for longer periods is an advanced level of mastery. It is not something to demand from your mind straight away, just like you wouldn’t expect from your body to lift heavy weights on your first visit to the gym. Inner stillness requires long training that often takes years.

Luckily, this level is not necessary for you to truly benefit from your practice. There are many different kinds of meditation and many purposes for which it can be used. Its greatest gift is the ability to liberate you from the confines of your mind, its limitations and preconceived ideas, and to get to know yourself directly—to meet yourself face to face for the first time. That knowledge is the key that unlocks your true inner power and the realisation of your Purpose. Meditation is your best tool on the path of conscious personal evolution.

Two crucial criteria for successful meditation are keeping your body fully relaxed while your mind remains fully alert throughout. Make sure that your breathing is calm, deep, and even, preferably using the muscles of your abdomen.

Allot a realistic amount of time for your daily sessions. If you are a complete beginner, it is better to start with five to ten minutes of effective practice than to set yourself an ambitious goal of one hour and then consistently fail to hit that target.

Be prepared for the resistance from your mind at the start. In many cases, it is likely to try and distract you with a sudden onslaught of thoughts, with remembering

something that ‘urgently’ needs to be done, or even plain boredom.

This happens because the ego feels threatened by your attempts to awaken your true strength and thus end its dominance. The ego, although part of you, has a dim awareness of its own and much prefers to be in control than allow you to lead.

Do not add any emotional value or judgement to this fact; simply be aware of it and keep going. Whenever you realise you got distracted during meditation, do not be annoyed or disappointed with yourself, but calmly bring your focus back to where it should be. It is like learning to walk for the first time—if you fall, just get back up again, and keep on practising.

If you struggle to concentrate or to keep your practice consistent, there is a hack to keep your mind engaged: remind yourself *why it matters*. Why do you want to master your mind? How would inner strength, stillness, and insight help you in your everyday life and in fulfilling your mission? How would other people benefit?

Once you have the answers to those questions, consider the consequences of failure. What would be the price of slacking? How would it reflect on your health,

productivity, and being in control? Who would you let down if you fail?

You may want to write your answers down as a list. Come up with at least ten reasons for each category, but ideally as many as you can think of.

The best time to practise is in the morning, right after you wake up, or at noon. Meditating in the evening should be restricted to the relaxation practices. Other types may be too invigorating and interfere with your sleep afterwards.

Just as with your physical body, do not expect an athletic performance right from the start. Be gentle, reasonable, and persistent, and results will show up.

You can start from the simple system of progressions explained below, and modify your routine as you develop a deeper understanding of your mind and needs. Below are the progressions for the **Yin type** of personality (Earth and Water) because they are safer to start with. **Yang types** (Fire and Air) include walking, dancing, and fighting forms of meditation.

The Yin types of meditation are performed sitting, standing, or reclining on a flat and reasonably hard surface. Do not use your bed; it is too soft for that purpose.

Also, you should keep a clear distinction between the place where you rest and the place where you practise to avoid having trouble going to sleep at night on the one hand and falling asleep during your meditation on the other. Finding a comfortable spot for your meditation and keeping it consistent will help you get the best and the fastest results.

Go through the steps below in the order in which they appear. Treat them as though they were a mental weightlifting routine, with every step being a greater weight than the one before it. Only move on to the next level after mastering the one you are on. Skipping forward may result in frustration and strain due to insufficient mental strength, and hamper your progress. It is best to take your time and to practise safely.

The Septennial Meditation Training System

1. **Body awareness.** Focus your awareness on the top of your head and slowly go downwards while relaxing all your muscles as you progress. Make sure that your breathing remains even, calm, and deep throughout, without any strain.
2. **Mind awareness.** Focus your attention on the contents of your mind, without judging or responding to the thoughts and feelings that emerge. Get used to how your mind works and how it feels to have your current thinking patterns.
3. **Energy awareness.** Focus your attention just above your upper lip, where the air enters your nostrils. Notice the sensation of the passing air as you breathe. Do not keep your attention on your skin but the area above it, staying mindful of the air passing in and out through that point.
4. **Aura awareness.** Allow your awareness to fill the energy field around you, then start gently expanding it in all directions every time you exhale. Notice how your energy feels; scan it for any weak areas or ruptures, then visualise it mended if needed. You

can combine this with the Tejas Meditation, and also include the Mindgates as you progress.

5. **Concept awareness.** Find a concept or a phenomenon you deeply resonate with, or one you would like to develop more within yourself. It can be courage, kindness, love, inner strength, enlightened leadership, integrity, and similar. Bring up that concept to the forefront of your consciousness and allow your mind to dwell on different aspects of it—how it feels, how it can be manifested, and what it means both on a deeper level and to you personally. Visualise embracing it and becoming one with it.
6. **Stillness awareness.** Bring your attention to the pauses between your thoughts. Do not try to forcefully create or elongate them; just observe. When you exhale, allow your thoughts to dissolve into nothingness. Notice that although thoughts appear, they come and go. Once they depart, only silence remains. In that stillness, the awareness of You—your real essence beyond thoughts—becomes increasingly clear and prominent. Where the awareness of I AM enters, the mind becomes quiet. Stay present with that stillness until it becomes your home.

7. **Contemplation.** Once you have become accustomed to the sense of your true essence beyond the mind, you can choose to experience it fully. At this level, you can become completely free from your ego—all your ideas and stories of yourself—and step into the highest power of your Being, which is the Universal Light. As you become one with that awareness, it transforms you on a deeper level. You can discover your hidden abilities, spiritual powers, and start serving the world in a greater way than ever before.

Voice Mastery

Vocal mastery is an important skill. The way you use your voice shows the level of your connection with your truth and the confidence in wielding your power. We rarely become aware of it while we speak, but the vibrations of our voice carry all elemental and other cosmic vibrations. As our voice resonates throughout bodies and the space around, it has the power to balance and heal.

On the mundane level, your voice determines how you are perceived by others, and how much personal influence and respect you can attract. Flat, high-pitched voices indicate a lack of grounding and living in denial

of one's true self. It is typical for those who feel disconnected with their feelings and their bodies and 'live in their heads' instead.

A shrill tone can also have a negative impact on the reproductive function. This happens because a heightened pitch draws your energy upwards to your shoulders and your head—and away from the lower parts of the body, 'starving' them of the vital life force. That, in turn, causes the pitch to stay high and constrained. While constantly reverberating through the body, the tremble preserves and amplifies that misbalance, creating a vicious circle. People who use such voices often see their life circumstances shrink accordingly.

On the other hand, an overly low, booming voice is a sign of rowdy and unrestrained energy flow. People with such voices can be prone to sudden outbursts of anger and impulsive decisions. Their energy veers towards the lower regions, meaning that they can be overly attached to physical pleasures and gratification. This, in turn, often makes it difficult for such types to transcend the material plane and focus on their higher essence. Drawing life energy away from the head area also implies difficulties with memory and analytical thinking.

Because we were created to function simultaneously on both planes, being sucked into the physical reality causes one to forget about the truth of who one is, eventually losing the sense of direction and purpose. After a while, the loss of the spiritual aspect triggers emptiness and depression. In a bid to escape these feelings, some people turn to the addictive trap of crude entertainment, drugs and alcohol abuse, resulting in losing control.

The warrior must stay vigilant to avoid extremes and to keep the balance right. One of the most straightforward ways to become attuned to your inner power is to manage the pitch of your voice. The ideal timbre is neither too high nor too low and has a smooth and rich tone; it is the so-called ‘magician’s voice’. Such a voice has healing and hypnotic qualities and empowers the person who uses it.

However, even with awareness, it is hard to train yourself out of bad habits on the go, during a real-time conversation. The ideal opportunity is while you chant or repeat mantras. Because you know the words, you can focus fully on the energy that they bring as well as the way you say them.

As you speak or chant, imagine that you are speaking from the middle of your chest. Experiment with different pitches until you can feel the vibrations of your voice reverberating from your chest throughout your body. Start with a few minutes a day, and grow your practice until you achieve the minimum of 10 to 15 minutes. You can then extend it even further.

It is a good idea to set some time aside to chant or pray, for three reasons. Apart from being an opportunity to train your voice as explained earlier, the chanting practice calms and focuses the mind. You can use it to experience relief every time you feel low, sad, overwhelmed, depressed, frightened, or angry. You will notice your mind become quieter and more resilient to negativity the more you practise. Diligent chanting or praying helps you connect with the Light within and reunite with your true divine nature.

Lastly, the vibrations of your voice cleanse and amplify your auric field removing negative influences, which makes for a calmer and more pleasant daily experience.

Physical Training

After your morning meditation and before breakfast, do a set of stretches from the ARIYA Morning Routine or any other system that works for you.

You can also split your workout into several smaller sessions throughout the day. Body-weight training (calisthenics) tends to be a better idea than going to the gym because with it you can train anywhere meaning that you have no excuses not to. You may choose to do another set of stretches in the evening and a calming meditation before going to sleep.

Joining a martial training class would make your routine complete.

Treat your body with responsibility and care. Educate yourself about your fitness level and the way your body works to avoid creating overload. Talk to a health professional or a trainer to determine which routine would be the best for you.

Food

Keep your meals fresh and balanced, avoiding when possible processed sugar, genetically modified products, chemical preservatives and especially deep-fried foods. To help your body function well, eradicate the idea of snacking between meals.

For the best digestion, eat fruit before your meals, and leave at least 40 minutes in between. Keep your diet simple—avoid mixing too many ingredients in one dish. Drink a minimum of 2 litres of fresh water a day. Keep your dinners light, and make sure that you eat at least 2 hours before bedtime, and ideally make it a rule to eat nothing after 10 p.m.

Bless the food before ingesting it, and send a mental thanks to the animals or plants that gave up their lives to sustain yours.

When possible, give preference to fresh meals and avoid those that are frozen or need to be reheated from the day before. The reason for that is because the food's nutritional value constitutes two elements. Its physical part delivers building blocks for our material body while the energy that it contains nourishes our energy body and

the mind. The energy body is superior to the physical one, so it is important to keep it well maintained.

Freshly cooked food preserves its energetical value for about three hours. Blessed meals can last for longer. (You will find instructions on how to perform blessing in the Appendix section). Ingredients that were fast frozen and then reheated without boiling deliver approximately half of their original energy nutritional value. Food reheated more than once develops negative potential though, which can be compared to energy toxicity.

People who eat food with low energy value will discover that they do not feel properly satiated even after consuming large quantities, which can easily lead to overeating.

The warrior must avoid that trap because the added bodyweight slows down your energy flow and starves the mind of vital energy, which tends to hinder its optimal functioning. It also tends to erode your sense of personal dignity by triggering a hidden sense of guilt and self-resentment, which open the door for being mentally manipulated and abused by others. Because these processes happen mostly under the threshold of your conscious awareness, they may be hard to detect. The best

way of dealing with them is by preventing them from taking root in the first place. The warrior keeps both his mind and his body battle-ready at all times.

Dedicate some effort to research, and devise a diet that is right for your body type and your current lifestyle. Stay mindful to what your body tells you. Stop eating as soon as you are full. Let your food be your fuel and your medicine, never an invitation to self-indulgence.

There is a reason why our current society puts so much emphasis on promoting the culture of eating. You may have noticed an ever-growing number of TV and internet shows, magazines, and even memes related to cooking. While we have to eat to live, thinking too much about food blinds your mind and makes you more likely to accept and obey social propaganda.

This happens because overindulging in physical pleasures, such as eating and sex, causes the energy within you to gravitate to the lower parts of your body. This draws it away from your brain and the top Mindgates (chakras) that promote clear vision, willpower, and thinking for yourself.

If you notice that your mind has linked eating and comfort, train yourself to break it at once. Whenever you

feel sad, lonely, or depressed and want to start feeling better, use mindfulness as your weapon.

Here is how. First, notice and acknowledge the state you are in, without judging it. Acknowledge your current emotion and your desire to change it. Next, think of different options of how you could achieve your goal. The best choices include:

- Meditation
- Physical workout
- A creative activity
- Walking
- Helping someone

This may require some discipline to begin with, but the mind learns quickly: if you stay dedicated, you will soon see your old habits replaced with new empowering ones.

Energy Hygiene

Not only what we eat, but also what we watch, read, think, or talk about becomes part of what we are. It can help us develop faster or sabotage our efforts.

We must be deliberate about what we allow into our mind and our circle. People we interact with the most and

mix our energy with impart their views, habits, strengths, and flaws to us. You might have noticed that people who live under the same roof or in the same community after a while become very much alike. This is energy contagion in action.

Evaluate who you spend your time with and what they add to your life. If you notice that your circle is made up of those who do not share and support your values; who have a negative mindset and whose lives demonstrate the lack of integrity and discipline, it is a call of an upgrade.

Time lost with people who you do not fully resonate with and who are bringing you down means you rob yourself of the chance to look for real friends from *your tribe*. It is normal and natural to let go of the connections you have outgrown. Time changes people; someone you bonded with ten years ago may be a draining influence now. Look for those who are on the same wavelength as you and who will inspire you to go further, people you can learn from and learn with.

If you want to succeed on your path, having the right support is crucial. Nobody can always be strong on his own. This is why surrounding yourself with others who

inspire you and help you grow is worth making a priority. Having a dedicated group of warrior brothers will keep you going in times of doubt and darkness.

Same goes for concepts and ideas. Be mindful of what you allow into your mind. Some thoughts and beliefs, once you allow them in, can become poisonous weeds hard to uproot afterwards. Everything you expose yourself to stays present in your energy field. In other words, it becomes part of you. Avoid watching, reading, or thinking about things that are lowly, dark, vulgar, or denigrating. Decisively turn your attention towards subjects that inspire greatness, strength, and wisdom in you. Remember that your time in this world is limited, and treat it as an investment. Dedicate it to the activities and thoughts that offer you the highest returns.

Once you are fully committed to your Path, making the right choices becomes easy. Simply evaluate what serves you and supports your mission and what does not, and act accordingly.

Sleep

For optimal performance, aim to set your bedtime before midnight, ideally no later than half past ten in the evening. Avoid regularly staying up until late.

Being awake during nocturnal hours (especially during the Dark Hour – between 1 a.m. and 2 a.m. in your time zone) not only undermines your physical health but also makes your mind weaker and more susceptible to the Shadow. Regularly working during nighttime leads to low energy levels and depression. It also erodes your morals and your spiritual defences. People with a nocturnal lifestyle are more prone to becoming victims of energy vampires, astral attachments, and even possession. Some people like to tell themselves that ‘they work better at night’ but putting your health first is a smart move long term.

Not many realise that unbalanced daily rhythms and beliefs such as ‘I do my best work at night’ are often symptoms of deeply rooted depression and the sense of being disconnected from the process of life. If you notice such signs in your routine, start looking closer to uncover the negative feelings at the base of that state. Once you become aware of what upsets your balance,

you can meditate or do other practices of your choice to resolve the issue at its core.

Do your best to wake up early to maximise the amount of daylight. Daylight recharges you and makes you internally stronger, so plan to be active during the bright hours and rest during the dark hours, if possible.

If you find it difficult to fall asleep, try the relaxation and breathing techniques that you will find in the Appendix and the ARIYA Creed YouTube channel. Do not drink caffeine or alcohol shortly before going to sleep, and avoid exposure to the blue light from electronic devices unless you are resistant to it. The blue light wavelength stimulates the brain, so it can interfere with your circadian rhythm. Sleep in a well-aired room on a moderately hard mattress to increase and maintain your level of relaxation.

To ensure proper rest and improve the quality of your sleep, set up energy shields around your bed and renew them daily. The shielding technique is described in the Appendix.

Starting and Finishing Your Day

Just like taking a physical shower to keep your body clean, it is a good idea to do a check-up and a cleanse for your mind at the beginning and the end of each day. You can think of this practice as your Morning and Evening Balancing Ritual. Doing it will help you develop more clarity and calm as well as keep you on track with your goals. It will also prevent negative energies from accumulating in your mind and body.

Start the ritual from slowing down your breathing and turning your attention within. You can use either a meditation or a prayer, or a combination of both.

Meditation and prayer are sister practices, two paths to the same goal, reflecting the Yin and the Yang principles. Meditation is traditionally focused on observation and stillness, which can be compared to ‘listening’. It is about recognising what is already there. This path was traditionally more popular in the East.

Prayer is a Yang practice that can be compared to ‘speaking’. Its focus is on proactively seeking change by sending out a request or a question to the divine. It is more in tune with the Western approach to life.

Neither of these paths is superior to the other. Everyone makes his own choice based on his personal preference and polarity. The best results are achieved through balance that comes from a combination of both.

In the morning, condition yourself to get up and leave your bed immediately. A decisive attitude towards physical awakening promotes readiness for the spiritual awakening of the soul. If you stay in bed after you wake up, you also risk falling asleep again for a short time, which is likely to result in grogginess, mind fog, and low energy levels during the day. This could lead to frustration about the wasted time and your brain being slow and not as effective as it could have been.

Morning Meditation

Practise the Tejas Meditation while sitting or standing. Finish with the Full Yogic Breath and the Swordhand Blessing sign.

Morning Prayer

Turn your thoughts to the Light and ask for support, strength, and insight to succeed in your mission. The Ariya Prayer in the Appendix gives you a ready formula to use but you can also create your own.

Request that you be guided to the best choices and opportunities. Vow to do your best to live this new day to its full capacity so that you can be proud of the work you have done.

Your request shouldn't be shy or timid—remember that you are a rightful heir to the Force of Existence that flows through you. You are not begging for its favour but respectfully directing it with your Will. That power is your birthright. Cultivate a calm certainty that according to your Will, it shall be done.

Finish with the Swordhand Blessing sign.

Evening Meditation

Lying on your back, mindfully scan your body, releasing all tensions accumulated during the day. Notice your breathing and make it slightly deeper and calmer than usual, without straining yourself.

Next, make your exhale a little longer than your inhale while visualising that all worries, stresses, and frustrations are leaving your body with the exhaled air and dissipate into golden dust. Think of the things you are grateful for today and give yourself silent appreciation for any improvements or work well done.

Finish with the Swordhand Blessing sign.

Evening Prayer

Turn your thoughts to the Light, giving sincere thanks for all the strength, insight, good fortune, and other blessings that you have experienced today or that you ordinarily have. Ask for a peaceful sleep, and body and mind regeneration. While making your request, imagine the ideal state as you want it to look and feel like. See and feel young, healthy, wise, and strong. Keep that image in your mind until you drift off to sleep.

You can use the Ariya Evening Prayer from the Appendix or construct your own that reflects your specific needs. Finish with the Swordhand Blessing sign.



FOCUS

To achieve anything in life that is worthwhile, you need a clear focus. Concentrating on your goal allows you to become unstoppable and to succeed against all odds.

Many people believe that focusing is hard, especially with so many distractions around. While it is true that the untrained mind is more easily side-tracked, we should remember this simple truth: focusing is our second nature. The issue is that this inherent focus is rarely in alignment with our conscious course of action.

We are always focused on what truly matters to us. To see this principle in action, observe someone immersed in an activity they love. Try to distract a book lover from his reading, or a painter from his sketches, or a scientist from his research. It is the same as when you are deeply in love with someone. You are simply not interested in looking elsewhere (and if you do, you should ask yourself whether your passion really runs deep).

Our focus always follows our core priorities. This is why a gamer can stay focused for hours playing a video game if it helps him escape a world he feels he does not fit into. Scrolling for hours through social media is effortless for someone who craves contact and interaction. Watching TV or YouTube for days on end is no issue when someone tries to suppress the sense of emptiness or depression. When there is an important enough Why, focus appears automatically.

What this means is that the most effective way to stay on track is to connect deeply with the reason why you want to have something done. One of the surest anchors is having clarity about how your work is connected with who you are and what you stand for. For example, an athlete who's preparing for a competition won't need to be reminded to train; a writer who is excited to finish his new book will write at any opportunity he gets; a businessman who wants to grow his business will work on his processes and structures as part of his daily routine. While creating a conscious story of You, add the traits and the activities that you feel will move you forward towards your goal. Once that alignment process begins, you will be amazed to see how it works without hardly any effort on your part. It brings a deep feeling of relief

and liberation, which is not what most people imagine focus to feel like.

If you struggle to stay consistent with a particular task, write down a list of reasons why your work matters. Aim for at least 10 but the more the better. If procrastination persists, refer to the Understanding Procrastination section for guidance.

Maintaining focus requires a lot of energy, so it naturally diminishes as you get tired. Take care of yourself. Make sure that your mind and your body are well-rested. If you know that you will need to make many important decisions on a particular day, prepare beforehand by diminishing the brain's 'workload'. Choose in advance the less important details such as what you are going to wear, eat or buy so that all your willpower goes to what really matters. Browsing takes up a lot of your energy resources, so be aware that any multiple-choice activities such as shopping, looking through catalogues or offers as well as checking social media feeds diminish your focus and willpower. It is best to leave them to the times when you have plenty of energy and no urgent tasks to take care of.

It is also a good idea to arrange your workplace in a way that promotes clarity and concentration—keep it clean, well-aired and uncluttered. Place in your field of vision only that what you need and what inspires you for action; put everything else away. This simple step will calm your mind and help it align with the task at hand.

Do your best to avoid apps that limit your internet usage or social media time. While at first glance using them may sound like a smart move, in fact, it is not. Regularly using ‘crutches’ of that kind sends a strong signal to your subconscious that you are not in control and you can’t be trusted. You create an inner perception of yourself as a weak-minded kid who needs to be told off. Since you are not training your natural discernment, your focus and willpower will remain underdeveloped, leading to persistent willpower failures. Above all else, feeling infantile and out of control does not allow you to step into your true power and develop fully as an individual.

Your mind determines the amount of energy and power that you wield. Be careful and deliberate about what you let into it and what beliefs you are willing to accept.

If you notice that you spend too much time on social media or other distractions, meditate on the true reason behind it (refer to the section about Procrastination for details). This way, you can eradicate the true cause of the unproductive behaviour at its core. Being self-governed and self-reliant will increase your confidence and poise as well as your inner peace.

You may also want to use energy techniques to uplevel your productivity even more. There are some simple and effective ways suitable also for beginners. Check the Appendix for explanations.



TIME AWARENESS

A warrior values his time above everything else. He makes sure that his time is spent predominantly on his highest priorities such as learning, training, helping others, and doing work in alignment with his mission. His genuine respect for himself makes him value not only his time but that of others. He keeps his word and arrives on time. He also does not stay a moment longer than required.

There is a part of you that is aware that your time here is limited, and so the less time you spend on what really matters, the more resentful of yourself you tend to feel. Focusing on what is truly meaningful to you makes your power unfold.

Unclutter both your life and your mind to make as much time as possible for your true values. Your life depends on what you stand for. Commit to doing the right thing, at the right time, for the right reasons.

Learn to accept that focusing fully on a few important things means that the other areas of your life will receive less energy and attention. Do not try and balance everything—it will only dissipate your energy and make your life chaotic. For example, it is normal that if you dedicate your time to work and training, you will have less time for going out, watching films or having Sunday drinks. You will naturally start to prioritise meetings that give value rather than being a drain of energy and time. If, on the other hand, your priority is networking, you may discover that you have no time left for mundane tasks like shopping or laundry. Plan ahead to organise your life efficiently and get assistance where you need it.

Time taken to relax and recuperate is never ‘time wasted’. If taking a break feels like being idle or ‘lazy’, remind yourself that proper rest—with the duration and the quality that you need—is part of your efforts to serve your mission. Your mind and body need time to be restored after periods of intense work; your duty is to attend to their needs. Staying healthy and strong means you can achieve more in the long run.

There is a difference between warriors and ordinary people in how they approach their downtime. While ordinary people tend to slacken their vigilance and

overindulge in food and empty entertainment, the warrior chooses activities that truly relax him and amusements that help him grow.

The popular belief that one can only relax and truly enjoy himself by getting drunk is not only false but also damaging. It is unkind to your body to force it to work hard getting rid of strong toxins when it is already tired. Knocking yourself unconscious is no substitute for healthy sleep and meeting your problems face-on.

Meditation, reading, creative projects, meeting like-minded people and travelling to beautiful locations are great alternatives to the ordinary human lifestyle. This way, you can feel calm satisfaction from your choices rather than being embarrassed by them afterwards. Invest your time mindfully.

Follow your Path and do what is best for you, humbly but unapologetically. Politely decline any selfish and unreasonable demands for your time. You do not have to respond to everybody. You are not here to fulfil anyone's expectations.

Naturally, some will walk away disappointed when you do not play by their rules. It can be particularly challenging if you have spoiled them by always granting their

requests in the past. Once you change your course, some people in your circle may struggle to readjust at first. But if you truly matter to them, they will ultimately respect your choice.

Those who refuse will gradually fade out of your life. Do not hesitate to part ways when the time calls for it. Distance yourself as much as you can from those who do not believe in you, do not respect you or drag you down. It can be somewhat sad, but remember that letting go of old connections that do not serve you anymore makes way for new inspiring people to step in.

Embrace new beginnings. Become the master of your time.



SOCIAL AWARENESS

When interacting with others, your default approach should express calm and genuine respect. This requires a word of explanation.

From the ego-mind standpoint, it may seem illogical and even challenging to feel genuine respect towards someone who is less educated, less disciplined, less spiritually developed, or who occupies a lower social or financial position than ourselves. Watching those differences, it is easy to lose track of the real state of things. However, the warrior strives to focus on the truth beyond the veils of illusion.

The truth is that at our core, we are all parcels of conscious energy that takes its origin from the Source. Each divine spark goes on to choose the most appropriate experiences for his or her evolution and ultimate awakening.

At our current level of development, we have no access to the true understanding of why certain souls

make certain choices and follow certain paths. We can't comprehend the underlying reasons behind those intimate decisions as well as any future implications of them. Because of that, we would be wise to simply acknowledge and respect their choices, even if they do not make sense to us.

Respect does not, however, mean compliance or passive acceptance. If you witness someone committing a crime, being abusive or helping the Shadow spread in any other way, it is your duty as a warrior to step in if you are able and do your best to change the situation.

Although you mindfully acknowledge the right of others to make his or her choices without deprecating that soul, you are also part of the universal system of karmic balance. The warrior enters an open confrontation not because he has been pulled into it, but only when he consciously decides that it is the most effective course of action. Use the virtue of your presence to help those who are still asleep to learn about the consequences of their actions.



THE ART OF HEALTHY BOUNDARIES

The art of creating and maintaining healthy boundaries is vital for any warrior in spirit.

Too often, we grow up without having an example of how to devise those boundaries right, and struggle later in life. There are two dominant tendencies in our society today in terms of interacting with others: submissive and aggressive. Although different on the surface, they both originate from the same underlying cause, which is being out of touch with your truth as a person.

In other words, healthy boundaries develop naturally when you know what you stand for and what value you offer to the world. That natural balance emerges from your personal dignity and personal story, your concept of Self.

Creating your warrior identity takes conscious effort, but with the right guidance, it can be a fascinating adventure in its own right. Most importantly though, living

in your truth streamlines your actions and clears your priorities. You begin to function effectively and with a sense of balance. You raise the standards of your own life and become an inspiration for others, creating a positive ripple effect.

Throughout this book, we often talk about the importance of accessing your inner power and letting it flow. For a warrior, this quest is the foundation of all his work in this world. Being disconnected from your power creates the feeling of unworthiness and insecurity; it does not allow you to act freely and to speak your mind. This is because feeling ‘less than’ is a fertile ground for anxiety and being preoccupied with what other people may think.

This makes you second guess yourself and keep shifting your behaviour in an attempt to please others and to avoid conflicts at all costs—even at the cost of doing what is right. Your boundaries become virtually non-existent. Being trapped in this state takes you further and further away from who you were born to be and creates a vicious circle of victimhood.

If you happen to notice any of such symptoms in you, do not judge yourself too harshly. This is likely a result of many variables which were not your conscious choice.

You might have simply copied a subconscious pattern you were exposed to as a child, without knowing. You may have had no examples of what the healthy boundaries are supposed to look or feel like—and it is tricky to create something you have never seen. Lastly, you might have acted out of the basic self-preservation instinct: if you do not feel strong, you want to ‘keep out of trouble’ by not angering anyone.

For example, refusing a party invitation that you are not interested in, letting go of an energy-sucking business client, or declining a drink invitation after work can trigger a fear of ‘losing your status’ and being cast out of the group. While in prehistoric times, such ostracism was likely to have threatened our survival—and so the fear was very real and justified—it no longer holds any validity. But even though there is rarely any physical risk in saying ‘no’ in our society nowadays, the subconscious fear, when left unchecked, remains very real.

In that situation, you chose whatever was available because you did not know any better. But the good news is since you have realised what was happening, you can change things around. To get the boundaries balance just right, you need to grow the sense of personal dignity: the connection with your truth and the Light within. By the

end of this book, you will have all the tools you need to succeed.

Another reason why avoiding conflict feels almost compulsive while being cut off from your power is this. Human interaction does not happen only on the physical level. There is an energy element involved. Here is how it works.

When your energy level is low, your mind automatically switches to the self-preservation mode. In that state, it will try to conserve the scant resources available by making sure that you put yourself out there less, and make choices that it deems the safest at the moment, without any regard for the long-term consequences. This happens because while in the ‘survival mode’, the brain’s executive functions such as planning, analysis, memory, and a vision of the future are subdued. (The opposite is also true—those functions thrive and expand in response to the growing feeling of personal power.) This makes people pull back when they should have stepped forward, speak up less and submit more. The condition of being disconnected from our core power and truth generates behaviour that is commonly referred to as ‘shyness’. You can observe a curious phenomenon: when someone’s level

of energy is elevated, his mind removes the restrictions and the shy behaviour instantly dissipates.

But this is not all. Have you ever experienced a sudden headache, difficulties breathing or sore eyes after someone got angry with you? If yes, then you are familiar with a basic psychic attack. Such blows can seriously upset your physical and emotional equilibrium, especially when you are feeling low. Your mind is also aware of this, so it is trying to protect you by limiting your exposure to the potential source of threat—other people.

A basic psychic attack is a blast of negative energy directed towards you, deliberately or as a knee-jerk response. When someone is angry, disappointed or frustrated, they often send an energy blow towards whoever caused those feelings or whoever happened to be around. Such an attack takes strong energy defences to deflect (you will find some techniques in the Appendix). Otherwise, it may penetrate your energy structures causing some painful havoc there. For that reason, if your mind senses that you are not in your best shape, it will urge you to step back and to keep quiet.

This process tends to happen under the threshold of your consciousness, so you might not have been aware of

it until now. You will notice that by adopting and practising techniques explained in this book, your energy and assertiveness will grow. That, in turn, will help you assess situations with more clarity, develop strong boundaries and keep your ground.

A high energy level by itself is not the answer, though. High-energy combined with low self-worth may cause the opposite extreme, making one frantically protect himself and try to establish boundaries in a way that is arrogant, insolent or even abusive. Aggression becomes a form of defence. This kind of insecurity typically manifests in excessive swearing and blatant disregard for decency or civility. It creates a type of personality that is uncalibrated, explosive, and hard to deal with.

Loudness and arrogance are often mistaken for strength. This is why some people, especially in their younger years, develop a degree of admiration towards those who behave that way and aspire to imitate them. This is understandable in the current times when a display of real confidence and self-assurance is rare.

Meanwhile, true power and confidence are always quiet. They never look for external validation or endorsement.

This is not the timid silence of a rabbit, though. It is the calm of an ocean on a peaceful day or the indomitability of a mountain. The power is there, ready to turn into a crushing storm or a fearsome volcano if the situation calls for it, but until then, the force remains dormant, coiled within.

Your personal power grows in proportion to your alignment with the Light and your essence. This may sound a bit abstract to you to begin with, but just remember this advice for now. There will come a time when this knowledge simply ‘clicks’ and starts making complete sense. It will then serve as your reference point and your guide.

You do not have to wait until then, though, to create healthy boundaries. Starting today, you can choose to redesign your interaction with the world to make it more empowered and more consistent with your true self. Begin from turning your attention to the three aspects below, which are well within your control.

3 Pillars of Healthy Boundaries

#1 Body

Posture: Become aware of your posture and develop the habit of holding up straight. Do not use posture correcting braces for this (or at least do not rely on them for too long). A straight posture will encourage healthy energy flow and better breathing promoting the subconscious feeling of inner strength.

Be mindful of the tension in your shoulders. Whenever you notice your shoulders tense up, relax them pulling them down and a little backwards.

Breathing: Low personal power typically manifests as shallow and insufficient breathing, which is made worse by the rounded shoulders that constrict your chest. When we breathe, we take in not only oxygen but also the energy traditionally referred to as 'prana'. That energy allows you to feel and perform at your best.

Train yourself to breathe with your diaphragm (the type of breathing when your stomach expands and contracts while your shoulders remain in place). This practice will allow you to oxygenate your blood for the maximum

brain performance and also allow your energy body to be saturated with prana. You will find more information about the energy body in Book II and the instructions for the Power Breathing (Full Yogic Breath) in the Appendix.

Voice: Become mindful of the way you speak. The lack of a solid connection to your inner power tends to manifest as a constricted throat and a flat, high-pitched voice. Other signs include using more words than you truly need and speaking too fast or too slow.

If you notice those symptoms in yourself, consciously relax your throat and lower the pitch of your voice whenever you become aware. Ask yourself, ‘How can I express this thought as concisely as possible?’ before answering, and adjust your speaking to a balanced speed.

The easiest place to start your practice is replying to messages, both in writing and when sending voice recordings. Having the space to think your reply through allows you to turn it into a mindful exercise. When you feel confident, start implementing your new skill in real-time conversations.

N.B. Do not attempt to master all three aspects at once hoping to get the results faster. Doing so would overload your

system, cause frustration, and slow down your progress. Work on one facet at a time. Choose something you are naturally drawn to at your first target. When you are happy with what you have achieved, move on to the next.

#2 Energy

Raise your energy level by practising the Tejas meditation regularly, as well as becoming mindful of your diet, exercise routine, and sleep patterns, and adjusting them where necessary. If you are new to the Tejas (Inner Power) meditation, you will find it explained in detail on ARIYA Creed YouTube channel.

#3 Mind

The way we function in the world is based on the story that we're telling ourselves. Our self-image impacts profoundly both our body and our energy state.

Negative feelings of anxiety, self-doubt, low self-esteem and a lack of confidence are symptoms of 'living in your mind' or, in other words, associating closely with your ego.

Your ego is only an interface that your true spiritual Self creates to communicate with its surroundings. It is

part of you but not the entirety of you. Your True Self is the serene and powerful awareness beyond your thoughts, a spark of the universal Light, eternal and immortal.

The Ego, on the contrary, is imperfect, limited, and fragile—a truth it is acutely aware of. This is the nature of the Ego. It is designed to be disposable. The problem appears when we start to believe that our current story coined by our mind is all there is to us. When we merge with our Ego, we absorb all its weaknesses and insecurities and can't see beyond them.

This is why we should always strive to reach beyond the Ego and keep it in its place, so it can do its work and nothing more. When you awaken your true awareness of the Light, the shadows of the mind dissipate. As a result, you end up with a more robust, capable and error-free version of the ego interface.

While the process of awakening your true awareness takes time, you can start creating your new empowered self-image straight away. Begin from consciously designing an identity that will allow you more flexibility and control over your mind. Remember that at any given moment, the way you feel and act is equal to the beliefs you hold.

You need three processes to get it right. The first one is a moral code, or a code of conduct: your unbreakable law, a set of values that strongly resonate with you and help define you as a person. Such a code serves not only as a powerful reminder to help you stay on track and make good decisions but also becomes a blueprint for your social interactions. It gives you clarity about what kind of behaviour to accept from others and where you should draw a line. The Ariya Code is a good example of this.

The second one is a new, consciously crafted personal story. Is it a similar process to creating a protagonist for a book or a movie. There is no pressure to get it ‘perfect’ on the first attempt; your story should and will evolve with you. All you need to succeed is to choose an identity that helps you move forward from where you are. Seeing yourself as a warrior on a mission, someone who strives to improve himself and leave a positive mark on the world, is an excellent place to start.

The third part is about implementation. Once you have designed your new identity, you must embody it and live it out, so it becomes truly you. This process requires mindfulness and determination. To keep you going, remind yourself *why* you are doing this work, and who will benefit from it. Do not make your personal

reward the only reason; think of your family, friends and other people in your community whose lives would be touched by your transformation.

It also helps to know that with some practice, your mind will make self-monitoring into a habit and it will become automatic. You only need to be persistent at the start.

Watch yourself as you go through your day and notice where you fall short of your ideal. Next time, when deciding what to say and how to react, imagine what a warrior or a superhero version of yourself would do, and go with it. It is a good idea to have a personal mantra or a motto that you can repeat to yourself to stay empowered and focused when times get tough. ‘I am a warrior, and warriors fight’ is an example of such a soul-igniting mantra.

Thinking and speaking in a new way will likely feel strange or even fake to begin with, as though you are doing roleplaying of some kind. To shake off that feeling, simply remind yourself that in essence, it is no different from what you did before. The only change is that your old role was unconscious; it followed a script written by someone else. This time, you are claiming your power to show up and to live the way that feels right to *you*. As

you keep practising, the initial awkwardness will soon fade away.

Our beliefs, choices, and attitudes are always reflected back to us, helping to keep our view of reality consistent. As your focus and the perception of Self changes, you will see new opportunities, events, and people entering your life that are congruent with your new story.



GIVING AND RECEIVING HELP

Help and mutual support are key to any strong and healthy society. To truly make it work, though, it is important to have an internal framework so that your efforts won't be misapplied or backfire.

We are by nature social co-dependent creatures. Train your ego out of the idea that you are a 'one-man army', self-sufficient at all times. This is a dangerous trap of pride, which often leads to downfall. No man is an island, and nobody is above receiving occasional help.

Accepting support when necessary is not a weakness but a boost for your strength. Unity and collaboration open the door for new insights and opportunities that you might have never got otherwise. There is no kudos in running yourself into the ground working alone (although the ego often sees it as some heroic act) and failing your mission because you were too proud to reach out.

There is, however, a healthy balance to follow when deciding whether you need help or not. Asking people for their time excessively would not only push them away but would also instil in your mind the feelings of helplessness and personal incompetence.

Before asking for help, ask yourself these questions:

1. Have I tried doing it myself first and given it a reasonable effort to succeed?
2. Can the person I ask help me without compromising their circumstances?
3. Will I be able to pay back that person or people for their help? (By rewarding them financially, doing some work on their behalf or returning the favour in some other way)
4. What are the pros and cons of getting help in my situation?

Point #1

—Have I tried doing it myself first and given it a reasonable effort to succeed?—

If the task lies within your mental and physical capabilities, it is always a good idea to try your hand at it first. This will allow you to understand the issue better and to assess what kind of effort it would require from someone else (in other words, how demanding the job is and what it would take to complete it).

Whether you are going to ask for a favour or hire someone to delegate a job, do your best to familiarise yourself with the challenge as much as you can. This will allow you to avoid mistakes when choosing the right person to trust. Incompetence on your part will result in incompetent helpers or workers that would frustrate the progress and slow you down.

Many people tend to avoid delegation even at the cost of burnout because they involved unsuitable persons in their projects in the past, and that created a negative feedback loop. Not knowing what is required and how to control the delivery can result not only in financial losses

but also in a general mistrust in people. The real cause of the problem there is not people being unreliable but insufficient research on your part.

Even if you believe that you are the best at certain tasks, you should calibrate your vision and put your priorities first. It means focusing your time and energy on those responsibilities that are absolutely necessary and/or that nobody except you could do. It is a smart move to delegate everything else. The execution of those smaller jobs does not need to be ‘perfect’ —that is a desire of the ego —as long as it is a workable solution, it is good.

Being capable of delegating less essential duties empowers you through the feeling of independence and also benefits those who are doing the work on your behalf. Allowing your team members to step in helps them to learn and grow as well as to contribute new ideas. That may not only improve general efficiency but also bring financial advantages.

Some people hesitate to reach out if they can't offer payment in return. It is worth remembering, though, that money is not the only value you can give. Ultimately, by asking someone a favour you create an opportunity for them to share their Light and do something meaningful

and good. Helping others is one of the surest ways to boost one's self-esteem and break free from negative emotions. By giving someone a chance to show the best version of themselves, you are helping to make the world better.

The points to check here are whether the other person is genuinely willing to be involved and whether you will honour their time by expressing your gratitude as fully as you are genuinely able.

Point #2

— *Can the person I ask help me without compromising their circumstances?* —

Consider the circumstances of those who you intend to turn to with your plea. You need to gauge the level of karmic involvement. One thing is when your benefactor considers your request a minor favour but it is a very different story when someone who is busy, unwell, and under pressure has to go out of their way to do something for you. The same applies if you are asking to borrow money from someone who struggles financially or asking a person who is swamped with work for something that would require a lot of time.

The more that is required of a person who is helping you, the greater is your karmic debt towards them. The important nuance here is that the karmic ‘currency’ is energy. This means that what counts is the *perceived* effort from their side and not what they actually did. If someone sees making a call on your behalf as a monumental toil, that action is going to be of greater karmic weight than if someone were to lend you 5,000 dollars and thought nothing of it. (If you listen to your inner voice, you will realise that you have known the truth of this all along. This is why we are generally reluctant to ask for help when someone makes it a big deal.)

Make sure that the requests you make are reasonable and do not compromise the core values, integrity or free will of others.

Never make unfair demands on someone using your close connection or your past support as leverage. This is considered a serious violation of karmic laws and will rebound on you or your dependents. More information about karmic principles is in Book II.

Point #3

—Will I be able to pay back that person or people for their help?—

Having determined the approximate value of another person's help, ask yourself an honest question of whether you would be able to repay it. Repayment does not have to involve money—although it can be an acceptable exchange—but rather a corresponding level of value.

That value can be delivered in many ways: you could help your benefactor in return by providing care or some commodity they need, promoting their business, looking after their children, teaching them a useful skill, inviting them around for a dinner, or simply buying or making a present for them.

The reason why you should try and aim to give an equal amount of energy back is that by doing so, you pre-emptively extinguish karmic links that otherwise could affect you in unpredictable ways. It is best to avoid unwanted karmic entanglements to protect your freedom. Many sense this deep down; that is why we typically try to return favours as soon as possible.

Knowing where you stand will help you make a conscious decision of whether to go ahead with your request. If you know you can easily return the value received, there is nothing to worry about.

If you feel the value of someone's help is greater than you could provide in return, you have the choice of asking someone else (or adjusting your request), withholding it completely, or accepting that you would have to pay your karmic debts at a later date.

Point #4

— *What are the pros and cons of getting help in my situation?*—

It is always worth considering the pros and cons before making a decision, and it is no different with the decision of asking for help. Below are some considerations you may want to keep in mind.

Positive:

- Receiving help when you need it can speed up your progress putting you in a better position to help others in turn.
- Delegating smaller tasks may help someone else to gain the experience, the skills, or the money they need to follow their own mission.
- Focusing squarely on your most important tasks increases the efficiency of your work.
- Allowing other people to help means you create a space for them to grow spiritually and develop a stronger bond between you.
- Accepting other people's input helps keep your ego in check and see yourself as part of a greater unity.

Negative:

- Asking for help excessively pushes people away.
- Relying on others too much can make you feel helpless and incompetent on your own.
- Taking more than you can give in return creates a karmic imbalance that you will have to pay off and which binds you to the person you have a debt with.
- Your moral or financial debt might become a greater burden than the value of help you received.

Accepting help means entering a karmic and social contract. Make sure that you are happy to receive assistance from that particular person or people, and that the moral or financial debt incurred won't force you to compromise your integrity or core values. Be mindfully selective about who you allow to help you.

A dignified request for help is calm and clearly voiced. You can't expect other people to read your mind and know when you are in need. Never make yourself a beggar, though. Make it your rule to ask a person for help **no more than 3 times**.

Asking only once is best, but it can sometimes be inconsiderate if other people's circumstances are busy or turbulent. Nobody is perfect, so give others some grace if they do not respond immediately. However, if after three times no help is offered, leave it at that and look somewhere else. Putting yourself in the position of a mendicant would bring down your self-esteem and compromise your personal dignity.

By accepting help, you naturally place yourself in a vulnerable position; choose for your benefactors those who would not abuse your trust. Some may be willing to offer their support merely in a hope to control you

later. Pay close attention to people's motives and do not encourage their shadows.

Add the individuals who consistently turn their back on you in need on a separate list in your mind. This will be useful later.

Offering Help

When offering your help, be mindful of what you are doing and why. This will ensure that you do the right thing for the right reasons.

The position of a benefactor can provide a substantial ego boost as a 'confirmation' of one's influence, knowledge and value. Be watchful of your ego trying to offer help in an attempt to get power over someone or to prove itself worthy. True help that nourishes your soul and your relationships comes from the place of charity and not the egoic desires.

Your life and your decision-making process will become much simpler if you adopt the following three rules:

1. Help only when asked.
2. Help when you can.
3. Help only those who deserve it.

Here is an explanation of what each of the points means.

1. Help Only When Asked

Here is a typical scenario you may recall from your experience. Imagine watching someone you care about struggling with a task at hand. They are making mistakes and doing poorly. You know that you could do this job much quicker and much better. The more you are watching this someone, the more you are probably itching to say, “Here, let me do it” and to take it away from them.

That patronising attitude is something you should decisively avoid. Unsolicited help is unwelcome and disrespectful for three reasons.

1. You deprive the person you are ‘helping’ of a valuable learning experience making them dependant on someone else possibly not only now but also in the future.
2. You belittle others by implying they are not capable of succeeding by themselves.
3. You are wasting your time where it is not needed while neglecting the tasks that matter on your journey.

Help only when you are asked for it in no uncertain terms. This will not only ensure that your time and effort are appreciated but also allow you to avoid unnecessary conflicts. Some people can get very vexed when presented with unsolicited help or advice, which in real terms is a violation of their mental privacy.

Respect the right of others to do things *their* way (even if you think you could do better), to make mistakes, and to be ‘imperfect’ in your eyes. Nobody is here to follow someone else’s expectations. A busybody tendency is a reason for concern. Trying to ‘earn’ people’s affection by ‘being useful’ not only puts you down emotionally and energetically but usually backfires. Respect your time and energy and apply them wisely.

2. Help When You Can

Always be on a lookout for the opportunities to use your power and knowledge for the benefit of others. It is important to keep a good balance, though—do not promise more than you can comfortably give, whether in terms of time, money, or effort. Serving another to the point of breaking down actually does a disservice to the

receiver. Without their knowledge, you burden them with a large karmic debt they had never expected.

Your degree of involvement is your private resolution about how much you are willing and capable of doing. You mustn't let others decide that for you. Not everyone has the level of awareness of a warrior, and so your responsibility is to ensure you take the right steps where others can't. Someone putting forward an unreasonable request may simply not realise the cost and the consequences of their demand, and it is not always possible to explain it to them.

When that is the case, calmly and confidently refuse to do more than you can, and try to step away from the situation. Some people may become selfishly angry or disappointed with you for doing so: accept it. Everyone's abilities and circumstances are different; resist the temptation of comparing your contribution to that of others, especially when someone tries to shame you into obedience by saying that someone else had done more. Your inner compass will tell you when enough is enough: as soon as you have gone over your limit, the natural joy of giving will fade into bitterness and resentment. The universe registers that emotional state as abuse and mistreatment, which sends negative energy feedback to

the person who has caused it, triggering the process of cosmic retribution. That karmic ‘payback’ may come in unexpected ways and often outweigh whatever temporary benefits your askers were after.

By refusing to be used you are protecting others from damaging karmic consequences that they might suffer otherwise. This is not simply a fancy concept. The universe operates on the principle of energy exchange. Our feelings and thoughts are energy vibrations that when sent out can trigger real events in the outer world. To see how it works simply remember when you wished dearly for something to happen (or not to happen) and then it came true.

If you want more evidence, simply observe what happens to people after they have taken advantage of you or hurt you in some way. You will notice interesting correspondences and patterns. The system of cosmic retribution is always at work although the delivery times may differ. What you observe is not some ‘divine punishment’ though, but rather the forces of equilibrium in their mechanical operation. Their task is to restore the balance through the best means available. On the human level, the consequences of that process range from unpleasant and annoying to outward tragic. Your true

support would then be in protecting others from the ramifications of their choices by not allowing certain situations to unfold in the first place.

Some people fall into the trap of ‘helping no matter what’, being generous beyond their means and burning themselves out trying to always be there for everyone. We are taught to regard and even admire such people as a kind of saints, but the only feeling they should score is heartfelt compassion. Here is why.

Even though on some level a person with this kind of self-destructive attitude may believe that what he does it purely for the benefit of others, this is not the case. What really drives him is his wounded ego, ridden with insecurities and guilt. Deep down, he does not believe he is worthy of good things in life, least of all love, and so he tries to ‘earn’ it through his actions, often excessive and uncalibrated.

He may also feel that making himself into a martyr is the best way to gain other people’s respect while giving his own life some meaning. The identity of an ‘unsung hero’ is very appealing to the ego, and so it eagerly clings to it. Such a self-appointed martyr can often be insistent and overbearing with his attention, even when it is not

welcome. He usually fails to realise that trying to hide from his shadows by living other people's lives does not work, and no amount of self-flagellation will release the guilt that is stifling him. The true answer would be to face his pain and darkness and start consciously working towards self-healing.

Do not be afraid to say 'no' when it feels right. Rejection can sometimes facilitate a greater transformation than any service you could offer. Just like with anything else you do, when helping make sure that your heart and your body work mindfully together as one unit. Support others not because you were talked or shamed into it, but because you *want* to help and that action is a true expression of who you are. Never brag or remind about your actions afterwards; doing so would mean devaluing your efforts and belittling yourself.

Some people feel compelled to offer help even when they do not feel like it because they mistakenly believe that it is good for their karma. They expect rewards for 'being good' and feel disappointed when nothing transpires. The truth is that the karmic score is largely based on intentions and feelings rather than actions, and so if you do something 'just for the good karma', but you do not mean it, you may just as well not bother at all.

Only the genuine heart-felt desire to do things for others as an expression of your service to the world is what leaves no karmic ties behind. When you help freely and unselfishly, you tune into the universal frequency of the Light, your true essence, and it transforms both you and those whose lives you touch.

3. Help Only Those Who Deserve It

This last rule may at first contrast with the common paradigm, yet it is very important to grasp. Not following it brings a lot of darkness into the world.

Unless you are a doctor sworn to save lives no matter what, you should be selective with whom you give your help to. Not all people deserve it, and not all deserve it in equal measure.

This concept may be new to you, so it is going to be explained in more detail.

By deciding that some individuals do not deserve your help you do not imply that they are unworthy of help in general nor that they are lesser beings. This division has nothing to do with pride or the ego; it is based only on practicality, integrity, and common sense.

One of your main tasks as a warrior is to never let the Shadow spread. A real-life example of this would be to refuse to help a murderer, a robber or a rapist escape justice—no matter how sorry you may feel for them. By not stopping evil and letting it spread, you are conniving with it and turning yourself into an instrument in its hands. If you become aware that your involvement promotes the darkness in people, then your refusal to take part will be the real help they need.

Sometimes, a child or a pupil may ask you to do something for them that they ought to experience firsthand. In this case, too, it is your responsibility to recognise the situation for what it is and give your best judgement. Make sure that through your continued assistance, you are not making other people weaker and dependant on you.

When helping those who are unwilling to help you back (the list you created earlier), always make sure that if you do decide to get involved, your intentions are pure. In other words, you help from the heart—just because of who you are—not because you want to prove the point or get something in return. The easiest way to check if what you did genuinely came from living your truth is how quickly you can forget about it.

If serving others comes to you as naturally as breathing and there is absolutely nothing you expect from it, you could share your energy even with those who always turn their back on you. But if your actions feel like an effort, helping the ungrateful would create a karmic debt for them, its amount growing the more you get involved.

As a general rule of thumb, it is best to limit your input in unfair relationships of any kind. You have a finite amount of time in this world; it is crucial to decide wisely who to spend it with. There are only so many people who you can share the gift of your presence in your lifetime. By consciously giving less to the wasters, you have more to offer to those who really matter to you.

This is where keeping mental lists comes in useful. The most effective way to allocate your time is to structure your list in order of priority. Right at the top, place your family, teachers, comrades, and your closest friends as your A-tier. Those people deserve the greatest amount of your energy and attention.

The B-tier is for distant friends, colleagues and acquaintances.

The third tier and lower are for people who appear in your life occasionally and/or whose company does not give you much joy.

Create as many levels as relevant in your case, and use them as a framework when making decisions. You will discover that people tend to switch tiers over time: someone who once was on the A-list may move down to the third position or lower; the opposite is also true. This is perfectly normal; stay mindful to notice when it happens and adjust your attitude accordingly.

Helping people indiscriminately, with little regard for yourself shows that you have no clear system of priorities and no respect for your time. That, in turn, will encourage disrespect from others—often from the very people who are benefitting from your work. For the sake of their spiritual development, you should teach them the idea of boundaries and encourage appreciation. That lesson, too, would be a gift.



THE TRAP OF SELF-INDULGENCE

One of the most dangerous traps on the path towards your personal power and serving your mission is self-indulgence. Discipline is the opposite of it. To practise discipline is to commit to the path of the right and meaningful choices that you can be proud of afterwards. It also means maintaining a healthy balance and avoiding excess. Overeating, overdrinking, over-sleeping, over-socialising and other indulgent attitudes lead to self-resentment and erode the sense of personal dignity. Discipline is the tool that helps you stay on track and say ‘no’ when you need to. It is about choosing what you want most over what you want now.

Similarly to focus, discipline is a natural state that arises in connection with things that truly matter to you. Making the right choices and sticking by them becomes easier once you have a clear idea of your personal story

and your values. Having that clarity is like having a light that helps you see the path ahead.

As the Shadow's efforts to infuse people's minds intensify, it may be no accident that self-indulgence is promoted and widely enforced in our society of today. The idea that one should avoid being exposed to anything one may find even mildly uncomfortable, whether mentally or physically, shapes a generation of soft and feeble people.

The idea of 'living to the max' in the form of chasing meaningless distractions, buying gadgets and other items you do not really need, and the whole 'Netflix and chill' culture is nothing more than an attempt to pull people away from their true power. The more you are at odds with your truth, the more distractions you need to stifle the pain and emptiness inside.

Many people become slaves to entertainment. The internet, TV, computer games, desperate relationships or mindless social drinking—all those distractions work as a drug. They numb the mind creating a false feeling of safety, and serve as an escape from the fear and pain within. Silence brings out inner shadows, and facing your thoughts without preparation can be frightening.

We all have things that we feel guilty about or ashamed of, or that we wish weren't there. Our decisions in the past, our appearance, our family or financial situation, our upbringing, the way we move and speak—in an untrained mind, it all can be a fertile ground for pain.

Our civilisation is terrified by pain and addicted to pleasure. It tries to avoid and suppress anything unsettling or negative. In contrast, the warrior faces his shadows and actively seeks to discover and eliminate them. He is not afraid to meet his fear and to get to know it. To become truly free and strong enough to follow your calling, you need to do an inventory of your mind. Turn your attention within and acknowledge everything that you find, whether your ego likes it or not.

Only through facing your fear can you find your way through it to the other side and become free. That other side is a place of healing, calm and peaceful awareness. Once you stop running away from your fear, you will understand how much energy you used to spend every day trying to hide from yourself and others. It is a very humbling realisation to have, and it will come with a feeling of relief. You will become liberated from the constant need for distractions. You will discover the inner strength and freedom to stay on your Path. From that

point onwards, making the choices that empower you and spending time with people who further your progress will be your natural state.

You will find that your life is so rich, vibrant, and fascinating that you do not need to distract yourself. There will be no effort and no struggle to ‘overcome temptations’; they simply will not interest you anymore. Once your mind is free, it will be filled with wonder, curiosity, and gratitude for being alive and having a chance to grow and to serve the world. You will align with the passion of your Purpose.



HOW TO KNOW WHEN TO SPEAK

You might have noticed feeling worn out after talking at length about things of no substance or real meaning to you. If your intuition is strong, you will subconsciously avoid gossip and small talk. This is because empty talks are a drain in your time and energy resources.

Avoid conversations that do not educate or truly entertain you, and choose to listen more than you speak. This way, you conserve your energy while learning new things and making observations.

Before sharing some information, it is practical to use the mental check-list below. Ask yourself:

1. Is this true?
2. Is the other person going to benefit from knowing this?
3. Should it be said now?
4. Is it important that it be said by me?
5. Could this be used against me in the future?

Asking yourself these five simple questions will help you decide when to speak and what information to share or withhold.

Saying things that could potentially be used against you is inadvisable unless you are surrounded with really trusted friends. The Shadow is always on the lookout for ways of stopping you from serving your mission, so you should give it as few chances as possible.

A warrior will make both his words and his silence conscious and deliberate.



THE TRAVELLING WARRIOR

Any place that has offered you shelter, no matter how humble it may be, deserves to be treated with the respect and care you give your own home.

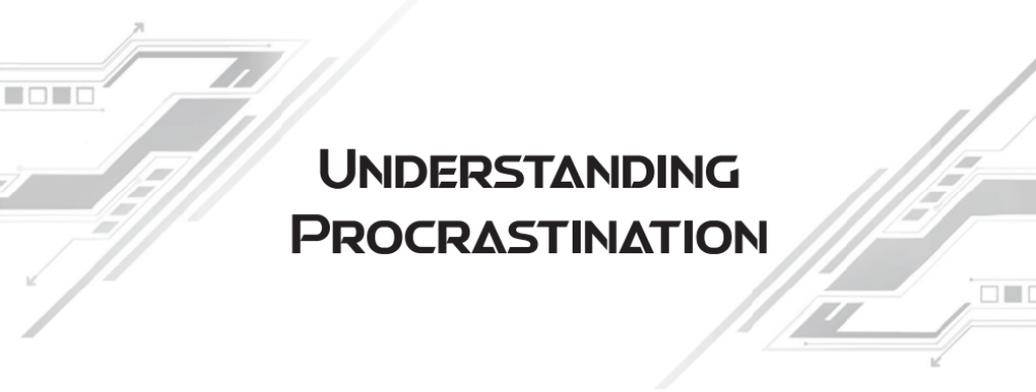
Strive to make a positive impact even if your stay is only a short one. It is the small acts of kindness that often make a real difference. Wherever possible and within reason, do your best to leave the place in a better condition than you found it.

Even the spaces you stay in temporarily become part of the story of your life. Therefore, you can and should assume responsibility for them. Clean what has been neglected, fix or report what is broken, and keep them as tidy and welcoming as you can. Let every place you visit be elevated by your presence.

The reason why you are doing it is not to impress anyone but because you want to show your genuine appreciation to the world that is your home. Neglecting

and degrading your environment is a sign of disempowerment, low self-worth, and the lack of genuine self-respect.

The warrior never allows such attitudes to take root in his mind. He is committed to developing his personal power. He knows that on the path to becoming the most genuine, most elite and most inspiring self, every step matters.



UNDERSTANDING PROCRASTINATION

Contrary to popular belief, not all procrastination is bad. In this section, we will look at its two types: Corrective and Detering. While having a similar effect, they are based on different principles and have a different meaning.

Corrective Procrastination happens when instead of following your real passion and mission in life, you are trying to live by someone else's rules and expectations. That choice causes inner conflict and resistance from your soul. Your life is uniquely yours, and you came into this world to realise your gift and to share it with others. Trying to fit into a social mould because it is fashionable or out of the desire to be accepted makes your subconscious mind (your soul) resent your actions. And if it feels unable to point you in the right direction, it will sabotage your current one—the condition known to as 'procrastination'.

Its common traits are regular willpower failures and the need for incentives such as mind tricks, gadgets, external accountability, or even self-shaming. This type of procrastination, although it may appear frustrating at first, actually works for your advantage. Getting distracted is a red flag that can reveal a powerful insight. It is a messenger bringing important news. Do not try to shoot the messenger. Give it a chance to speak.

Notice that procrastination never occurs when your conscious and your subconscious mind are in agreement. When you are hungry and someone offers you your favourite food, there is a small chance you would procrastinate over it. When it is raining, you tend to open your umbrella or throw your hood up without hesitation or external accountability. If you need tricks to make yourself take action, it means that part of your nature disagrees with it.

To diffuse Corrective Procrastination, you need to reach an agreement between the conscious and the subconscious parts of your mind, or between your intellect and your soul. Your conscious mind, distracted by the ‘bling of the world’, is the driving force here.

Your subconscious mind, which disagrees with the fake goals, works to hinder and sabotage them.

You must look deep within yourself and find honest answers, even if they may feel uncomfortable at first. The ego hates to admit that it had been fooled to work hard just to achieve someone else's dream. It takes humility and courage to realise that your direction might have been wrong — and to turn around. Mistakes happen to all of us, and there is no dishonour in acknowledging yours.

Use mindfulness and self-enquiry to find out what *really* matters to you. Learn what makes you feel passionate and alive. That way, Corrective Procrastination can be your opportunity for growth and for finding your true Path. Learning from it can save you a lot of wasted time and effort.

How to recognise the right direction? Even the thought of it will naturally energise and excite you. It is often something that you were secretly daydreaming about, thinking about, or learning about all along. Stepping onto that path will bring a feeling of relief and

liberation. It will feel like you are finally where you were always meant to be, like coming back home.²

Detering Procrastination can be much more frustrating and confusing to deal with.

Just like the first type, it is also caused by the misalignment between the conscious and the subconscious mind—the difference here is that it targets people who *have* realised their Purpose.

The inability to move forward in this case is caused by fear. This happens when your ego believes that the mission you are set to fulfil is too grand, too bold or too incredible; when it falls far outside your comfort zone.

The fragile ego cowers away from such a challenge, driven by all sorts of fears: ‘What if you fail?’, ‘What will people think?’, ‘Who do you think you are?’, ‘No way someone like you can make it happen!’ and similar. The ego, concerned with safety and mediocrity, throws up a real fight to stay within those confines. It feels content ‘keeping you out of trouble’ as it sees it. This is why the ego is pictured as an enemy of growth. Remaining small

2 To help you map the right direction, use the Quest for Purpose (or the free guide available from www.ARIYACREED.org) and meditation, which will help you align both levels of your mind.

for the sake of staying ‘safe’ is a horrible lie, and one that has robbed many people of their happiness.

To overcome Deterring Procrastination, you must keep moving forward, even with the smallest of steps.

- Work on creating a synergy between your conscious and your subconscious mind. In this case, it is your subconscious mind that is the driving force and your conscious mind that creates hindrances. Rewire your brain through visualising that what you set for yourself IS possible, and it is possible to be achieved by YOU. Spend at least 20 minutes every day picturing in every detail how your efforts are coming to fruition. Add feelings, sounds, and scents to make the visualisation as real as possible. Your brain can't tell the difference between an actual experience and something vividly imagined. Feeding it with positive inspirations will create a bank of ‘future memories’ which your mind will then seek to make a reality. You will create your own custom-made ‘confirmation bias’ to work to your advantage. This image will align with the desires of your subconscious mind and propel you towards your goal.

- If the task at hand appears too overwhelming, split it into a series of smaller, more manageable steps. Ask yourself what could be the first action towards a greater goal that you could easily manage. Having succeeded with that task will give you inspiration and confidence to take on with another and then another. Even if your successes seem small at first, it is important to acknowledge them and give yourself due credit. Often, we tend to overlook the things we do well. Train your mind to appreciate your efforts and your achievements—it makes you capable of achieving more.
- Sometimes, what seems like procrastination is just ordinary tiredness. When you are worn out from stress, overwork, poor nutrition and the lack of sleep, you will be naturally unwilling to take on the world. Do not strain yourself to the point of burnout. Recognise when it is necessary to take a break and recuperate. Supply your body with enough water, nutrition, sleep, and exercise. You may discover that it was not procrastination but simply exhaustion that was holding you back.
- If you feel that you are lacking a certain skill or a set of skills to manifest your Purpose, set aside time

to discover what it is you need and how you can learn it. We live in an era where education is always attainable no matter what your level of income is. There is a wealth of free information available online through apprenticeships or a skills swap. If your lack of knowledge is holding you back, you can decide to change it right away. Some people never graduated from college but it did not hold them back. They taught themselves and went on to become inventors, millionaires, and bestselling authors. Do not let your past limitations or the lack of experience affect what your future life is going to be.

As was explained earlier, it is generally not a good solution to uninstall apps from your phone or set up website blockers to keep yourself on track. Simply disabling notifications is enough. Resorting to blockers sends a signal to your subconscious that you are not in control of yourself. If such a message keeps being sent to your mind every day loud and clear, eventually you may start losing control in other areas of your life, too. If you pose yourself like a child who can't be trusted, before long that will become your reality.

Treat yourself with consideration. If you keep ‘getting distracted’ by your phone, browser, social media or whatever else, do not angrily dismiss it but instead go into meditation and have an honest conversation with yourself. Find out what drives that behaviour. It can be fear, loneliness, sadness, insecurity, or any other inner shadow asking to be resolved. It is healthier to take steps to remedy the underlying problem than to try to shun the symptoms.

Once you are aligned with your passion and Purpose, the outer distractions will lose their appeal. When you have clarity on what serves your mission and what does not, you will have no difficulty going without checking your phone, saying ‘no’ to irrelevant party invitations, and focusing on what matters most. You do not need to force-motivate yourself to do the work aligned with your highest values. The more you move towards living your truth, the sharper and more effortless will your focus become.

PART 4



The image features a dark gray background with a white diagonal line running from the bottom-left towards the top-right. A thick, dark gray diagonal band is positioned above the white line, creating a layered effect. The text 'EMOTIONAL FREEDOM' is centered in the lower half of the image.

EMOTIONAL
FREEDOM



PASSION AND DESIRE

Do not be misled into thinking that desire leads to suffering, or that you should eradicate all desires. This is not true. The force of Desire is your mental ignition mechanism. You need it to activate your Will, to stay on track and make positive changes happen.

The warrior strives to develop and strengthen his desire and his Will equally. The combined energies of both can bring about a powerful transformation when channelled towards the right goal. Desire is one of your divine weapons against the Shadow. Just like any weapon, it can become destructive when mishandled, though.

There are three kinds of desires, but only two of them can lead to defilement and suffering. The best choice is to avoid the first two types and to pour all your energy into the third, which leads to strength, joy and enlightenment.

1. Lowly desires

Indulgence and overindulgence in the mundane matters such as food, drink, money, sex or entertainment that can easily grow into addictions that enslave the mind and ruin the body.

This level also includes the blind urges for retaliation while fuelled with anger, jealousy, or fear; the mindless lashing out that brings about spiritual darkness and tragic outcomes.

2. Egoic desires

The main egoic desire is arrogant domination over others. It often manifests through things like status, wealth, physique, or imposed authority. The unrefined ego is always self-important. It wants to be admired, adored and celebrated. Such impulses, when unsatisfied, trigger the pain of perceived unworthiness and self-pity, which put you out of touch with your true power. Feeling sorry for yourself means you can't shape reality in accordance with your Will and forces you into becoming a lesser version of yourself. That often leads to depression and losing a sense of Purpose.

The trap of self-importance can take different forms. Another one is an overwhelming urge to take what is not meant for you or to attribute to yourself other people's achievements in an attempt to become more 'worthy'. This desire is not about stealing someone else's property but rather attempting to live a life that is not aligned with who you are. This happens when you strive to become a singer, a doctor, a lawyer, an actor or an investor not because your soul yearns for it but out of envy for another person's success.

Taking what is not rightfully yours leads you away from your power and your truth. The feelings of guilt, self-pity, resentment and self-loathing intensified by the inner conflict are what keeps people trapped in the prison of hopelessness and pain. For this reason, many philosophers and sages over the centuries warned about the dangers of an untrained ego.

3. Pure desires

Turning your focus towards the pure desires guides you towards becoming a greater version of yourself. Following them increases your sense of happiness, fulfilment and mental strength.

Below is a list you can use as a reference:

- the desire to keep your body healthy and strong
- the desire to become a greater version of yourself mentally, emotionally and spiritually
- the desire to see your loved ones happy
- the desire to live in alignment with your Purpose and truth
- the desire to become a greater weapon of the Light
- the desire to be in harmony with the world
- the desire to help and protect others



HEALING GUILT AND DEFINING YOUR AREA OF COMMAND

Guilt is one of your main spiritual adversaries and the most dangerous trap. No other feeling is capable of enslaving you and keeping you low and voiceless the way guilt does. The warrior firmly refuses to let guilt take root in his mind.

If you did something wrong or unseemly, admit it and strive to put it right. If the opportunity to fix the issue is lost, accept it humbly and solemnly promise to yourself to take it as a lesson to be never repeated. All events, even the most shameful ones, are your stepping stones towards awakening and personal growth. If you had to go through it, it means there was a deeper reason for why it had to happen that way. Most of the guilt comes from the ego that wants to see itself as perfect and infallible and gets a fit if things do not go the way it wanted. Do not listen to the lies of the ego, you did

not come here to become its slave. What matters most is not what mistakes you did in the past but who you are striving to become and how much service you can offer to the world.

Contrary to what your ego may want you to believe, you cannot accept personal responsibility for things you have no influence over, such as your cultural or spiritual community (unless you are in charge of those people), your ancestors, your country or the entire mankind. Replace the toxic concept of guilt with a healthy idea of personal responsibility. Defining your area of command will give you both practical solutions and clarity about the strategies and remedies available. Accept responsibility only where your personal involvement played a role: things that were *done by you*, with *your help* or *through your negligence*.

It is not uncommon to feel guilt after a sudden or a tragic demise of someone close. In such a situation, many tend to blame themselves unfairly for ‘not doing enough’, thinking that they could have somehow changed the course of events if they had tried harder.

We must realise that no human has such power. A departure from the physical world means that the soul

had some deep inner reason for that to happen. That reason can't be influenced by other people's wishes or opinions. Do not let your ego fool you into believing that you have the authority to decide on the destiny of others. Meditate to free your mind from the feeling of false guilt; it does not serve you or anyone else. Part of becoming spiritually mature is learning to accept life's lessons. Sometimes, it may seem like someone we loved has departed too soon for our expectations; but we need to remind ourselves humbly that the other person did not belong to us. He or she went when it was their time. We do not know their soul journey, and we can't judge their choices.

The ego hates uncertainty and instability, so it will respond with anger and grief not only to the loss of a dear one but also when suddenly deprived of the position or the objects that it perceived as its status symbols.

Whenever you are in pain, remember this: mindfulness, awareness, and sincere prayer will lead you out of the darkest depths. These are powerful tools that can help you rediscover lightness in your heart and the ability to enjoy your life fully. Your compassion is not complete if it does not include yourself.



WINNING WITH FEAR

Often, it is not the lack of talent, knowledge or abilities that stop us from living the life we want or doing the things we love. It is fear. It is that ‘enemy within’ rather than limited opportunities that keeps many from living their Purpose. The tragic irony is that although this trap is hidden in plain sight, most people never realise it and blame their setbacks on external factors. The ability to discover what you are really afraid of is rarer than you think. It takes years of dedicated, mindful practice that is best done with a teacher.

Fear is the source of all mental weakness. To eradicate fear is to render yourself immune to nearly all the traps of the Shadow. The fear of solitude, the fear of madness, the fear of the unknown – they can all be ultimately traced to the fear of death.

That fundamental fear comes from the false notion of your entire existence being terminated at the end of this

current lifetime. Realising that you have lived for thousands of years and will go on to live for thousands more will give you the right perspective and provide you with a weapon against fear. Meditate on your true essence of Light and your immortal domain where you truly belong to set your mind free.

The greatest fear that often goes unchecked (while influencing your entire life) is that of going against your mental programming; the old familiar confines of self-imposed and adopted limitations. This sounds ridiculous to our conscious mind. It typically rejects the idea out of hand. How can you possibly be afraid of doing what you love and living the life you were born to live?

That is how the ego works, however. It craves safety, real or imaginary, and mediocrity usually feels like a safe place to be. Playing below your abilities and not standing out too much means that you are covered, hidden in the shadows, blending in with the thousands of others. A safe, mediocre, suffocating existence is the prison many people are locked in by their fear. To make it worse, fear brings down your energy and immune defences making you more vulnerable mentally and physically.

The solution is mindfulness and self-enquiry. As you may already know, mindfulness is not merely a calming exercise. It is a doorway to illumination, the sublime art of seeing and burning through the layers of mundane ‘dirt’ to reach the core nature of your being, the Te of the Taoists, the eternal Light within.

Becoming one with that essence gives you a unique perspective from beyond the human world. You realise firsthand the brilliance and power that are truly your domain. From that place of strength and stillness, there gradually emerges a profound understanding that changes the way you see the world and yourself. Once you are there, you do not have to push against your fears or fight to ‘overcome’ them; you simply dismiss them as laughable. You get to see them for what they really are—a storm in a teacup. And then, you are free.

Before you get to that level, though, there is a simple way to get the upper hand with fear. Whenever your courage is tested, remind yourself what you value most. Think of what you stand for as a person and as a warrior. Trust the Light to guide you and keep you safe. Remind yourself that the power that flows through you is much greater than any obstacle in your path.

If your determination is fading, appeal to the Light for strength. Remind yourself why this battle matters. You are never alone. The universe is all interconnected on the subtle level, and so your every step and every victory create a difference not only for you but also for the world.



CONQUERING ANGER

We live in a society that sees anger as unwelcome, threatening and shameful. Because of this, people are afraid of connecting with their anger or expressing it even when the situation calls for it.

It is true that when unleashed in an uncontrolled way, anger can lead to dishonourable and painful consequences, regrets and disgrace. This is the case with any kind of power, though. To tame and utilise the energy of our anger, we first need to understand it.

At its core, anger is of the same fiery nature as passion. It is the inner flame that keeps the warrior going forward and winning against all odds. It is the courage to show up, speak up, and speak out. Healthy anger arises spontaneously to increase our chances when the going gets tough. It gives us and others clarity about what is acceptable and what is not, and helps define boundaries. The fire of anger eradicates the paralysis of fear in challenging

situations, so we can better defend the people or things that matter to us. Anger is a very fiery, dominant, and masculine impulse. It blasts away stagnated energy and awakens the Root Gate (chakra) increasing its flow. When handled wisely, it allows you to become unstoppable and invincible, and to get things done. Welcome and appreciate your fire, then channel it to make it work for you.

Regular attempts to stifle your anger lead to developing the personality of a victim—a timid, apologetic and bitter push-around who expresses his resentment towards others in a passive-aggressive way. Frozen anger harms the body too, making it more rigid and prone to injuries. You will likely observe a noticeable decrease in flexibility if you deny yourself the opportunity to connect with that fire within. Resisting the fiery part of your nature hampers your genuine self-expression and brings your energy down.

On the outer level, stifling your genuine expression means that you will be forced into the circumstances that reflect the lesser version of you, and limit you even more. Saying ‘yes’ to things you mentally rebel against and remaining quiet where you should have spoken up leaves the door open for abuse and manipulation. And this is only one side of the coin.

As you have probably noticed, suppressing anger builds up ‘inner pressure’, which often leads to uncontrollable and dangerous outbursts. Apart from creating grievous consequences, such outbursts signal to both yourself and others that you are not in control and you can’t be trusted. That lack of self-assurance, the inability to fully trust your own self, is one of the worst kinds of disempowerment. It makes you feel anxious to do anything out of fear to take the wrong step. That state becomes a self-perpetuation trap since you never know when another violent fit may take you over.

For a warrior, this is not a place to be. He makes anger his ally by mindfully turning to it and understanding its true nature. He realises that its energy should not be suppressed but rather channelled in a positive way.

Not everything that we label as ‘anger’ is dangerous or bad. It is important to separate the two different manifestations of this impulse: fury and indignation.

The only voice worth listening to is the slow and steady flame of righteous *indignation*. This flame gives you tenacity, passion and fearless energy to move forward in alignment with your path. This experience is not a human emotion of rage but rather a soul instinct to put

things right. Its fire inspires you to perform actions of great honour and courage, to keep your head up and refuse to yield.

It is *fury*—its dark counterpart—that makes people afraid of connecting with their anger. Fury manifests as a violent explosion, a red mist that descends over your eyes and consumes your mind. Its spell takes away your capacity for rational thinking and self-control, often leading to tragic or shameful words and actions. An infuriated person is capable of hateful and violent acts, even towards his closest and most beloved, without realising it until after it is too late. This image of fury is what comes to the mind of most people when they think of anger. The possibility of suddenly finding themselves in that state, of losing all control, is understandably terrifying.

Luckily, there are ways of diffusing and disarming fury before it has a chance to take you over. What is important to realise is that any hateful agony of anger, although often directed outwardly, is at its core *anger with yourself*.

Other people or circumstances can serve as triggers or reminders, but they only activate what is already there. When you are trapped in a situation that feels imposed

on you, unable to live your life on your terms, denied the right to be who you want to be—self-loathing and resentment will inevitably build up within. Such a sense of powerlessness is one of the greatest tortures to the soul. When you feel particularly helpless and stuck physically or emotionally, your soul will release a bout of fury as an act of rebellion and to increase your chances in the face of the perceived danger. The more unsure you are about your position and your options, the stronger that impulse tends to be.

Being made feel powerless is a deeply humiliating experience. In an untrained mind, it creates a strong instinct for retaliation to prove your power and start feeling good about yourself again. Depending on the inner pressure created by resentment and self-hate, that urge can take monstrous forms completely out of proportion with the external situation and common sense.

Here is how to restore healthy energy flow through your mind. Create a map of how your fury operates. When you are in a quiet state of mind, make an honest list of the things that trigger anger in you. When the list is ready, study it to see what kind of power your soul believes you are currently lacking. You can do that by asking a simple question - *Why?* - to see the actual reason

behind those triggers. ‘Why does this person or that situation make me angry?’ The circumstances and the traits in others that irritate you most tend to be accurate reflections of your inner shadows.

Here is one common misconception to avoid, though. Those qualities are *not* necessarily the exact copy of your personal shortcomings (such as when a liar can’t stand other liars and a cheater gets infuriated when cheated upon). By ‘reflections’ you should understand the areas where you feel your personal power is lacking: something you haven’t quite mastered yet or were not ready to tackle until now. A common pattern is to get annoyed when someone points something out to you that you already dislike about yourself but haven’t yet put right.

By realising that you are doing your best, and developing respect for your efforts towards becoming an elite version of yourself, you will diffuse a lot of piled-up frustration. Find out what areas still need work and start taking action. The joy of seeing your steady progress and sensing your strength growing will naturally turn you into a much happier, calmer, and self-assured personality. As your clarity increases, you will realise that you do not need to react to everything other people say or do. Your time and energy are precious. Choose your battles wisely.

In the Appendix, will find an ‘emergency toolkit’ for quickly diffusing undesired anger and getting it under control.



HAPPINESS BEYOND PAIN

1. Pain as a Path to Awakening

The old doctrines saying that we ‘must endure pain’ have been clouding our perception for too long. It is time for us to shake them off and step towards our spiritual mission, free from fear and suffering. Here is a simple truth: pain is *not* an indispensable or necessary part of our existence.

On a deeper level, painful experiences come as a sign of ignorance of the universal laws. Living your life without awareness or a ‘spiritual terrain map’ is very much like walking around with your eyes closed. Sure enough, you would bump into trees, fences, other people and might even stumble or fall into a hole in the ground. If you blindfolded yourself on purpose then tripped and got bruised, you would know that it resulted from your actions and not some mysterious ‘divine punishment’.

Ignoring the universal laws has a similar effect on our lives. Not knowing how to choose your course and living without a moral code will naturally result in trying experiences that will come as lessons.

When a child touches a hot object for the first time and burns his finger, he learns the properties of heat without concluding that the universe is a hostile place. Such bitterness can come about in the later years, though, when an unlearnt lesson keeps repeating itself without you realising what is happening or how to fix it. Following the simple steps from the Codex will help you gain clarity and make more empowered decisions.

Pain enters our lives for different reasons; the first one you can see as a wake-up call. This is the kind of pain your soul seeks out when it feels you have let the ego rule and lost your way. Your soul (the Emotional Mind) acts as a navigator and tries to alert you that you are losing touch with your truth.

There is a huge difference between living in your truth and living in your ego. The truth of who you are is eternal, confident, and wise, with the power that reaches beyond the confines of the mundane world. The ego, on the other hand, is fragile and finite, which means it brings about

limiting experiences, such as fear, jealousy, loneliness, and helplessness. Those feelings are like weeds that grow in the fertile ground of ignorance of your true nature. Because our state of mind dictates our perception of the world and the actions we take, internal shadows are quick to manifest in your actual life circumstances. And just like the physical light eliminates darkness, so the Light of your true consciousness drives out the shadows and weaknesses of the ego. Once you clear the negative mental patterns, you will be able to create your life in the most balanced, wholesome, and fulfilling way.

Over lifetimes, many have forgotten their true essence and started to see themselves as their ego-mind. And yet deep down we still know who we are. We sense our truth calling to us from the bottom of our heart even though we do not consciously remember it. The task of our soul is to navigate us back to where we belong, to the power and magnificence that is our birthright.

Here we encounter an obstacle, however. The ego's nature is complacency and stagnation, which are a deadly trap for growth. If you become your ego-mind and forget your mission, in some cases, your soul will need an external 'boost' to startle you from that mental slumber. Just like anything else in nature, we must constantly evolve

and move forward to stay aligned with the flow of life. Those who forget it receive a harsh wake-up call.

Think, for example, of people who achieved a high level of financial stability. Some of them, once comfortable, stop striving for anything more and plateau where they are. That stagnation often leads to depression, harmful behaviours, drug abuse, health problems and the general lack of meaning. Those with untrained minds tend to succumb to that onslaught of dark feelings and keep falling in deeper wasting their chance for a new beginning.

The warrior makes a different choice. He sees pain as a harsh but powerful ally on his journey to become who he was born to be. Pain offers him a source of motivation to move forward and take risks that he otherwise would be hesitant to take. It shields him against fear. The warrior accepts pain with humbleness because he realises that it brings an important message and a hidden gift.

Looking back at your own life, you may notice that it was the most difficult times—when being strong was the only choice you had—that helped you realise your greater potential and strength. It was then when you really grew as a person. Such hardships always had a meaning.

Pain has the power of loosening the stale status quo of the ego so that your true self can emerge. You were born in a particular country, at a particular time, and you have gone through certain experiences because your soul had chosen those circumstances to discover its potential and return to its enlightened state.

Commit to looking for your truth and becoming closer to it. Keep all your senses open to the signals from within and without, as the Universe is interacting with you to help your progress. You will find that what you are looking for—the clues, the nudges, and the information you need—will all come to you at the right time. It might be a book you open at a random page, news or a TV show, a random piece of conversation you overhear or a prophetic dream. You are never alone on your journey to mastery and strength; if you are open to accepting help, it will come. Following those clues, you will be able to navigate your course around the obstacles and traps that many people crash into head-first.

2. Pain as a Warning

Each of us came to this world to fulfil a special mission, a task only we can accomplish. If you are wasting your precious time trying to become a second-grade copy of someone else—because your family, acquaintances or peers told you that you should—your soul will try to bring you back on track.

Only following your own unique path ensures that you will serve the world in the best way possible and be suitably rewarded for it. This is because it is the path of aligning the closest with your Blue Dot.

When you try to do something that is not in tune with your truth, you will find obstacles and hardships piling up to bar your way. It will look like a constant uphill battle with hardly any rewards. Even if you manage to achieve your ego goal in the end, it will bring you little satisfaction as the price tends to be disproportionate to the gains. Deeply felt contentment, strength, and peace of mind come from being honest with yourself and honouring your truth.

This happens because, in the eyes of the Universe, you are trying to ‘steal’ something that is not rightfully yours. It is like trying to swim upstream—not only will you have

to make a huge effort to move forward, but you will be constantly bombarded with the twigs and other debris carried by the current. On the other hand, if you decide to trust the flow of life and go with that flow rather than against it, you will find yourself being supported and protected, guided to where you need to be.

This does not mean having no vision or Will. Going with the flow of life means becoming attuned to your *real* life mission and turning away from the fake goals imposed by society. Chasing fake goals will never result in true happiness and fulfilment even if they sounded great at first. It is like wearing clothes that do not fit: no matter how expensive they may be, they will still be uncomfortable.

This type of pain appears as a ‘red signal’ encouraging you to stop and reconsider where you are going. Listening to its message can save you years of disappointment and wasted time.

3. Pain as a Reminder

Apart from the pain that your soul attracts in its effort to learn and awaken, there is also another type that is brought about through the ignorance of the ego. This pain is a reminder to stay mentally awake and not let the illusions of your mind take over.

Not many people have mastered the art of mindfulness and being happy in the moment. Often, we imagine that our happiness is bound to the future or the past. We see busy people who dream of being happy when they retire, only to discover that when that happens, they become depressed and miss their active life. You may know families where the parents have looked forward to being free and happy when their children had grown up, but as soon as the children leave, they feel empty, lonely, and bitter.

Never make the mistake of thinking that outer circumstances or some other time except the present moment can make you happy. If you attach your happiness to people you know or the objects you possess, you will set yourself up for a disappointment because people and things change; they come and go.

Learn to feel sincere gratitude for what you have got and develop trust in your intuition. Happiness is not a goal to be achieved but simply a side-effect of you living in tune with your true essence and fulfilling your life mission. The closer you approach your Blue Dot position the happier and the more liberated you will feel.

It is not the actual reality but the gap between the true state of things and the toxic expectations of the ego that causes us pain. The more we get aligned with what is happening in the moment and bridge the gap between reality and our expectation about it, the calmer and more pain-free our lives will become.

This category also includes the pain of bereavement or loss. We are taught to believe that such suffering is an inevitable consequence of being separated from someone we love, but it only seems that way from the mundane perspective. True love transcends the boundaries of time and space and is never possessive. However, when our consciousness is asleep, the ego smugly slips in its place. It then tries to compensate for its inherent insecurity by creating an illusion of ownership and control over others.

The untrained mind tends to develop a clingy, possessive attitude towards the people we love. The ego readily

forgets that they are sovereign independent beings. It likes to see them as its 'property' and tries to influence and manage their lives. This tendency becomes especially obvious when the other person leaves against its will or passes away. The shock that the ego experiences can turn your world upside down.

It is important to remember that the emotional hell you may be going through is not who you are. Your true essence is calm in its wisdom, like the sun that always shines above the clouds. Those clouds are dark thoughts created by the unrefined mind. The more you learn about yourself and the more you embrace your higher essence, the easier it will become for you to disassociate yourself from those thoughts and restore your balance and inner peace.

Departing from the physical plane is an inevitable part of our existence. When our bodies wear out to the point where they can't serve their purpose, it is time for the soul to look for an upgrade; much like you have to get yourself a new car if the old one is no longer drivable. By refusing to acknowledge reality you are not going to change what happened but only bring yourself down.

If you open the eyes of your soul, you will realise that our loved ones are always near, whether or not their physical part is still in this world. Listen with your heart, and you will feel their loving presence around you. When you learn to love someone unconditionally, you experience joy and profound gratitude that you were blessed to meet that person in your lifetime and share some of your journey with them. Sometimes, they can change your life forever, even if they had been around for only a short time. If you focus on mindful appreciation, you will find comfort in knowing that your loved one is still by your side. If you speak to them, they will hear you.

Another source of pain can be two crucial choices that we make in our relationships with others: our involvement and response. The common paradigm is to blame others for the way we feel. It can be challenging at first to shake this idea off, but if you want true freedom, you must resist the temptation to blame others.

If you feel hurt by how someone treats you—if you feel let down, betrayed, used, or cheated upon—the first step to reclaim your power is to remember that involvement with that person was your own choice. That choice might have been conscious or unconscious but at one point something inside you said ‘yes’ to that person being

in your life. Abusive relationships often come as a result of an overwhelming sense of guilt and the subconscious desire to relieve that guilt through punishment of some kind. This process is rarely registered by your conscious mind. Subconscious guilt is a more powerful adversary than fear and makes you open to being manipulated and used for other people's agenda. This is why it is vital to do a regular meditation self-check to discover and clear any guilt residue before it can take root.

Do not be harsh with yourself if you discover that you had let into your life people who did not deserve your affection and effort. You were not conscious of what you are doing at the time; judging yourself in that state is like judging someone who is sleepwalking. Forgive yourself for the past errors and look at how to fix them. The pain brought by the wrong kind of people is a reminder to wake up and start taking action in a positive direction.

Your second choice is the response you give. Do not allow other people to take advantage of you by giving them automatic, predictable emotional responses that they could use against you. By training your mind to stay calm, vigilant and in control you give yourself breathing space and the opportunity to choose your action

mindfully. This also will provide you with new clarity to navigate yourself away from painful outcomes.

If you are hurt by strangers or people you hardly know—in a situation such as a robbery, a curse or slander—it may indicate that your energy defences are too low. Your energy health works similarly to your immune system: it protects your system from the unwanted outer forces. When it is weak, you become more vulnerable. Repeated negative situations may seem like accidents to the untrained eye, but in reality, there is a pattern behind them.

Our true interaction with other people happens on the energy level, usually without us knowing. We make our opinion on someone from the vibe we receive from them even before that person managed to speak a word. Criminals, when asked what made them choose a particular victim, often admit that they were led by some ‘gut feeling’. If your personal energy is low, others can be subconsciously tempted to take advantage of the situation. Yet again, you have your say here.

Be watchful of your mental and emotional state. Reach for the Light within and try to become closer to the true, most elite version of you. Practise meditation,

energy workout, and unattachment daily. If you feel that your spiritual maturity is enough to dismiss pain as your teacher, you are free to do so at any time. The closer you align to where you are meant to be spiritually and emotionally, the fewer opportunities will pain have to appear in your life.

PART 5



The image features a dark grey background with a prominent diagonal line running from the bottom-left towards the top-right. This line is composed of two parallel bands: a wider, dark grey band on top and a narrower, white band on the bottom. The text 'SPIRITUAL CLARITY' is centered in the lower half of the image, rendered in a bold, white, sans-serif font.

**SPIRITUAL
CLARITY**



3 SPIRITUAL TRIALS

When you want to succeed in your mission, it helps to know the terrain you are moving through. The knowledge of the Three Spiritual Trials will help you assess what level of personal evolution you are currently on, as well as what lies ahead. It gives you clarity, confidence and allows you to measure your progress. Every Trial has its challenges and its rewards.

We do not always go through all three Trials in one lifetime, but it is a good idea to work towards completing as many as possible. You may be born with the first, or even the first two Trials already passed, which is a sign of an older soul. All people who come in this world have to go through the third Trial, though.

#1 The Trial of Fire

This level is somewhat similar to the Selection process in the Special Forces.

To many people, the Trial of Fire feels like going through hell. It forces you to face physical hardships and pushes you to your limits. You may find your safety compromised and your health at risk; struggle to make ends meet; be exposed to extreme conditions, abuse, homelessness, poverty, and violence.

While this sounds brutal and it often is, this Trial has a very important purpose: it awakens you to your power. It makes you fearless, impregnable and unstoppable. It shows you how to ignite the fire within—to transmute your anger and pain into the grim unshakable determination to push through. As the saying goes, ‘a calm sea has never made a skilled sailor’. You realise how strong you are only when being strong is the only thing you can do. By being brought to your lowest point, you realise that you are stronger than whatever life throws at you. You can and will change things around. As soon as you make this decision and start moving forward, the Trial of Fire is over and you have passed. Your life circumstances and

the way you see the world will start to change reflecting your new understanding and your growing strength.

The mistake to avoid during this Trial is becoming bitter, fearful or resentful. If you look with envy and spite at others who have already passed and whose lives are more comfortable than yours, you fail. If you let your fear dictate your steps, you fail. The goal of this Trial is to help you connect with the power within, and you can't connect with it while being resentful of the achievements of others. The universe is in no hurry, so you may find yourself trapped on this level for many lifetimes until you reconsider your approach.

Look at those who have already passed as your inspiration and your brothers and sisters on this quest. Being at the beginning of your journey does not mean that you are 'less worthy' or your gift to the world is less important. Quite the opposite. The power that you carry dormant inside you is what the world desperately needs. Do not let your ego label you with a 'lower rank'. Think of yourself as a member of the spiritual Special Forces—it is not your rank that matters but the quality of your service and your contribution.

The Trial of Fire creates perfect conditions for you to break free from the confines of your old ego and discover humbleness, which is a gateway to true power. See your hardships as a furnace burning away all the weaknesses and impurities, leaving only what is truly yours. Your conditions are always tailor-made to match exactly what your soul needs.

The Trial of Fire is not a punishment. Just like participation in the Selection is voluntary and those who apply put themselves through it for a higher goal, your soul chooses to go through the Trial of Fire if it feels it would be the most efficient way to awaken you to who you are called to be. If your ego has grown too solid and stagnant, it may take extreme conditions to loosen its grip. It helps to develop a level of appreciation towards harsh teachers on your quest.

This Trial has no set timeframe. You are the one who decides how long it is going to last. The more you reconnect with the Light within, allow it to flow through you and start seeing this Trial for what it really is, the sooner it will be over. Your main challenge is to face your fear, step into the unknown and let yourself evolve into a new version of self that you have never known before.

#2 The Trial of Water

The Trial of Water tends to be less physically demanding and focus on the inner world instead. Typically, it comes after the Fire phase but you may also find that this is the first Trial you take in this lifetime. This level is popularly referred to as the Dark Night of the Soul.

In short, it makes you question reality as you know it.

It can bring feelings of intense sadness verging on despair, frustration and hopelessness when whatever you do seems pointless. You lose interest in things you once loved. Nothing seems to excite you or bring you joy. Your world is crumbling apart and you feel like you are alone in the entire universe. You start questioning what is real, and what is the meaning of you being alive. All the while, you are haunted by a strange inexplicable longing, as though you are meant to go somewhere, someplace you could call ‘home’, but you do not know what and where it might be.

This phase is surreal, confusing and dispiriting in many ways but it is usually much shorter than the Fire phase. The intensity and the duration of the Trial depend on the rigidity of your old ego—the stronger your old patterns, the more time you will need to shake them off.

The reward you receive from passing this test is profound spiritual awakening. Your vision of the self and the universe expands to a degree beyond what you could imagine. You may start observing spiritual phenomena, see or sense energy or have glimpses of the past or the future. This Trial helps you recognise and embrace both the physical and the spiritual part of you, and become whole.

There is a way of preparing yourself for this stage to pass relatively easy and quickly. Develop a daily routine of meditative practice, and strengthen your connection with the Light through prayer and contemplation. Having firm pointers to rely on—a clear set of values and the idea of what you stand for—allows you to get through the Trial of Water without experiencing its most troubling aspects.

In other words, if you start working on expanding your awareness consciously and naturally, your soul won't feel it has to deliver a shattering blow to 'wake you up'. The mistake to avoid on this level is resisting. The pain you are experiencing is the last throes of the dissolving old ego-story, the one that does not serve you anymore. Trying to preserve that outdated ego is what can make the suffering worse. If you become a willing and conscious

participant in the process of your transformation and find the courage to let go of your limiting concepts and old beliefs, your journey will pass much smoother.

You need to go through this Trial to put things in the right perspective; to understand on a deeper level what being human really means, what truly matters and what does not. It allows you to navigate through life with a new level of clarity, confidence and wisdom. In its highest expression, the Trial of Water is called to free you from the fear of death—by allowing you to experience your real immortal essence and become fully connected with it.

#3 The Trial of Air

The Trial of Air is an interesting stage.

Having conquered the physical hardships during the Trial of Fire and overcome the fears and confusion at the Trial of Water, at this level, your main challenge is to decide where to direct your newly found power.

While this may sound like a ‘high-quality problem’ to those who haven’t reached this Trial yet, the Air phase can be paralysing and frustrating. Imagine feeling inside you the power to help others greatly, and the knowledge that by doing so, you will not only change their lives

but also make your own journey into what you always wanted it to be.

All you ever wanted is right there in front of you, yet out of reach. It feels like you are locked in a glass jar and you do not know how to break free. The energy coursing inside you wants an outlet, an application, but you have no idea what to channel it into. You see a field of incredible possibilities in front of you, and you know that whatever path you take, you could make it a success. But which is the right one? You are worried that if you take the wrong turn, you might waste your time and energy, and ultimately fail on your mission. So you freeze. Meanwhile, the pressure to take action keeps building up inside, at times nearly driving you mad.

Those who fail this Trial can remain stuck in that dark limbo for years. The mistakes to avoid on this level are overthinking and stagnation. The challenge may be to choose between different paths that the conscious mind sees as attractive or to convince yourself that you are 'good enough' to shoulder the task you realised you were called to fulfil in this world.

The solution is to push yourself forward and keep moving, no matter how small your steps seem to be.

Refuse to entertain the thoughts that you may be not good enough for your mission or 'too small' to make it happen. Since you have been chosen for this mission, you are a perfect fit. Assess any lack of knowledge and experience required and start working towards filling in those gaps.

Remaining frozen in place would not only cost you lost opportunities and steal the time of your life that could otherwise be joyful, meaningful and financially rewarding, but it also creates a possibility of slipping into depression and losing the reason to love being alive. This is why it is important not to linger on this stage for too long.

If you are unsure which direction to take, start from trying out different possibilities. By taking action, you will gain clarity on what feels right doing and what does not. At the start, this stage feels a lot like walking through a thick fog, where you can't see what lies ahead. Realise that you do not need to see the entire path but only the step right before you to keep going. As you progress, the fog will dissipate and your direction will emerge with increasing clarity.

The gifts of this Trial are the realisation of your Purpose and the power to succeed on your mission. It eliminates the feelings of depression and dread and heals you from the sense of unworthiness. Once you pass, you transform into a new empowered version of self with added energy, vision, zeal and an unwavering focus.

The Trial of Air is gaining increasing significance in the new era, which brings the vibrations of the element of Air and with it—a more urgent need to reorder our priorities and start making meaningful choices.



PASSING THROUGH THE TIME GATES

The moment when the Earth makes a full circle and returns to the position it was at when you came into this world, is a very special one. Symbolically and energetically, this is a moment of your rebirth. Your birthday creates a blueprint for the year ahead. It brings the potential for spiritual renewal, increased mental agility, charisma, vitality, and inner power. But it can also create a self-destructive program of low vitality, confusion and ill health. The program you set in motion depends on how you choose to spend that day.

The month coming up to your birthday is when your life energy tends to take a dip, so plan in advance not to overstrain yourself. Schedule the more demanding projects for after your birthday, when your energy peaks again.

1. The actual day of your birthday is a very sacred and vulnerable time: it is when your life energy resets and renews. Ideally, you should spend it alone in mindful contemplation, focusing on purifying yourself physically and mentally. Throwing a rowdy party overflowing with alcohol and junk food is a very bad idea on that day because it interferes with the process of renewal and programs your body and mind for weakness. It keeps you trapped in the same routine and gradually drains your vital force, which contributes to accelerated ageing and poor health. Unfortunately, it is currently a widespread habit to do so, and the results you can see for yourself.

The most empowering practice is to do a meditation around your exact time of birth. Set your new program consciously by visualising who you want to be and what you want to achieve. This small mindful effort will bring you great returns moving forward.

2. The second day creates a blueprint of your physical health, strength, and material wellbeing for the year ahead. It is a good idea to spend it in a way that would bring the results you want to see manifested

in your life, exercising, working on your business or projects that matter to you.

3. The third day is about friends and social life, and it is the best time for a birthday party. Holding your party then would mean giving your physical and vital strength a chance to fully restore while setting up a positive social impulse for the future.

The warrior does his best to ensure some privacy on the sacred day of his birthday and schedules any celebrations for the third day or later.

There are two dates of special importance when you can dramatically change the course of your life—Gate 33 and Gate 42. These are your 33rd and your 42nd birthday, accordingly. Take advantage of them.

The 33rd circle of the sun marks one of the great shifts in your vital energy. If you tune in to the new wave that is approaching, it will give you enhanced personal power, vitality, and creativity (as well as a youthful appearance) for the next 33 years. Enlightenment often happens around that date. This Time Gate is cyclical and will open again at the age of 66 and 99.

Special attention deserves Gate 36 (age 36,5). By that age, you must set your priorities clear and determine whether your loyalty belongs to the Light or the Dark Side. People who fail to align with their purpose and end up squandering their power, often get a powerful reminder at 36 to ‘get back on track’. That reminder can come in a form of an accident, a loss, or a serious illness. The course of your life and your affinity are usually set after that point and would be very difficult to change afterwards. It is worth approaching that Gate fully prepared to avoid its potential negative side effects. It returns for another check at the age of 73.

At the other Gate at the age of 42, another major shift occurs. It separates two distinct phases of your life: you leave behind your age of Youth and enter the period of Maturity. Enter this time with calm mindfulness, ready for the new challenges and opportunities ahead. The period of Maturity is not old age yet. It is your prime when after the lessons and errors of your youth, you are finally ready to truly step into your power.

Prepare yourself beforehand so that during your birthday meditation, you can more easily let go of your old limitations, outdated reactions and old paradigms. This moment is like being on a drawbridge gradually going

up. Your task is to jump over to the other end before the two halves of the bridge separate completely. Failure to do so will keep you trapped in your past and rob you of the opportunity to connect with and express your power.

You can do this interesting experiment. Observe the people you know who are approaching their early forties. You may notice that after the age of 42, some of them suddenly seem to lose the ability to process new information or adapt to new circumstances, even though they had no issues with this only a few years ago. Their way of interaction will start veering towards feeble and infantile. They may start prattling on about their past with nostalgia bordering on addiction, disinterested in participating in modern life. Often, their lofts and basements may become stuffed with old toys, comic books or other items from their childhood. Those are the signs of failure to remain synchronous with the flow of time.

On the other hand, you will also see people in their fifties or older who do not even look their age; they instantly learn and adapt to changing times. They have succeeded in passing the Gate 42. While appreciating their past, they never seem to look back—only forward. Their gaze is focused on new tasks, new achievements,

and new ideas. Their life continues to be a mission and an adventure, and they are enjoying every moment of it.

The choice of the Ariya warrior is to embrace the future, to keep evolving and stay attuned to the ever-changing world.



NEVER FLIRT WITH THE SHADOW

In recent times, it has become fashionable to openly show one's affinity with the darkness. The emphasis on ugliness and decay is encouraged as 'trendy' or 'cool'. Most people never pause to think who is spreading those trends and for what purpose. Following the principle of mindful choices and actions, you should always be aware of what you are doing and why. Presenting yourself a certain way and identifying with certain forces has a profound impact on your life for three main reasons.

Your conscious mind may be tricked into believing that styling yourself as a demon or a vampire is sexy or amusing, and has no consequences since it is 'only for fun'. However, your subconscious mind does not understand the difference between reality and play. It takes everything at face value. That means that feeding it the images of darkness inevitably shapes its compass to point in that direction. This process is gradual and very hard

to notice in yourself, but you can observe it more easily in others. A mask, once put on for fun, tends to grow in over time, eventually becoming one with the face. In other words, your inner stricture slowly reorganises to become what you once pretended to be. It does not mean that you would physically transform into a dark entity, but it does mean that your mind will start functioning in self-destructive ways.

This is connected to the second truth: what you surround yourself with becomes part of you. Music, images, ideas, people—whatever you continually expose yourself to shapes the way you feel, think, and operate. This is why, for your wellbeing and personal development, it is crucially important that you decide on those elements mindfully and deliberately. Treat your personal space as a piece of art in the making, where every element is called to serve a bigger whole.

Every time you find your mind wander aimlessly or your emotions sway towards things that do not matter, reclaim your control by consciously turning your thoughts and feelings towards the Light. With practice, it will soon become a natural habit, rewarding you with increased strength, confidence, and inner peace. It will

bring you much-needed comfort and calmness, especially during trying times.

The third reason has to do with the way the Shadow operates. You must realise that the Shadow is not an abstract philosophical concept but an actual force. Demons and negative entities are real, whether or not you can perceive them at your current stage of training.

Some people like flirting with the idea of being seen as ‘Devil’s spawn’ and expressing it through the way they dress, the music and other content they consume, and by scaring themselves with tattoos. Some take it even further, creating improvised altars at home and practising mocked magic rituals.

Such actions, seen as a harmless fashion statement from the human perspective, are received very differently in the spiritual world. The Shadow does not understand flirting. If by your thoughts and actions you are evoking its presence, it will answer the call. Do not fool yourself thinking that you can bargain with it or that you could use for your purposes the forces that you can neither control nor fully understand.

Sometimes, the Shadow will grant material rewards or minor spiritual powers to its servants-to-be to get their

commitment and pull them in deeper. Those bonuses always come at the cost of total enslavement later. No matter what temporary benefits you may enjoy, the end destination of that journey is always suffering.

The Shadow is interested in making people believe that practising dark rituals for ‘good purposes’ is fine and that there is, in fact, no difference between black or white magic because that division is only a matter of personal choice. This is not true.

The rituals acquire their potency through repetition and the energy accumulated in them over the years or centuries of use. That energy can be positive, negative, or mixed. By practising certain rituals and accessing certain powers, you become a channel for those forces to manifest through you. No matter what your original intention might have been, the energy that you regularly send out will shape your inner structure and dominate your mind. You surely can think of examples of people who set out with the desire to transform themselves and help others, only to turn from being the bright-eyed champions of the world to being cynical machines that leave destruction in their wake. (This is not a poetic exaggeration. To get a clearer understanding of how it works, you may want to revisit the Defilement of Spirit section.)

Once you get involved in such a process, it is nearly impossible to realise what is really happening and when you approach the point of no return. This is why the surest way to keep yourself safe is by simply staying clear of the danger in the first place. Do not use rituals and symbols the provenance of which you can't be sure.

Decide to stay away from the Shadow at all times. Avoid references to death and decay both in your clothing and your environment. Do not try dark magic or Ouija boards 'for fun'—*the Shadow will not see it that way*. Warn others when you can.

Some people turn towards the Shadow and openly display their affection for it because, deep down, they feel that they do not deserve the brilliance and power that comes from living in the Light. Their hidden fear is that they would be rejected if they tried and that there is no point in even trying. Their ego, in an attempt to keep them small, pushes them towards the darkness where their feelings of guilt or unworthiness can be matched. Careful self-examination and mindfulness can stop you from falling into that trap.

Because we belong and thrive in the Light, stepping (or being tricked to fall) into darkness usually causes

severe bouts of depression at first. That condition may last for years until the person has changed his course or until the transition is fully complete.

Many people feel a natural inner resistance to taking antidepressants—even though they may not be able to explain the conscious reason behind it. The reason is this. We can subconsciously sense that by numbing ourselves, we willingly give away our freedom and control. Not only may we become dependent on the drugs to function, but also, not feeling pain would mean that we won't have the motivation nor the energy to change our course. In effect, we may be wading deeper and deeper into our personal hell without realising it. You may now understand *why* depression is being currently positioned as a natural condition to be in, and people are encouraged to accept it and take medication to keep them where they are. Use your judgement before deciding what is best for you.

Although being affected by depression is a harsh experience, the most empowering move is to start taking action straight away, without waiting for the condition to become debilitating. Feeling depressed means that your soul is deeply pained by your current course and begs you to reconsider it.

Turn your thoughts towards the Light for protection and guidance, and sit with yourself to uncover what decisions (or the lack of them) your soul disagrees with, and what you should do to put your life back on track.

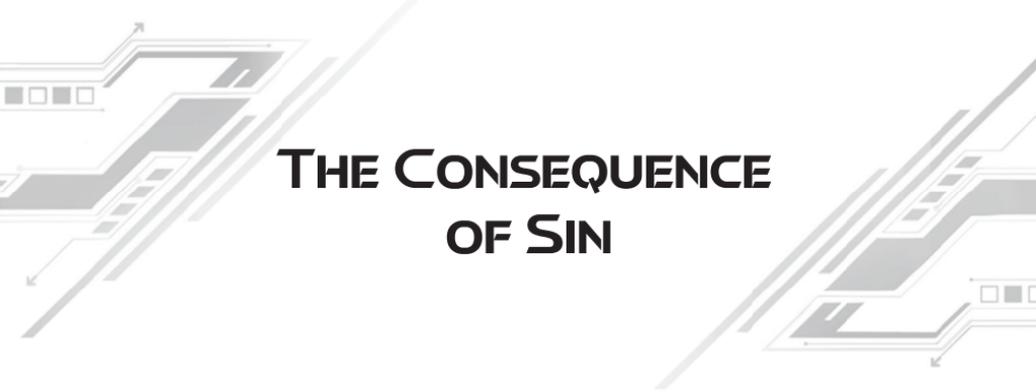
It is unquestionably easier to numb yourself than to come face to face with the wrong choices and beliefs that might have been there for most of your life. Mustering the courage to confront those shackles and to shake them off is a warrior path; not everyone is strong enough to do that without training and guidance. Help those whom you can help.

Lastly, if you are wondering why your personal development or defilement should matter and why you shouldn't be left to be devoured by darkness if you choose to, consider this.

Everything that exists in this world is interconnected. You are linked to other people and places by invisible energy links that permeate existence. Your choices, thoughts, and feelings reverberate through space and time, changing the energy balance on this planet and beyond. You actively contribute to the energy balance and direction of mankind.

By becoming a channel for darkness, you allow it to spread through you into the world and onto others. Turning away from your true nature and abandoning your soul mission not only has the potential to ruin your own life, but it also brings suffering and defilement to society at large. With every new servant, it becomes easier for the Shadow to manifest and operate here, causing more suffering and destruction.

As a warrior, you must strive to resist the darkness at every turn and curb its spread. This is your duty towards this world that is your home and also those who share it with you, now and in the future. Remember, what you do in life echoes in eternity.



THE CONSEQUENCE OF SIN

The Path of self-mastery and uncovering your Purpose is steep and challenging. Oftentimes, to break through to a higher level may require all the power you can muster.

The warrior is well aware of that, and so he stays away from attitudes that would diminish his energy and his inner strength. In the familiar terminology, such attitudes are collectively referred to as ‘sins’. They were elevated to a religious concept, which backfired when the religious path of development largely discredited itself. Here is the plain truth behind why their knowledge matters: you should avoid certain choices not because you might annoy some deity but because acting on them breaks you from the inside.

In our times, people are made to believe that virtue is an old-fashioned concept and that there is nothing wrong with indulging in every immorality and try as many ‘forbidden’ things as possible as a social trend. They

blindly welcome that lack of discernment as a sign of freedom and ‘social progress’, but the reality is different. The true reason behind the open propagation of vices is to disempower people and keep them small. When you are doing something lowly or unworthy your soul knows it, no matter what kind of lies your ego comes up to make it sound good. That inner conflict and guilt make one an easy target for manipulation. Those who cultivate their vices will not be able to rise to the level of warriors and heroes. They will not be able to firmly stand their ground and become the force for change this world needs.

In this section, you will find out more about the moral errors, what they are and what effects they cause. These are the choices that make you weak, erode your personal dignity, and make you into a lesser version of yourself.

Erroneous (self-deprecating) attitudes fall into three categories:

- Cardinal errors
- Self-sabotaging traps
- Personal sacrifices

All of them make you demean your Light and turn away from your true essence, leaving you weakened and energetically wounded—but to different degrees.

Turning away from the Light cuts off your vital power supply. Without it, you can't function to your maximum capacity and get enough energy to transform yourself into an elite version of you capable of serving the world greatly. Not living your Purpose brings about depression, self-loathing and destructive behaviours, which prompt a further downfall. Before you realise it, you could be on a downward spiral and in a lot of pain.

Being aware of those attitudes is like having an accurate map of a minefield. It will allow you to follow your Path more safely and effectively.

Cardinal Errors

While somewhat unassuming on the surface, this category holds the greatest danger. The Cardinal Errors are soul- and mind-destroying. A mistake made on that level can set you back for years or even affect your entire current lifetime. He who commits a Cardinal Error turns away from his true nature and the Light within. From that moment onwards, depression and deterioration on all levels will often follow.

The two types of choices that belong here can take different forms but their essence is one common cause: betrayal. Few things are as crushing and heinous, and will haunt you as much as giving in to that weakness.

Betrayal of self

The reason why this error is one of the most grievous ones is that it causes your own mind to turn against you, developing subconscious self-loathing. Whether aware of that or not, deep down, you will start resenting and despising yourself for what you did. That inner conflict will lead to circumstances that will demean you and pull you away from your Path. In other words, you deny yourself the

peace, confidence, fulfilment and joy that you might have lived otherwise.

The Betrayal of Self happens when you choose to settle, to follow the path of the least resistance and compromise your integrity. It is about choosing what is convenient over what is right.

This error has different degrees of severity. On a basic level, it happens when you choose a job you hate or a social circle that is below your standards. Such choices trigger self-resentment from your true self. That pain will slowly gnaw at you until you reconsider your ways (pain as a warning), and if you ignore it, it will start poisoning you from the inside and lead to mental decay. The good news is though that at that level, there is an option to change your course and break free before it is too late.

You can use your level of depression to gauge how far you have strayed from your truth: the more severe the symptoms, the farther you have veered. You will notice that the symptoms will fade and finally disappear as soon as you put yourself back on the right course. Depression is a sign that your mind is at war with itself. It is an indicator of unrealised self-betrayal.

The ultimate self-betrayal comes when you choose to settle with a person who you know is not the one. It could be because of their looks, their willingness to share your bed, convenience, the opinion of others or simply because of your hidden fear that you may not find anyone better. In any case, it is a deadly trap. Being with someone who is not your true mate will rob you of your personal dignity and, consequently, of your confidence, pride, and true power.

When you are forced to marry that wrong person, or when your relationship based on dishonest foundations produces children, you may feel as though a noose is tightening around your neck, suffocating you slowly, with no escape. This parallel is not an exaggeration. Marrying the wrong person or having children with them is a decision that you can never undo. It will permanently tie you down, even if you decide to walk away after a while. Just as with an external betrayal, you will never be able to fully recover your true freedom and your authentic self once you have committed this Error.

Remind yourself that a life of pain is too high a price for fleeting sensual gratification or social proof. It is like trading your entire fortune for a spoonful of sugar. The

sweet taste will soon fade in your mouth, and you are left with nothing.

You are a divine instrument of the Light. Be mindful what you spend your time on and whom you share it with. Make your inner freedom and integrity your highest values to base your life upon. Never trade them for the cheap amusements of this world.

Betrayal of others

If you betray and harm those who trusted you, there is no going back. Once a traitor is always a traitor.

Even if others forget what you did, or if you move to a place where nobody knows you, the shadow of your wrongdoing will follow you wherever you go. You will never be able to reclaim the purity and freedom of your previous self.

Always keep this in mind when making choices. No matter what the temptation might be, the temporary benefits from dishonouring yourself are never worth the price that comes later.

Self-Sabotaging Traps

By becoming an Ariya warrior, you leave the human concept of destiny behind and become a creator of your reality. As your power increases so do your potential to influence the world and your responsibility. You may notice that any mistakes you make now tend to rebound on you harder than when your consciousness was asleep.

Mindfulness and self-control become of increasing importance as you move forward. Being aware of the self-sabotaging traps will allow you to make better quality decisions while preserving and growing your power.

Similarly to the Cardinal Errors, these acts of misconduct mean inflicting spiritual and emotional damage on yourself. They undermine your pride and dignity as a warrior and disconnect you from the flow of the Light. You can't be of great service to others by becoming less than who you were born to be, and so your soul (your subconscious mind) will start building up grief, anger and resentment in response.

A bitter mind creates a bitter life. The limiting circumstances can provoke even more anger, sadness and self-loathing, locking you in a vicious self-defeating circle.

In time, the repercussions of that mental struggle are likely to take their toll on your physical health, too.

Unlike the Cardinal Errors, though, self-sabotaging traps do not tend to have lasting effects unless repeated often. Once realised, they can be easily avoided and amended. You can change your course and reclaim your power at any point.

Remain a realist, too. Living in our world means that completely avoiding such slips is not always possible, practical or safe. Use your common sense when making decisions. The point is not to strive to become a utopian saint but to have full awareness about what you are doing and why, and choose your course consciously. The main goal is to prevent these errors from becoming addictions or habits.

Below is a list of self-sabotaging traps and their repercussions.

Promiscuity

Sexual energy is one of the strongest forces we have at our disposal as human beings. To cultivate your health and strength as well as your positive impact on others, you must treat this energy with respect. It should be only shared with someone special, someone you have a deep connection with on the emotional level. Without the quality of love, sexual energy can become dark and explosive. Having multiple sexual partners at once, partners who are married or in a relationship with someone else, or those who belong to the same polarity as yours makes your energy fester and deteriorate, affecting not only your own life but also contaminating those you are intimate with. It also weakens your mind and makes you a 'soft target' for the Shadow.

Refuse to spread contamination. The purity of your energy and your mind is one of your main assets on the quest towards spiritual liberation and inner power. You can't step into greatness if you degrade yourself on this most fundamental level.

Rage

As discussed in detail earlier, rage comes from the lack of self-control caused by an unresolved build-up of inner pain. A person with a strong and healthy mind may feel sad or indignant at the sight of cruelty and injustice, but he would not be swallowed by uncontrollable rage. Putting yourself in a position where you allow those outbursts to take place makes you vulnerable to shaming and manipulation from others. Remember, your state of mind and self-control determines your reality. On the physical levels, this type of anger tends to negatively affect the heart.

Larceny

Stealing promotes a sense of scarcity and helplessness, which shows an inability to provide for oneself. Apart from the points explained earlier, by taking something that is not rightfully yours you put another being in distress and pain. Even if they do not know who hurt them, the wave of their suffering and anger will ripple through the universe's energy field eventually reaching you with karmic consequences.

Deceit

Lying comes from feelings of inadequacy and fear (telling an untruth to avoid something or to encourage something to happen). Such feelings erode your personal dignity and your self-respect. Where there is no personal dignity, inner power does not flow. The fear of being found out makes you feel like you are walking on shaky ground and takes away your pride and confidence. Fear breeds more fear.

On the physical level, this attitude may cause problems with your voice and throat, occasionally affecting also the lower abdomen.

Greed

Greed comes from the fear of not having enough. At its core, it is a reflection of feeling unworthy of your power and thus not trusting yourself to be able to create a reality that would support your needs. Simply put, greed comes from fear and the sense of helplessness, and it sustains and encourages those feelings. It tells the universe that you do not have enough and won't have enough; the outer reality will adjust to reflect that state of mind.

Greed tends to weaken your immune, digestive, and excretory systems.

Envy

Envy comes from the lack of self-knowledge and self-respect, and the failure to appreciate your unique contribution to the world. The lack of confidence in your value brings the temptation to put someone else up on a pedestal and strive to copy them instead of looking for your own truth and greatness. There is no dignity in becoming someone else's shadow, and no happiness in owning objects that they own if you do not need them.

Envy tends to negatively affect stomach, liver and gallbladder.

Egoic Pride

This type of pride arises as compensation for feelings of inferiority and low self-esteem. A warrior is neither above nor below anyone. He knows that his power and abilities do not belong to him: they come from the Light and are granted him for the purpose of his mission. He deeply respects and values those gifts, but it never occurs to him to boast about what is not truly his.

Egoic pride and arrogance go hand in hand. Both of these denigrating attitudes block the flow of your inner power, alienate other people and make you an obvious target for the Shadow. Pride is the fuel that pushes defilement of the mind to defilement of the spirit. It is the dark selfish desire to bring others down in an effort to elevate yourself.

Egoic pride mixed with guilt creates a self-destructive ‘messiah complex’ which pulls you away from your path. It causes you to burn yourself out while chasing fake goals that are beyond the capability or the lifespan of one person. They do, however, sound very exciting to the ego because of the delusion of grandeur. ‘Eradicating X in the entire world’ or ‘making the whole world do Y’ are the examples of such faulty mental constructs. You can’t and shouldn’t attempt to take personal responsibility for the entire world. There is a reason why things happen the way they do, and other people’s choices should be acknowledged and respected.

The warrior strives to bring ‘a paradise on earth’ through being the best version of himself and creating a space to grow for others. Dreaming big is not a bad thing in itself but make sure that the grand visions are the true voice of your soul, not your ego (this can be done

through the Exemplary State, refer to the Appendix for instructions). Keep your work real. If you feel you have an idea of how to transform humanity at large, see what you can do for your family, your community and your country first. Only once you have achieved a satisfying degree of success, you can look further. This way, you will make sure that your efforts come from the place of authenticity and not egoic pride.

What can be initially confusing, though, is the fact that in the English language the same word is used to describe two very different emotions. Learn to make a clear distinction between the arrogant pride originating from your ego and the noble pride based on your true understanding of self. When the Greek philosopher Aristotle described pride as the ‘crown of the virtues’, he spoke about that authentic type of pride that comes from the deep and genuine realisation of your inherent value.

It is very easy to tell these two apart. Not only do they feel different in your mind, but also how they show up on the outside. Unlike arrogance which needs validation and spectators, self-respect is quiet and shines within the confines of your own heart. Noble pride is one of the cornerstones of personal dignity. The more you grow it, the more resistant you will become to all temptations.

Egoic pride tends to have a damaging influence on the brain.

Personal Sacrifices

Personal sacrifices are unrighteous behaviours done out of a sense of duty.

Due to the current state of the world, the warrior may be occasionally forced to resort to measures that he does not morally agree with. Naturally, it is best to avoid putting yourself in that position whenever possible. However, there may be certain situations when getting your hands dirty would be the best way you can serve or protect others.

The breach of your moral code, when done as a sacrifice, is not counted against you on the karmic score in the same way as a selfish act would. Those who make the hard choice while doing their duty are recognised by the universal forces. The true warrior never welcomes nor shuns the fight. He fights when he must to the degree that is required of him.

If your actions are truly unselfish and lead by your love for others, you won't have much negative aftereffect to deal with. The danger here is not to overstep the line.

A lower-grade application of this principle is a diet choice. The way our bodies currently function means that in many cases we are forced to take the lives of other beings—such as animals, birds and fish—to sustain our own. A vegan menu is not truly a solution because plants have consciousness, too. Besides, not everyone can function well on a plant-based diet, especially the Solar polarity types. Because your first responsibility is to provide for your body needs, sometimes you have to make a conscious compromise. Consuming meat as essential sustenance and with sincere gratitude for this gift of life brings your karmic burden to a minimal value.

Other examples of personal sacrifices include:

- Larceny
- Deceit
- Violence

For a warrior, resorting to violence is always a personal sacrifice, dictated by our times. In his everyday life, the warrior is peaceful and humble. Nobody needs to know how dangerous he can be until being dangerous is the only choice he has.

In an ideal society, a reprimand might be enough to make someone amend their ways; in our current world, though, no peace could be guaranteed if the armed forces relied only on ‘thoughts and prayers’. Beware of those who preach utopian meekness. As an old saying goes, ‘Love everyone, but never sell your sword’. If we want to eliminate violence for good, making ourselves defenceless is not the way to achieve it. Instead, people must be educated about the principles of the Light and shown ways to achieve personal enlightenment, inner peace and liberation. In an enlightened society, there is no place for hatred and rage. A warrior spares no effort to help this better world happen sooner. He educates, protects and leads by example.



4 SOCIAL DYNAMICS

Society as a structure is focused first and foremost on its own needs, without much consideration for the benefits of its members. This is worth keeping in mind so you know when it is best to step away from the commonly propagated paradigms and beliefs.

One of such strongly enforced social attitudes is the pressure for mating. Society needs to sustain itself and to keep creating new hands for work. Thus, those who choose a solitary path are often made to feel inadequate and worse than the rest. They have to withstand negative social pressure even from those who call themselves friends. At any stage of our life, we are exposed to the predictable barrage of questions, such as, “Still single? When will you finally find a girlfriend?” then “When is the wedding?” and finally, “When do you plan to have kids?” Not only that, but there are also established timeframes within which everyone is supposed to complete the steps above.

Depending on your mission in life, following this blueprint may or may not feel right. You will know a strange feeling of cognitive dissonance that such a pressure brings. On the one hand, you know you did the right thing by staying true to yourself, but on the other hand, you are quietly wondering if there might be something wrong with you after all.

Contrary to the common social paradigm that says that absolutely everyone must get married and start a family to be a fully accomplished human being, the truth is that we are here on different journeys and for different reasons.

Each Path has its advantages and disadvantages you should consider before making your choice.

1. The Human Path

The first path is that of human companionship. By ‘humans’ in this context we mean souls who have not yet made a choice to become spiritually conscious. They have a materialistic view of the world and are preoccupied with the pleasures and challenges of the physical plane.

The human path has many benefits such as sensual gratification, financial support, safety, social proof,

providing relief from loneliness and a boost of self-worth (the subconscious thought being, ‘I *must* be worthy if someone wants to share their bed and their life with me.’) It is a popular tendency amongst humans to enter a relationship based on the perceived benefits, without proper consideration about who their partner is. The fact that this path falls into the popular paradigm and is readily available makes it the most common.

However, it is not a good fit for everyone. Entering this dynamic requires a lot of compromises in terms of values, dreams, and personal integrity. For a warrior, choosing what is convenient over what is right is the Cardinal Error #1, and a path to pain and misery.

Following this route may swiftly drag you down towards ‘a human life’— starting with a marriage to a person you hardly know and followed by a mortgage (and a hateful job to keep up the mortgage payments and children expenses), beers and TV on a Friday evening, and creeping extra weight as a result of trying to find comfort through alcohol and food. This path is most popular with those who have not yet awakened to their higher calling and who are disinterested in most things that do not bring physical gratification. Lower spiritual awareness

also gives them a greater capacity for functioning well in self-denial, a quality required with this social dynamic.

Unsurprisingly, most relationships of this kind are threatened by adultery. This happens not because the people involved are vile or immoral, but usually because their inner voice (their soul) keeps telling them that they are stuck with the wrong person and ‘must keep looking’. Of course, not everyone is aware of this voice, and some people are better than others at suppressing it.

A common side effect of human relationships is partners becoming more distant or even hostile to each other over time. Being with the other person starts feeling more and more like a drain, which may sometimes lead to estrangement or separation. This effect is so well-known that it makes the basis of countless jokes and memes.

Here are the signs that can help you recognise when you are with the wrong person. You should treat it as a red flag if shortly after entering the relationship, one or both of you:

- lose the sense of purpose and motivation
- become ill more often than usual and/or develop ailments that are not typical for your age and lifestyle

- develop a subliminal feeling of being trapped and the desire to break free
- have persistent bad luck
- show signs of rapid physical deterioration (weight gain, accelerated ageing, worsening eyesight or hearing)
- suffer from low vitality and/or depression

While single points from this list can be caused by a variety of other reasons, you should pay attention if they appear all at once.

2. The Middle Path

As people awaken and begin their journey towards aligning with their truth, they become more selective about who to share that journey with. No longer would they settle for anyone who is willing; instead, they look for a person who shares their values and resonates with them on the soul level.

This kind of relationship is more characteristic of Star persons—those who choose to step into their true power and become warriors in spirit. Stars generally find human relationships challenging because of their deep inherent longing for finding and living their Purpose. They sense

that to succeed on that quest, they will need someone special, strong and inspired enough to stand by their side.

The Middle Path dynamic is based on mutual respect, support, deep love and a genuine interest in the other person. Unlike human relationships that tend to deteriorate over time, a Star relationship strengthens and deepens as years go by. In large part, it is sustained by the Magnetic Bond—a type of energy interaction typical of Stars. That powerful energy link appears between two people whose spiritual energy is above the level of the mundane. Its influence is healing and invigorating, similar to being in love; although the Magnetic Bond is not a feeling per se but rather a sensation caused by the powerful energy exchange.

A drawback of this Path is that finding the right person may sometimes take a lot of time and effort. An added obstacle is the fact that not many people have clarity on what exactly they are looking for.

The main quality to look for on your search is whether or not the presence of that other person makes you stronger. Do they bring out your best qualities you did not even know you had? Does he or she inspire and challenge you to become a healthier, more successful, and

more empowered version of yourself? The right person by your side expands your life to the new depths of richness and meaning.

If you are a Star person (refer to Book II of the Codex or ARIYA Creed YouTube Channel for a more detailed explanation), your best bet would be to find another Star as your life partner. Unlike humans, Stars are very similar as a group and share an uncanny number of commonalities. You will know you came across another member of your tribe if after a short conversation with someone you have never met before you suddenly feel like you have known them for years. They are likely to have read the same books (focused on fantasy, business, and self-development), watched the same movies, and went to similar spiritual retreats as you have.

Because of the large number of such similarities and the inexplicable feeling of closeness created by the Magnetic Bond, many confuse other Stars with soulmates. There is a difference between a regular Star relationship (the Middle Path) and a soulmate relationship (the Higher Path), and it is important not to confuse the two.

Unlike humans who can shake off the pain of breakup relatively fast and even enter another relationship right

after the old one ended, a broken heart for Stars is a serious matter. Due to their heightened sensitivity and a different way of processing emotions, a heartbreak can lead to a devastating mental breakdown and suicidal urges that can sometimes take years to heal. This is why having clarity about how to recognise your soulmate is crucial.

A relationship with another Star can be healing and supporting, blessed with passion and mutual understanding on many levels. It does not mean that such a union is going to be always conflict and argument-free but it offers you genuine warmth, emotional healing, and opportunities to learn from each other. This is a wonderfully comforting way of going through life, and most look no further.

Just as with the first level though, this dynamic has its limitations. There is a certain group of people (they are older souls referred to as Great Stars due to their high energy level) for whom the Middle Path feels suffocating and a terrible waste of time. Because of the previous experiences through many incarnations, the old souls' desires and priorities lie beyond the material world. Their greatest passion is to find and serve their Purpose, and they believe that anyone apart their soulmate would slow them down on that quest. They reject the Middle Path

dynamic sensing that its complacency would bind them to mediocrity and prevent them from rising to the true heights of their destiny and power.

3. The Higher Path

Great Stars are the ones that need their soulmates the most. Because they are destined to do legendary work in this world, they need a partner who will be able to keep pace with them. Anyone except their soulmate will ultimately become a weight that slows them down, leading to frustration and resentment.

Great Stars have a different hierarchy of needs from most people. For them, serving the world and following their Higher Calling come first. Being bound to a non-soulmate person (even if they are beautiful, loving, and fun to be around) will trigger internal conflict, intensifying over time. The Great Stars can't follow the Middle Path.

Often, having invested a lot of time and affection in their partner, they become too attached to move on, especially if they do not know how to recognise a real soulmate. Being stuck in such a trap can trigger

self-destructive tendencies, so it is crucial to recognise it to avoid blaming the other person or yourself.

The language we use is not designed to accurately describe phenomena like a soulmate relationship, but you will find a few guidelines below to aid your search.

The main difference between a soulmate and an ordinary relationship is the profound inner transformation that it brings. Although every person who crosses our path changes us in some way, a soulmate awakens our true essence like no other person can. Their energy deeply intertwines with ours, so that you feel like your soulmate is always with you wherever you are. It also makes it extremely hard to be separated from him or her for any length of time.

Because of the universal principles of the Yin and Yang polarity, your soulmate is the other pole of the magnet that makes you feel whole. It means that they are always the opposite gender to the one you were born into. You might have heard some people propagating the idea of ‘multiple soulmates’. This is not true. You only have one soul, so your soulmate is unique.

A relationship with the soulmate is in many ways effortless. Unlike the lower dynamics, here you do not

need to fight or compromise to bring your point across—your soulmate feels and thinks the way you do. Talking to your soulmate feels like interacting with a male or female version of yourself. They are naturally passionate about things that make you feel alive.

Because of the deep level of connection that transcends this life and goes back to times immemorial, there is no question of unreciprocated feelings. Your soulmate has always loved you—even before you both were born in this life—and always will.

If you think you have met someone who might be your soulmate, but they do not love you back or they cheat on you, he or she is not the one. For a true soulmate, even the thought of being away from you or hurting you in any way would be torturously painful, and they will simply not be able to do it.

Being with your soulmate feels more than just being deeply in love—it brings the indescribable feeling of completeness and empowerment. This is the kind of fire that resurrects the phoenix from the dead. You will transform into a very different version of yourself. Your soulmate helps you awaken and become a greater power for good in the world.

4. The Diamond Path

Not all journeys can be shared. Not in every lifetime do we come across our soulmate.

The Diamond Path is a solitary quest. For some, it is the gateway to the highest brilliance, power, and self-actualisation. Some souls are on a mission so important for their spiritual evolution and the evolution of the world that they have to focus on it completely to the exclusion of everything else.

This quest does not always mean celibacy but rather the ultimate freedom from social bonds such as a marriage or a partnership. Once we connect with someone else, we lose our unique coherence. Our subtle structures become intermixed and interlinked with the energies of the other person, especially through sexual acts. In other words, we become a different being made partly of our former self and partly of our partner. This exchange can be supportive or ruinous, but in either case, it obliterates our pure original self.

A constant energy exchange with a partner can be comforting on the Middle Path and exhilarating on the Higher Path, but it can become a serious obstacle for those who aim higher.

Many spiritual teachers, sages, and genius inventors whose work has changed and influenced humanity for centuries to come, were on the Diamond Path. On certain stages, even friendships and simple social interactions can become a drain because they dissipate your energy and painfully slow down your progress. It is important to stay present though, so you do not become too used to solitude and addicted to it. Silence is necessary, but it is also necessary to generously share your light with others.

The Diamond Path is the hardest choice, reserved for those whose spirit is mature and strong enough to withstand its trials. For such souls, renouncing the worldly pleasures can pave the road to the ultimate clarity, empowerment, and illumination. In its highest expression, this choice is sometimes referred to as the Messiah Path for the transformation and the enlightenment that it brings.



4 STAGES OF ENLIGHTENMENT

Enlightenment is one of the core goals of the warrior Path. Contrary to the popular view, enlightenment is not an obscure spiritual myth but a very practical and achievable objective. Not only is it our natural state but that is how we were originally designed to function.

In simple terms, becoming enlightened means fully connecting with the Light, remembering who you truly are. From that perspective, you can have access to much greater clarity and power which helps you create a more joyful and meaningful life experience. Once enlightened, you embrace fully your dual nature of the material and the spiritual and become whole. That state effectively makes you resistant to many shadows of the mundane world such as suffering, anger and fear by taking your consciousness above them. It gives you many other advantages characteristic for the state of Flow: increased productivity, clarity, a sense of peace and laser focus. You

are also likely to unlock many psychic abilities such as heightened intuition, clairvoyance or improved manifestation skills. Your experience will be unique to you.

Enlightenment is not an event but a continuous process, a result of personal spiritual alchemy. Without it, we are locked in the confines of our ego and limited physical reality. Your first enlightened experience can be compared to the breaking of the seed coat for a plant or the cracking of the eggshell for a hatching chick. It is world-shattering, illuminating and liberating. You are never going to be the same as before, and your true growth begins from there.

Just like the fitness of the body is achieved in progressions, the training of spiritual strength can be divided into 4 levels that build upon each other.

1. Initiate (The Ego Witness)

This stage is about separating your sense of self from your ego and is spiritually connected with the mastery over the Present. You become an Initiate when you are able to watch the contents of your mind without being involved. You recognise when your ego becomes angry, jealous or self-important, resentful about the past or anxious about

the future—but you no longer become one with those feelings. They do not control you.

Witnessing your emotions becomes a lot like watching a movie: you can grab some popcorn and keep watching; flick through the channels to see other options, or even can walk out and find something else to do. In either case, you are not part of the movie.

You mindfully evaluate whether the current emotion is congruent with who you want to be and whether it is serving you in any way. If the answer is no, you direct your attention to something more useful or more enjoyable. You realise that trying to suppress unwanted thoughts or feelings is pointless because it only gives them more power. Instead, you train your mind to follow your lead and direct its attention to the goals that you choose.

Discovering your awareness beyond the ‘clouds of the mind’ allows you to become more relaxed, gentler and more self-assertive while saving a lot of emotional energy. You begin to move forward with focus and confidence, free from the shadows and limitations that your ego would throw at you otherwise.

The challenge at this stage is to maintain your awareness and not let the ego get back in charge. N.B. Even

after moving on to the higher levels, you want to regularly revisit this one to make sure you have achieved complete mastery because the ego has many sneaky ways of getting back in control otherwise.

2. Explorer

The Explorer stage is about purifying your Past through dissolving and illuminating its shadows. This stage allows you to gradually shed your doubts about the nature of reality. This dimension of freedom is a greater deal than may sound at first.

Even on the mundane level, doubt can create a lot of confusion and regret. Think back to all the opportunities you had lost while hesitating and doubting yourself. While you were agonising whether you should act or not, a person you liked might have started dating someone else or a promising investment opportunity might have slipped away. On the other hand, the fear of missing out that pushes people towards hasty and erratic choices is also born from doubt. It paralyses your thinking and puts you out of sync with the present moment. Doubt does not allow you to commit fully—be it a business

project, a relationship or a spiritual path—undermining your chances for success.

Spiritual doubt is a serious enemy of personal growth. While contemplating which system to follow, or even worse, jumping from one system to another, you remain stuck in place and waste the precious time of your life. If you are having unjustified doubts about your path, your training or your teacher, you block the flow of energy and deprive yourself of the opportunity to benefit from your practice fully. Minimise the impact of doubt by making decisive choices and standing by them. It is worth remembering that slow and steady wins the race. Even if you discover that the path you took was not for you, you will have gained important experience and overtook by miles someone who had done nothing.

Doubts originate from the ego. They are an expression of the ego's anxiety to 'look cool' and to get validation and praise. Your true consciousness is the domain of serene clarity. The closer you align to it, the more decisive, peaceful and streamlined will your thinking become.

This level allows you to transcend your ego and embody your true eternal essence, aligning your Will with the Will of the Universal Consciousness. It will give

you a profound, deeply felt realisation that the Light is in all things, including you. You will know with absolute clarity that the Light is goodness, life and truth. It has always been there and will always be. You will feel its radiance flowing through you, connecting you with the entire existence. You will know that the work you are doing is right by the measure of serenity and power you receive. The state of Flow will become more and more natural for you, making you more attentive, unstoppable and charismatic.

An Explorer is someone who has seen and felt the truth, connected with it deeply and yet occasionally still slips back into the limitations of the typical human mind-set. His transformation is already remarkable but not yet complete. **The challenge at this level** is to keep going and to fight off the temptation of complacency.

If you are a leader or a teacher—or doing any work for the betterment of the world—training yourself up to this level is one of the greatest gifts you can offer to your community. By becoming a true messenger and weapon of the Light, you become a focus of its power helping others develop and grow just by the virtue of your presence.

3. Commander

“Behind each triumph are new peaks to be conquered.” The Commander is the next step in your spiritual evolution when the miraculous phenomena from the earlier stage become your everyday reality. Your new view of the world expands and solidifies. This level challenges you to acquire mastery over your Future. Its gifts are exceptional clarity on your direction in life and confidence in the art of manifestation. You are now able to will and to command things into existence: what you wish for and think about tends to become reality in a short space of time.

Your mind transforms further until you become a truly sovereign being, free from the cravings of the mundane world. You have no more temptation to go back there. You haven't lost the ability to enjoy the simple gifts of life—good food, good cheer, beautiful surroundings, friendship and intimacy—but they lose their influence over you. You can't be pushed around or manipulated through those things; you are no longer motivated by them. Enjoyable as it is, the mundane entertainment appears more and more as a distraction. You are happy to let it come and go. In fact, you often welcome its absence as an opportunity to focus on something meaningful

such as your work or meditation. Your life becomes much more peaceful, purposeful and streamlined.

The challenge of this level is to fully accept who you are becoming and to embody your truth. At this stage, you will be confronted with one of your ultimate fears: the fear of your own power. Before now, your ego was playing its safety game by distracting you and keeping you small. But finally, it is forced to realise that your true greatness and power are beyond what it could ever imagine—and way beyond what it could ever hope to control—so in most cases, it simply panics.

You are likely to discover that it is not a new thing, though. That fear has always been there as a kind of background noise. It underpinned many of your choices and your actions over the years, even the way you spoke and carried yourself. It is just now it has finally come to the surface—so you can see it for what it is. Having mastered the Ego Witness stage, you will usually find this task simple enough.

The easiest way to calm your mind and get it to support your efforts is to infuse it with the idea that the power that flows through you belongs to the Light. It is guiding and protecting you at all times. This means

you are not going to suddenly lose control or become destructive. The Light is the source of your consciousness and life, and you can fully trust it.

The quest for personal power does not come from the ego as many people tend to believe. It is the voice of your true nature. You are a trueborn child of the Light—the eternal force that created the entire existence—and children take after their parents. Connecting with that power is not only your birthright but also your sacred duty towards all living beings. It is your true domain, always calling for you. By becoming a greater version of yourself, you can achieve more and help others more. Even simply imagining what embracing that energy would feel like stirs up something very special yet long-forgotten within our souls; a strange shiver that makes us inspired and alive.

The second part of your task will take a bit more effort. Having a clear realisation about what has been holding you back is a very important milestone on your Path, but by itself, it is not enough. This is because, over the years, that untamed fear sipped into any level of your being shaping the way you presented yourself to the world. There is a chance that the way you speak (your voice and the choice of words), the way you dress,

walk, and respond to people and situations — all those patterns were shaped by and in congruency with that fear. And even though you have found and eradicated the root they'd stemmed from, the old mannerisms and habits are not quick to go away.

Reminder: If you want to set yourself free, you need to detect and rewire all those behaviours to match the new, liberated version of yourself. To do so, create in meditation a blueprint of the most empowered and elite version of you, a person you would be proud to be. Notice how being in that state feels in your body and your mind. Imagine dealing with different life situations as this new you, becoming the main character in your 'mental movie'. Keep replaying these visions time and time again, until they become your 'future memories'—something that feels so real as though it had really happened. Gradually, start introducing those scenarios in your waking reality. As explained earlier, this may feel somewhat strange and forced to begin with, but with practice, this new attitude will become your natural style.

If you wish to live a meaningful, vibrant and fulfilled life in society, this stage is the pinnacle of your efforts. Here is when the previously trained mindfulness, freedom

from the ego, clarity and understanding the principles of existence—as well as impressive manifesting abilities—truly become part of who you are, and make your life peaceful and empowered.

4. Transcendental Being

The four stages of enlightenment can be compared to the key periods of human life: childhood, adolescence, adulthood and maturity.

The Transcendental level symbolises stepping into the highest expression of your spiritual and mental power and becoming one with the Universal Light. It connects you with Eternity. Arriving at this point of development is often marked with otherworldly psychic abilities, being able to see into the past and the future, spontaneous healing and other phenomena.

Very few people choose to access this level though, because of the price that comes with it. Becoming a Transcendental Being requires that your mind transforms to a degree where you can no longer relate to others and they can no longer understand you, either. Your interest in mundane affairs vanishes completely as you can see through the illusion of this game. In other words, you

evolve beyond what is traditionally perceived as a human being.

Although this stage—just like the ones before it—is part of the natural process of growth, achieving it takes a very long time and a lot of dedication. For this reason, getting there way ahead of others means a very solitary existence. Once you step into it, there is no going back.

Discovering the uncharted paths in eternity can be an interesting quest for the right person. But unless you feel a soul's calling to take this path, it would be more practical to pause for a while at level III.

Just like the Buddha famously turned away from the threshold of the ultimate enlightenment out of compassion and to guide others, consider sharing the gifts and the knowledge from your journey with the world. Our society needs conscious, awakened warriors who have the courage, the willpower and the strength to lead and inspire others. This transformation is not only possible and necessary, but the call for it is now more urgent than ever before.

The path to that goal lies through the conscious evolution and education of one person at a time. Do not try to convince others to do what you believe is right.

Start with yourself. Be the change you want to see in the world. Before long, the ripple effect will empower and inspire your friends and family; then their friends too; then countries and communities at large until we change the way our entire civilisation sees reality.

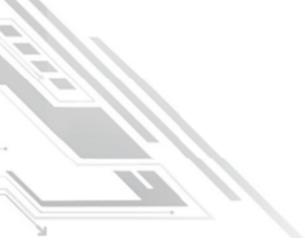
From that place, the place of harmony and personal power, we will be able to start building a new, better paradigm of living as the enlightened co-creators of our world. We will understand the true profound meaning of being human. We will become whole and become free.

APPENDIX





Simple everyday
techniques, meditations
and words of power to
support you on your quest



BLESSING GESTURES

Blessing gestures, as the name suggests, are hand movements that allow you to transmit energy into an object of your choice. They are commonly used for protection as well as for enhancing the properties of food and drink. Both variations are explained below. You can also watch demonstration videos on the ARIYA Creed YouTube channel.

Blessing food and drink

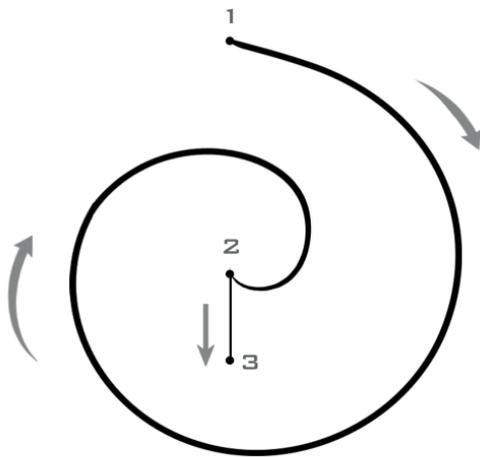
This ritual boosts the nutritional value of the food for your energy body. Because the functioning of your physical body depends on the strength and the health of your energy, keeping it well-maintained benefits all levels of your being. It is good to create a habit of performing this gesture before every meal, drink or snack.

Instructions

1. Make one sharp flick with your right hand to activate the energy flow. Visualise radiant golden light surrounding you. As you inhale, mentally absorb that light into your right hand until you sense intuitively that it is 'fully charged'. You may sense warmth or tingling at this point.
2. Place your hand palm down over the item that you want to bless. Keep your fingers together with only your thumb apart.
3. Focus on feeling genuine gratitude for this nourishment being available to you. Next, form your intent for the food or drink to become as healthy and nutritious as possible. [When you are more experienced with this blessing technique, you can program it with additional intents such as good health, longevity, deeper insights, greater clarity, more personal power, and so forth.] Doing so has the potential to improve your health or make you recover faster if you are ill.
4. While still focused on your intent, make one small spiral movement above the food or drink drawing a small circle in the air.

5. After completing the circle, exhale and slightly push down with your hand while visualising the charged-up golden energy flowing from your hand into the food or drink. This small pushing-downward movement should be sharp and quick, and your hand shouldn't touch the food.

If you have performed the ritual correctly, you will notice an improvement in the way your food or drink tastes. You can do the blessing multiple times if you are not happy with the result the first time round.



**BLESSING
HAND MOTION**



**THE SWORD
HAND GESTURE**



BLESSING FOR PROTECTION (THE SWORD HAND BLESSING)

The Sword Hand is a blessing gesture that can be used for protection as well as restoring your confidence, calm and clarity of the mind. It is a good practice to use it at the beginning and the end of any energy work. This blessing can be used on yourself and others as well as on objects you want to protect such as houses, cars and other valuables.

Instructions

1. Join together the index and middle fingers on your right hand, and hold them straight. The ring and little fingers should be loosely folded. Rest your thumb lightly on your folded ring finger. This hand gesture (mudra) is called the Sword Hand.

2. Performing the ritual for yourself: on inhale, draw a single clockwise spiral in the air in front of you with the Sword Hand. The spiral should cover your head and shoulders, starting from the point just above your head. The palm of your hand is facing your left.
3. When you finish the spiral motion, your index and middle fingers will be directly opposite your nose.
4. As soon as you reach that point, move your hand down in a straight line without pausing and stop in the middle of your chest.
5. On exhale, visualise golden light coming out of your hand and casting powerful energy protection surrounding you from all sides. You can see it visually in your mind's eye or sense it as warmth enveloping you. Focus on the feeling of being protected and develop certainty that it will be done as you commanded.

When blessing someone else or an object, the process is the same except the palm of your hand is facing outwards towards your object.

You will find that you tend to vary the spiral size according to the size of the object you are working with (a larger movement for a house, a smaller for a watch etc.)

and depending on a situation (a less obvious movement when you do not want others to notice). The actual size of the spiral does not matter. What matters are your concentration and intent. Your hand is simply to assist you with your task.



POWER BREATHING (FULL YOGIC BREATH)

This exercise will train your body for a fuller and healthier oxygen intake and improve your energy circulation.

Instructions

1. Lie on your back or sit down with your arms resting on your stomach just under your ribs. Take a few regular breaths so you get to notice your normal pattern. Now, begin the exercise breathing slowly and deeply without causing strain. (If you are practicing on your own, be gentle and attentive. Stop if you have any signs of dizziness or discomfort.)
2. On inhale, pull the air down to your abdomen first (if you are doing it right, your hands will be lightly pushed to the sides). Next, let the air expand your thoracic area—the middle of your lungs. Finally, fill

the top of your lungs (your shoulders and clavicles should naturally move). Do the entire process in one smooth wave with no pauses, slow-downs or speed-ups.

3. Exhale in the same order, pushing the air out of your diaphragm first and then going all the way up until your lungs are empty. Make sure that your exhale is smooth and even, too.

In some cases, you may notice that despite your efforts either the inhale or the exhale come out broken or constricted. Symbolically and psychologically, your inhale represents your openness to receiving grace from the world, and your exhale shows your willingness to share your truth and your gifts with others. By observing your breathing, you can assess your spiritual progress in both of those areas.

It is a good idea to track your exercise routine and any observations in a diary. Did you have to put more effort into your exhales or inhales? Were your breaths smooth and even, or did you struggle to overcome a shortness of breath? Tracking will allow you to revisit those notes later and see patterns, obstacles and wins.

N.B. Start with 3 minutes, and gradually extend the time when you feel comfortable to do so. Ideally, you want to train yourself to make this style of breathing your normal style.



EMERGENCY ANGER DEFUSION

The seven steps below can be used as your ‘emergency toolkit’ to help you stay in control in stressful situations that typically trigger an angry response. Practising them will grow your confidence and the ability to trust yourself. (You can print this list out and keep it handy for when you may need it.)

Instructions

1. As soon as you notice the dark fire stirring up, instantly relax your shoulders (by pulling them all the way downwards and then releasing). Make your breathing as deep and as slow as you can manage.
2. Remind yourself that the other person or a situation is merely a sign of an unresolved shadow within, a trigger that is powerless unless you give it power.

3. Your true goal here is to keep the upper hand. The way to do it is to keep your ground and not let the other person or the situation control your emotions.
4. The real battle is not between you and the other person but between your true self and your ego-mind. Show your ego who is the boss.
5. You are a warrior and a weapon of the Light; you will not disgrace yourself by lashing out like a child or a wild animal would do.
6. Your true power is beyond the confines of the mundane world. It is always there, even when dormant. By winning this battle, you are one step closer towards awakening it. Do not waste this opportunity.
7. While breathing slowly and deeply, give your mind the task to devise the best course of action that would benefit you and the other person the most. If you feel that removing yourself from the situation would be the best solution, do it.

If there is no time to reflect on things properly, and the pressure of anger is getting dangerously high, here is a more instant remedy. You have to watch yourself as your fury rises, and spot the exact moment just before it spills over. What was it? Find that particular thought, word,

phrase, or body posture that foreshadows the point of no return. It can be a bit of a challenge at the start, but have patience with yourself and you will get there.

For example, if during arguments, you notice that you stand in a certain way or say a certain phrase just before you explode, force yourself next time to do something completely different instead. If you realise that you tend to lower your head, next time, lift it high or tilt it to the side. If you tend to cross your arms, uncross them. If your voice becomes high pitched, lower your pitch.

This will allow you a little breathing space. Use this window to briefly explain to those present that you are in the process of training your mind and that you would rejoin them as soon as you are able, then quickly leave.

When on your own, let out the excess of fire by doing a set of physical exercises until you feel a satisfying level of exhaustion, or by shouting out the anger verbally if your circumstances allow. If neither of these actions is an option, take a piece of thick cloth (it can be a towel, an old shirt, or a couple of pillowcases) and dip it in cold water. Now, grab both ends and gradually start twisting them in opposite directions while breathing slowly and steadily. Focus your full attention on your breathing and

the twisting action of your arms. With every breath, feel the pressure within you subside to be replaced with stillness. Imagine your exhale as streams of fire, and allow the piece of cloth in your hands to absorb all that energy. (Remember to wash the shirt or the towel afterwards to remove the residue of anger from it.)

If you are pressed for time—and if your physical condition allows—the quickest and easiest way to release the excess of fiery energy and to calm down is doing the Thunderbolt posture. With this technique, you will be able to regain control in just a few minutes even in a very confined space and with no props. You will find a tutorial for this posture on our YouTube channel.

Every won battle will grow your confidence, self-trust, and the sense of inner power, bringing you closer to the person you are called to be. This is not only a gateway to personal success but also a step towards being of greater service to others.



EMERGENCY EGO COUNTERSTRIKE

If your ego gets too stubborn and keeps throwing fears, doubts, and negative thinking patterns at you, use these simple reminders to get back in control. They work for a wide array of negative emotions that threaten your inner equilibrium.

Instructions

1. Notice the negative emotion stirring up and acknowledge its presence.
2. Label it according to what it is as though you were cataloguing it. Give it a simple name such as ‘fear’, ‘doubt’, ‘insecurity’ and so forth.
3. Turn your attention to your breathing; make it deeper and slower. If the situation allows, practise Box Breathing for at least two minutes.

(Inhale—hold—exhale—hold, doing each stage to the count of four.) This gives you more control over your mind.

4. Remind yourself of what you stand for and of your core values.
5. Ask yourself, “Who would win if I gave into my fear or frustration now?” Consider the answer you receive. Is it in alignment with the person you want to be? How would the best version of you handle this challenge?
6. Think of those who rely on you staying strong: your family, friends, comrades or anyone else who truly matters to you. By letting yourself down you let them down, too.
7. Remind yourself that you are a weapon of the Light, a warrior on a sacred mission. You will not let your own mind sabotage and humiliate you. You are better than that.

You can finish this practice with another session of Box Breathing.

If you are not sure yet of what you stand for, who you want to be or what your core values are, use the guidance in the Codex to help you develop that clarity.



PERSONAL ENERGY HYGIENE

Given the energy state of our environment, it is becoming increasingly important to make sure that your personal energy field remains clean and strong. This will not only allow you to repel negative mental influences (bad vibes, energy attacks and jealousy from others), but it will protect your mental and physical balance as well.

Energy Shower

The potency of this technique depends largely on your focus. For this reason, you want to perform it within half a minute to a minute to make sure you retain maximum concentration throughout. If you do it correctly, you will notice instantly feeling lighter, more confident and more at peace.

Visualise a powerful stream of radiant golden light washing through and around you. Imagine all negative or stressful energy residue leaving your body and being dissolved into the light. Sense or see in your mind's eye how your aura is becoming brilliantly clean.

It is a good idea to combine this technique with a physical shower every night before bed. Removing traces of unwanted, tense or negative energy helps you to have a more relaxed and restful sleep.

The Energy Shower is also very helpful after travelling on public transport, being in the company of unpleasant or aggressive people, and before entering your home.

You can also adapt it to cleanse most of the items you buy (especially if they are second-hand and you are not sure of who the owners were) as well as re-tune some old objects that were bothering you. This will help you maintain a positive and harmonious vibe in your home.

The object-cleansing technique is the same as explained above, except you visualise an energy shower around the object you are working with. The size of the object does not matter. You can use it effectively on large buildings as well as on little pieces of jewellery. Some people tend to place smaller items on the palm of their

dominant hand for better concentration. Finish with the Sword Hand blessing gesture for yourself and for the object you have cleansed.

NOTE: Just like with any other energy work that involves sending energy, it is best to remove any metal ornaments such as bracelets, chains or rings before you begin. You may cause them to break otherwise. They also tend to obstruct energy flow.

Be aware that not everything can be cleansed and re-tuned that way, though. There are certain limitations that your local Realm Keeper could explain to you. While not knowing what you are dealing with, it is safer to leave the item that gives you a bad feeling even if it seems like a bargain.

Smile Meditation

This technique can help counteract stress by taking your mind and body out of fight-or-flight mode. It restores healthy energy balance, enhances your groundedness and charisma, and also makes other people respond to your presence more warmly.

You can use it whenever you feel stressed or overwhelmed to quickly relieve the pressure.

Instructions

1. Think of something that genuinely makes you happy or something you are looking forward. Allow your lips to naturally curve into a smile. Focus on that smiling energy so you can become aware of what your smile feels like for you. You can visualise it as a golden glow, shimmering glitter or rays of warm comforting light radiating from your lips.
2. While focused on the smile energy, visualise it spreading to fill your entire energy field. See yourself wrapped up in a warm energy cocoon, glowing and shimmering.
3. If you have tension or pain in any part of your body, send additional energy there. Simply imagine that it is flowing to the affected part of the body following your intent. Allow it to circulate there and throughout your entire being.
4. Invite the feeling of warm relaxation and serene gratitude similar to what you would feel sunbathing on a nice summer day.
5. Exit your meditation when you feel the time is right. Tell yourself that the smile energy will be

still circulating around you even when you do not consciously think about it.

6. Finish with the Sword Hand blessing.

The Mirror Shield

To reliably use this technique in real-life conditions, practice it a few times beforehand. Beginners' shields tend to develop cracks quickly and deteriorate. Your task is to make them solid.

1. Vigorously rub your hands together until they're warm.
2. Separate your hands and send golden energy out of your palms to create an energy ball in between them.
3. Every time you exhale, visualise the energy ball growing bigger and bigger until you can completely fit inside it.
4. Imagine that bubble having a mirror outside surface. It deflects any negative energy sent your way. You can mould it so it follows the outlines of your body rather than being round.
5. If you feel restricted or have a stifling feeling inside of the bubble, create two small openings: one at

the top and one at the bottom to allow your energy circulate more freely.

NOTE: If you have developed enough energy sensitivity, you should be able to sense your shield with your hand to check if it is in place. Practising this is a good energy-sensing exercise in itself.

Here is how to do it. Close your eyes and stretch your hand out, with your palm facing your body. Start bringing your palm back slowly towards you. You should sense a slight resistance as your hand goes through the shield. Do this exercise until the sensation becomes clear.

This is one of the easiest forms of personal energy defence against negative or damaging influences. If you have created your shield correctly, you will instantly feel calmer, safer, and more self-assured inside of it. It will protect you from being swayed by other people's emotions and help you keep your ground so you can make decisions with more confidence and awareness.

Despite the many advantages, energy shields shouldn't be worn all the time, unless your circumstances require that you do. Firstly, the basic type shields run on your personal energy and so using them constantly can be quite draining.

Secondly, they cut off the flow of energy that you normally exchange with other people, often making your interactions with them feel awkward and forced as a result. You can fine-tune your shield so it does let through positive and friendly vibes, but it takes some practice.

It is easier to put on your shield only when you are expecting a confrontation or are forced to function in a negative environment for some time. Once the event is over, switch your shield off. It is important to take down your defence consciously rather than leaving it to wear out by itself. Failure to do so often results in the broken pieces of the shield flowing in your personal field. Those pieces are typically still large enough to interfere with your social connections and drain your energy but not solid enough to protect you from negativity.

You can take your shield down using the Energy Shower or visualising the shield disintegrating into golden dust. Repeat the technique a few times if necessary until you have a sense of lightness and relief.



HOME CLEANSING

When the overall vibe in your home feels off, or when staying indoors makes you tired and irritated for no reason, the typical culprit is a build-up of negative energy. Most people never take care of energy hygiene of their environment, which results in a dense slimy ‘energy residue’ that can accumulate over the years. Once you develop your Extended Perception (using the senses of your mind), this issue will become particularly easy to notice.

That negative energy may be due to the geographic location as some places are ‘bio-negative’, meaning that their energy is not suitable for living beings. Working, living in or even regularly passing through such areas can be very draining. In the majority of cases though, the source of the negative energy at home is usually the inhabitants themselves. (You will discover the reason behind this and many other fascinating energy facts and astral safety techniques if you choose to train as a Realm

Keeper. For more information about realm Keepers refer to Book II.)

Whenever you feel emotions, they radiate from you in all directions like heat from a radiator. That emotional charge lingers for a while in your personal field—creating what we know as our ‘vibe’—then flows out into the world. The energy of strong emotions has a dense and heavy quality to it so it does not tend to travel far. Instead, it settles on the objects that you use and accumulates in the places where you live or spend time often. This means that over time your close environment—walls, ornaments and furniture—becomes saturated with your dominant emotional states.

What’s more, that energy stored in objects (especially mirrors) is radiated back to us and is subconsciously picked up by our mind. Because our mind works like a receiver, it tends to tune into the frequency it perceives and generate a similar state in response. This is why when you walk into a room where an argument or a tragedy took place, you may suddenly start feeling angry or sad even if you are completely unaware of what had happened. The opposite is also true: walking into a place whose owners are calm and happy tends to make you feel safe and uplifted.

Avoid keeping in your home objects and clothes that bring back the memories of pain, grief or other unsettling emotions. Remember also to replace your bedlinen after periods of heavy illness or depression and to get rid of the old set as soon as you can. More suggestions on decluttering are in the Enlightened Ownership section.

Signs of Negative Energy at Home

- The feeling of heaviness, sluggishness, dread or irritability when you are indoors; you feel like you do not want to be there
- Frequent conflicts between the members of the household
- Electric appliances breaking and short-circuiting even if they are new; lightbulbs keep burning out
- Pets becoming restless for no clear reason
- Plants withering or dying
- The occupants experiencing constant fatigue, increased irritability and bad health
- Unpleasant smells with no detectable source
- Mould, rot, leaks and parasitic insects such as ants or cockroaches appearing seemingly out of nowhere (you are likely to be experiencing astral interference at this stage as well)

Be especially mindful of mirrors. They absorb all energy they are exposed to and then radiate it back, magnified—unless you cleanse them regularly. This can become a real issue if they become accidentally charged with negative vibrations such as those of heated arguments, anger, jealousy, depression or stress. Mirrors can also be used as portals for astral entities, just like digital screens. Whether or not you are able to perceive astral intruders at your current stage of training, it is good to be aware of them and prevent them from entering your home. With time, you may be able not only sense their presence but also see it. Until then, accept this knowledge as a working theory.

Whether it is your home or a room you are staying at temporarily, it is worth taking care of. If you regularly infuse your space with negative frequencies (for example, anger, fear, envy, hatred and similar), it is likely to keep you stuck in those states. Such energy can also cause general restlessness, anxiety or frequent arguments with people living under the same roof.

The same caution goes towards the energy of lust from acts of self-stimulation for sexual pleasure. These should be kept to the absolute minimum and never done without the shielding energy screens. The reason for that is that the energy released in the process not only seriously

pollutes your space, it also makes it more challenging to break the porn addiction because it keeps seeping back into your mind. Last but not least, there is also a very real danger of getting on the radar of predatory non-corporeal entities, which are attracted by the lower sexual vibrations. Be careful not to let that happen. Such entities can range from annoying pests that drain your vitality to those that can put your mental health and even your life at risk, and they can be very difficult to get rid of.

A regular release of uncontrolled sexual energy can cause your space to be permanently invaded by an aggressive entity (such as a spectre, a ‘shadow person’ or a poltergeist—for more information see Book II) or multiple intruders at once. If you have ever stayed in a place infested with them, you know how much pain and havoc they can cause. Even smaller beings such as astral spiders or snakes are no fun to have around.

Most of those incorporeal parasites and predators have basic nature; they simply come to where they are fed. They are currently more active than before due to the build-up of negative energy globally, so it is your responsibility to keep your space clean and safe. Often, energetic cleanliness contributes to your wellbeing even

more than physical hygiene does. For the warrior, both the subtle and the material aspects are equally important.

If your home (or a new place you are moving into) has been energetically polluted to the point that astral entities have appeared, it is best to reach out to your local Realm Keeper or an Exorcist for help. Dealing with the aggressive forces of the astral world can be risky for those who are not trained to do so. If you need help finding a Realm Keeper or an Exorcist, you can reach out through www.ariyacreed.org.

Luckily, there are many simple everyday actions you can take to make your home a safe and peaceful place for you to live and work in. Try different remedies from the list below, choose what resonates with you most and practise them often. This way, you will avoid the pressure of having to deal with emergencies. Prevention is easier than cure. Positive energy repels astral parasites so not only will it shield your space from the incomers but also drive out those that might have already snuck in.

Make it a habit to keep your home clean, both physically and energetically. Unassuming as it is, this practice can have a huge positive impact in your everyday life allowing you to rest better and perform at a higher level.

Instructions

1. Choose a certain day of the week for your practice to help you make it part of your routine. Set aside enough time so you do not feel pressured or rushed.
2. Start with the physical cleaning first. Set your intent to spread protective influence through what you are doing. Imagine your home or your room as your personal stronghold. By giving it your time and attention, you are fortifying its walls.
3. Make sure that you are feeling healthy and well when performing an energy cleansing. Otherwise, it is better to ask someone else to do it for you.
4. Wear clean clothes and wash your hands well before and after a cleansing to prevent picking up negative energy.
5. Cleanse yourself energetically through the Energy Shower technique above and ask the Light for protection before you begin.

Smudging (Beginner)

One of the easiest methods to dissipate negative energy is the ancient practice of incense burning, also known as ‘smudging’.

The best incenses for this purpose are white sage, juniper, rosemary, dragon’s blood (which is actually a plant resin despite what the name might suggest), bay leaves, clove, and thyme as well as special monastic mixtures such as Tibetan Zimpu Snow Lion Incense. Check for allergies beforehand and use the option that works best for everyone in your home. If you have air conditioning, switch it off for the duration of your work. Incenses come in different shapes but sticks are the easiest and the safest for a beginner. Use high-quality incense that gives off pure natural scent if you want your smudging to be effective.

To start smudging, put your chosen incense in a holder and light up the end of the stick. As soon as the tip turns red, blow off the flame. You will notice a ribbon of smoke swirling up, which is what you need. You can use that smoke to drive off negative energy from your living space, pieces of furniture and even little household objects by putting them through the smoke.

To purify your home, walk with the incense burner around each of the rooms counter-clockwise while saying your favourite prayer or a mantra. A mantra can be a simple formula such as, 'I purify and seal this place with the power of the Light.' Thoroughly clean your bedroom paying special attention to your bed. It is a good practice to move the incense burner three times over your bed counter-clockwise.

When you finish, let the incense stick burn out by itself. Remember also to thoroughly air out your space to let both the smoke and the negative energy out.

Afterwards, you can burn a different incense that promotes positive and supportive energies, such as rose, sandalwood, orange blossom, cinnamon or frankincense. You can combine them with myrrh that works as a universal amplifier. (For this reason, never use myrrh in places with dark energy as it would make things worse.)

Music (Beginner)

Music has strong purifying properties. You have surely noticed how music can quickly change your mood. This is because its vibrations reset the energies of your mind and the space around you, and put them in resonance with the sounds being played.

The right music can be particularly helpful if you are dealing with a hostile astral influence because it inhibits the activity of negative entities. The best sounds to play during your purifying sessions are plainchant, singing bowls, bells and the flat bells 'bila' as well as traditional instruments such as crwth, selonging, nyckelharpa and tagelharpa.

There is a playlist of healing music on our YouTube channel, which you can use for this purpose.

Cleansing with Candles (Beginner/Intermediate)

Fire was known for its cleansing power since antiquity. Best candles to use are white or natural because the colour of the candle modifies the energy it gives off. The size does not matter; you can use little white tea candles, too. Beeswax is preferable but paraffin will do fine. If you want to increase their potency, bless the candles beforehand.

For a quick cleanse, take a new candle, place it in a holder wide enough so the running wax won't drip on your hand, and slowly walk around your home room by room counter-clockwise, starting from the entrance. Shield the flame with your hand as you move to prevent it from blowing out. Visualise the energy of the candle spreading out beyond your visible range and incinerating any dark energy residue. To make the cleansing more effective, recite your favourite prayer (mentally or out loud) and ask the Light for protection. Refer to the 'Prayers' section at the end of this Appendix for examples.

Carefully check all mirrors by slowly passing the candle in front of them. You may notice that in certain spots (usually in your front room, by your computer or near the TV) the candle flame may start to become jittery

or give off black smoke. Stop for a little longer in that spot and wait until the flame burns stable and clear. If the problem persists, return to the problematic area after you finish your inspection, put another candle there and let it burn out till the end.

Pay special attention to the corners of each room because this is where negative or stagnant energy tends to accumulate.

If you sense the energy in a room feels particularly heavy and murky, place in every corner of that room a single candle and let them burn out naturally. Do not leave the flame unattended due to the obvious fire hazard.

NOTE: If you are the only person in the household responsible for this, you may consider taking the Home Energy Protection course to learn how to set up energy shields and seal portals such as your broadcasting devices (smartphones, laptops, tablets and TVs) as well as mirrors. This would also save you time in the long run because a sealed space typically needs cleaning less often.

Water Cleansing (Beginner/ Intermediate)

If you do not feel connected to the Element of Fire, you can cleanse your place by sprinkling. A drawback of this method is that you will need to prepare or acquire some blessed water. For a beginner, the easiest way would be to get some holy water from a church that provides it. If you do not have such a source nearby or you do not resonate with the energy of a particular religion, you will have to make blessed water yourself.

Instructions

1. Take a bowl or a mug (any container will do as long as it is not plastic) and pour some spring water in. Do not use tap water—it is been recycled too many times and has too many added chemicals to be fit for this purpose. You can get bottled spring water from most shops and supermarkets or collect it yourself if you are lucky enough to have a natural spring nearby.
2. Take a few pinches of salt (sea salt is best but ordinary kitchen salt would work, too) and bless it with the food blessing gesture as explained above. You can recite a little blessing formula as well—for example,

“I bless this salt with the power of the Light, may it cleanse all negativity from my home.”

3. Add the salt to the spring water and do a blessing sign over it one more time saying your mantra again. Feel the golden energy from your hand flowing into the water and visualise the water beginning to glow. Your intuition will tell you when it is done. If you haven't developed enough energy sensitivity yet, hold your hand over the water for about half a minute.
4. Know that the water will be blessed according to your intent.

It is handy to have a special whisk or a spray bottle for sprinkling, but using your fingers is fine, too. Make sure to sprinkle all mirrors (you will need to wipe them dry afterwards), especially large ones, along with all corners of the rooms. Go gently on wallpapers, books and other objects that do not handle moisture well. You can also spray some water on a piece of cloth and wipe the surfaces where sprinkling would be tricky.

You can use the leftover water to water flowers or mop the floor; otherwise, discard it down the sink with thanks.

Energy Waterfall (Advanced)

Depending on your level of training, you may be able to cover your entire house or an apartment at once or you may have to work with each room separately. Consider protecting in a similar way your office, your dojo, your meditation hall or any other space that you use regularly.

1. Stand in the middle of the room or close enough to it and take a series of Tejas breaths. (You will find a Tejas breathing tutorial on our YouTube channel.)
2. Call upon the power of the Light and imagine a powerful waterfall of brilliant white and gold energy pouring into the room from above. Feel it descending in an unstoppable wave, forcefully washing out all the dark energy residue and debris, leaving the whole place radiantly clean.
3. Direct the stream towards a side of the room that faces outside where it won't bother your neighbours.
4. Right after the cleansing energy has flown out, reinstall all energy shields and seal the room with the Ariya symbol. (Energy shields and sealing are explained in the next section.)

Repeat once a week or as often as you feel necessary.



HOME PROTECTION

Keep your place protected and sealed against bad influences so that the atmosphere you create and the positive energies you invite into your home stay for as long as possible.

Outside negative influences can come from other people, the environment, or even the location where your house stands. Setting up energy protection around your home or a place you are staying in makes a perceptible difference in the way you feel, rest, and perform. It is typically much easier to fall asleep and have a restful night in a properly sealed space.

The techniques explained here are basic and suitable for beginners. If your situation requires more advanced methods, you may want to contact an experienced Realm Keeper for help.

Energy Shields

After performing a cleansing, seal your home with energy shields, working on each room separately. Refresh the shields every one to two weeks as they tend to fade out after that time. If you are new to this, best practice is to re-set the shields every couple of days.

The strength of your shields depends on
3 factors:

- Your focus while setting them up
- Your energy level (use the Tejas technique for a boost)
- The strength of your intent (to make the shields work, you must ‘mean it’)

Because a beginner’s mind tends to get distracted easily, perform the whole operation as quickly as you can to keep your amount of focus to the maximum.

Instructions

1. Stand in the middle of the room with your back straight. Close your eyes and bring your attention to your breathing to slow down your brainwaves.

2. Rub your hands together then separate them slightly. Send golden energy out of your palms and form an energy ball in between them.
3. Visualise it radiating warmth and infuse it with the sense of safety and protection.
4. Send the ball to each of the corners of the room (where two walls touch the ceiling or the floor). For a standard room, you will need 8 such spheres—4 for the floor and 4 for the ceiling.

[Once you become more experienced in setting up shields, you will be able to skip Steps 2 and 3 by simply visualising the spheres already being in the corners.]

1. Turn your attention to the golden spheres and imagine each of them shooting out rays of light towards the three adjacent so that they all become interconnected like an atomic structure.
2. Visualise those connecting rays unfolding into solid flat shields of energy, one coming from each side and closing in the middle like large metal blast doors (you can imagine them touching with a strong ‘clang!’). Do not forget to seal the ceiling and the floor as well.

When you are done, move to the next room and repeat the process. You can further fortify the walls and make them last longer by visualising the Ariya symbol on them. If you have set up the shields correctly, your space will instantly feel cosier, safer and warmer.

The Entrance Protection

This simple setup will prevent polluted energy from getting into your home when people enter it.

1. Stand outside the entrance you want to seal. Close your eyes and bring your attention to your breathing to slow down your brainwaves.
2. Visualise a thick energy barrier fitted onto the doorframe in front of you, glossy and smooth like a mirror. Its surface is continuously shifting and quivering like a portal.
3. Program the shield by imagining a person (or yourself) going through the barrier and meeting slight resistance. The shield lets them through, but all the negative energy stays outside and is dispersed by the mirror surface.

Just like other energy shields, your door seal needs regular checkup and renewal, typically once a week. You can add the Ariya symbol above the portal to make it last longer.

To check if your shield is working, close your eyes while still in the alpha brainwaves state and move your hand towards the shield then through it. If you have set it up correctly, your hand will meet slight resistance as it goes through.

Sleep Protection Shield

Sleep is a vulnerable state when you need more protection than usual. While we are asleep, negative vibes from other people have a much easier path to our subconscious. Once they lodge in our energy field, they can begin their destructive influence on our daily lives. You can prevent this by creating an additional set of shields around your bed every night before going to sleep or when taking a nap.

1. Lying down, visualise a strong protective shield around you and your bed in the shape of a pyramid, a box or a cocoon. Choose whatever intuitively makes you feel safe. Imagine that the shield is made of strong metal.

2. Visualise the Ariya symbol above the structure glowing with bright golden light before allowing yourself to drift to sleep.

You may be surprised by the difference this simple practice makes in the quality of your rest, and your energy levels during the day. You can also use this technique to protect the sleep of someone else if they ask you for it.



FOCUS-ENHANCING TECHNIQUES

The Focus Bubble (Beginner)

This shield follows the same rules as the examples explained above. Its strength depends on your intent, concentration and energy level.

1. Take 3 deep breaths and relax your body.
2. Visualise an energy bubble around you and your workplace—it can be your desk or your room—that is see-through but shines with a silver glow.
3. Imagine that what is currently inside the bubble is your entire world. Only what is within its walls matters and is real to you right now. Nothing outside of your bubble exists.
4. When you do not need your bubble anymore, let it disintegrate naturally or absorb it into yourself.

Space Programming (Intermediate/Advanced)

1. Sit or stand in a space you want to program for a specific purpose (e.g. your bedroom for better sleep, your office for focus and creativity, your living room for joy and relaxation, and so forth).
2. Pull the Light energy into yourself like for the Tejas meditation and allow it to build inside you.
3. Create a feeling you want to experience in the space you are programming; make it clear and strong. Imagine taking your desired action there with joy and ease.
4. On exhale, radiate the Light energy outwards and let it fill the entire room.
5. Know that it will be done according to your intent.

For best results, refresh the programming at least once a week.



THE EXEMPLARY STATE

This mini-meditation allows you to establish direct communication with your subconscious mind and ask it for guidance. This is very useful when you can't decide between two or more options and would like to make sure that the choice you make is congruent with your soul mission and your Path.

Instructions

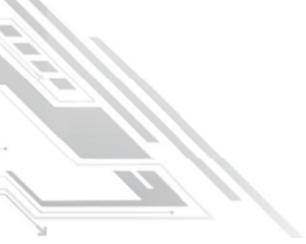
1. Sit in a calm place and bring your attention to your breathing to slow down your brain to alpha brainwaves.
2. Find in your memory a moment that fulfils the following three criteria:
 - a. You felt great physically and emotionally

- b. You were completely happy with your surroundings
 - c. You looked forward towards what was going to happen next (A typical example would be waking up on the first day of your school holiday, noticing the warm sunshine and looking forward to seeing your friends and going on adventures together.)
3. Step back into the memory and relive it fully. Bring back the sounds, the smells and the sensations of that moment. This is your Exemplary State.
 4. While in your Exemplary State, think of your question or a choice you are hesitating to make.
 5. Imagine making those choices and play in your mind's eye different scenarios while observing how you feel.
 6. The right path will bring a feeling of relief and lightness coming from within. This is your soul's way of saying 'yes'. Conversely, the sense of heaviness, dread or depression means that the idea comes from the ego, and your core essence disagrees with it.

You can finish the meditation as soon as you got your answer.

Occasionally, it may happen that your subconscious does not react positively to any options you suggest. It usually means that there is some other path that you haven't yet considered. Try to discover what it might be.

Originally, the Exemplary State was mean to be our natural way of living. By practising this meditation, you are training both the conscious and the subconscious parts of your mind to work together in synchrony. This will help you access the incredible wisdom of your subconscious mind, eliminate inner conflicts and become closer who you were born to be.



PRAYERS

The act of prayer is a sister practice to meditation and an important element of the warrior's mental toolbox. Although widely used by many religions, at its core, the act of prayer answers one of our deepest fundamental human needs—the need to come back 'home', to reunite with our true divine essence and break away from the tyranny of the ego.

When praying, we temporarily put our ego aside and connect with the force that is greater than ourselves—and the stronger the connection, the more you can direct that force according to your will. This is how through the act of prayer you can bend certain rules and patterns of the mundane world, the phenomenon commonly referred to as 'miracles'.

True praying is not about imposing your will on the world though. It is about inner alchemy and

transformation. Connecting with the Light, the Source of all things, grows your personal power and increases clarity, focus and mental impeccability.

Words in prayers are used as an anchor to help you stay on track and point your mind in the right direction. Technically, you do not need any specific words to pray. Having a prepared formula can be incredibly helpful though, especially at the beginning.

Below is a selection of tested and very effective Ariya prayers. When you pray, always create the feeling of relief and gratitude as though your request had already been granted.

Finish each session with the Sword Hand blessing.

The Ariya Prayer

This prayer is particularly powerful and effective in purifying and strengthening your energy. It is best to start your day with it.

Instructions

1. Stand or sit in a quiet place. Visualise a figure of light on the floor around you: a circle within a square, with one of its corners pointing forward.
2. Fix your gaze on the ARIYA symbol for a few moments until your mind becomes calm. Make your breathing rhythmical and relaxed.
3. Imagine that you are submerged in an endless ocean of bright golden light. Take three deep breaths. With every breath, visualise that you are drawing that energy in, and keep it inside.
4. Recite the prayer below, pausing after every line and feel your request already being granted. Imagine clearly what it would feel like if you already had what you are asking for.

*NOTE: Using your **real voice** is best. If you have to whisper, imagine your whisper reaching the furthest corners of the universe. You can also recite the prayer in your mind if your circumstances do not allow you to speak out loud.*

Holy Light, bestow me your power, make me your messenger and your weapon in this world. Let time be the vessel of your Will and every hour be the sender of your gift. I am ready.

By the virtue of the first hour, Holy Light,
Grant me the power over my reality.

By the virtue of the second hour, Holy Light,
Grant me the power to express my will.

By the virtue of the third hour, Holy Light,
Grant me strength on the path to victory.

By the virtue of the fourth hour, Holy Light,
Grant me the power to see through all delusion.

By the virtue of the fifth hour, Holy Light,
Grant me harmony.

By the virtue of the sixth hour, Holy Light,
Grant me peace.

By the virtue of the seventh hour, Holy Light,
Grant me the power to protect myself from all attacks
seen and unseen.

By the virtue of the eighth hour, Holy Light,
Grant me the power to heal.

By the virtue of the ninth hour, Holy Light,
Grant me the power to embrace my own immortality.

By the virtue of the tenth hour, Holy Light,
Grant me the power of divine love.

By the virtue of the eleventh hour, Holy Light,
Grant me clarity.

By the virtue of the twelfth hour, Holy Light,
Guide me onto the right Path.

Holy Light, bestow me your power.

Energy Cleansing Prayer

I ask the Light

To incinerate, erase and obliterate forever

All negative energy links, hooks and implants

From all the elements and levels of my being

And between them,

From all lifetimes and dimensions

And between them,

Instantly, fully, and permanently

By the power of Light.

The Light Prayer

Holy Light, bestow me your power
Let it flow through all of my senses
Every time I breathe in and out
Fill and fortify my defences.
With the power that I got given
I expel and banish all evil.
Holy Light, to Thee I now pray
May Thy power in my heart stay.

It is also an excellent practice to use the first line ('Holy Light, bestow me your power') as a mantra throughout the day.

The Protection Prayer

All that I desire

Bring to me.

Fill my heart with fire

Set me free.

Heal my soul and body

Holy Light.

Guide me and protect me

Day and night.

Sleep Protection

I pray to Thee, o Holy Light
Disperse the shadows of the night.
Bestow me strength and peace of mind,
Guard me from harm of any kind.
May all my dreams be bright and clear,
May all my worries disappear.
Protect me with your mighty shield
May all my pains be fully healed.
I pray to Thee, o Holy Light
Disperse the shadows of the night.



AFTERWORD

Your personal evolution is not only a vital investment in your own future but also your sacred service to the world. Become an Ariya—a future-ready warrior in spirit who consciously embraces his power for the benefit of all living beings.

The system outlined in this book will transform your mindset and the way you see reality offering you clarity, confidence and the ability to lead by example.

It will help you redesign your life in alignment with your soul mission and become the light that helps others see.

For more books, courses and seminars, as well as the ARIYA Mind Training bootcamps, visit www.ARIYACREED.org or find us on social media as @ARIYACREED.

ABOUT J. H. TEPLEY



Jay H. Tepley is a teacher, author, international speaker, and the founder-acarya of ARIYA Creed—a transformational warrior philosophy for modern times. For over 20 years, she has been helping her students around the globe to align with their true life Purpose, embrace their personal power and become a greater force for change in the world. Jay’s method, ARIYA Mind Training, is a unique system that combines ancient wisdom with recent scientific discoveries in psychology, quantum physics, and neuroscience. Jay refers to her work as ‘Elite Spiritual Forces’ training. Her books, including the Lightwatch Chronicles, are available worldwide.

