



THE TOTAL
WARRIOR

The Total Warrior

By Stewart Breeding

Dedicated to the brave men of
Bravo Company, 1st Battalion 504th Parachute Infantry Regiment 82nd Airborne Division
for being the greatest brothers, a man could ever wish for
“Greater love has no one than this: to lay down one's life for one's friends.”

Prologue Stairway to Heaven

In the Spring of 2002, I found myself walking the busy streets of Chicago, Illinois. I had spent the last ten years, after leaving the Army, circling the drain. Lost in alcoholism, addiction, and the constant distraction of my hormones. My few sober hours were spent on the Zen cushion meditating or crashing the party at any number of martial arts schools. If not that, it was banging weights at the dingiest, dankest gyms I could find. These were the few places where I found purpose, peace, stillness, and a momentary release from the war being waged over my soul since childhood.

I had become estranged from my family, having not spoken to my mother, father, or son for almost six years. My son had been born the day after I came home from Operation Just Cause in Panama, January of 1990, only weeks after two dear friends had been brutally killed in battle.

While I was still in the service, I had stumbled on a book “*Harmony of Nature*” written by a Master Aikido Instructor from Japan named Mitsugi Saotome. I had felt a tremendous calling to sacrifice everything and move to Sarasota, Florida to study directly under him. No one understood my motivations, including me. Especially since it required leaving my newly born Son. Nonetheless, the vast brokenness of my mind, heart and soul cried out for healing and the desire to dedicate my life for the sake of something I still do not completely comprehend.

After my tenure in Sarasota, around 1994____, I migrated to Nashville, Tennessee for yet another epic period of drunken debauchery. Not long after I found myself in Boulder, Colorado again to study Aikido, this time under Hiroshi Ikeda, senior student to Saotome Sensei. While in Boulder, I hurled myself into the mountains, rock climbing and mountain biking across the west in a feverish, suicidal charge of constant near death experiences. If I was not in the mountain’s, I was training two to three times a day, constantly experimenting with random combinations of weight training, Jiu Jitsu, boxing, Aikido and deeper levels of meditation.

As you would imagine, during that time I was incredibly violent, choosing to work in bars by night and gyms by day so I could “legally” beat up on drunkards and trade alcohol for cocaine and marijuana. I was spinning out of control, burning every bridge I could set

ablaze, until one day local law enforcement let it be known I was no longer welcome in Boulder County. I found myself once again headed toward a violent death, or a life of crime and incarceration.

A fresh start and a new town seemed to be my only outlet. When I arrived in Chicago I was at my darkest. I was suicidal, destitute and without hope. But as was normally the case, it did not take long to find a solid cocaine connection and a new favorite bar where I could inflict my pain on random, innocent bystanders just out for a night of fun and friends. Finally, after more than ten years of trying my darndest to kill myself, my wish was granted.

I got myself into a horrible knock down-drag out fight to the death in a rough and tumble bar in the WRONG part of Chi-town. I was hit so many times that my broken jaw had shattered into pieces on both sides. My mouth hung down near my chest swinging left to right like a human piñata, from repeated kicks to the face and head. My ribs busted and internal organs bruised and battered. I have vague recollections of arriving at the emergency room where I fell into a three-day coma from massive head trauma.

As I awoke and peeled back the glu-ish gunk that filled my eyes, I could not believe I was still alive. As I took in my broken body and rubbed the wires tightly closing my mouth, I noticed sunlight beaming through my window and shining directly on me. The rays beating through that window were so vivid and intensely white, you could see every particle of dust floating inside them. It was as though each ray encapsulated miniature galaxies, filled with stars, planets and moons circling in a cosmic dance.

My heart and soul were filled by the presence and the knowing that I had been pulled out of the jaws of death once again and saved for some unknown reason. Tears streamed down my face as I sat in pure and total surrender. In that moment, I knew God had intervened on my behalf. There was simply no other reason for me to still be alive. What I couldn't comprehend was, why? I was a horrible person. I had committed terrible acts of violence both in and outside the military. I was a drunk, an addict, completely and utterly, morally corrupt. I had turned my back and shook my fist at God in favor of Darkness and the bliss of Zen Buddhism.

As my body convulsed, snot, tears and blood poured down my face as I spoke from the deepest part of my heart and asked one question. "Why?" "What is it you want me to

do?” “I have nothing. I am nothing. If you want me to stay here Lord, then you have to help me! I cannot do this alone anymore”.

When I was released from the hospital, I had \$350.00 dollars to my name. My mouth wired shut for six weeks, my body badly broken, unable to work, unable to pay for food or shelter. All this, in the most violent, unforgiving city in America. By the sheer grace of God, several friends living in the area took me in, fed and clothed me and gave me critical time to heal.

Divine providence was about to unfold. While I was still living in Boulder, I had cultivated a relationship with a young student attending University of Colorado. She had taken a job as a news anchor for a TV station in Coos Bay, Oregon. One day she called me up to check in and by the end of the call had arranged air fare and traveling money for me to come live with her in Oregon and get my proverbial shit together.

I had long fantasized about living in the Pacific Northwest. Immediately upon landing in Coos Bay I was flabbergasted by the power of the ocean and the immensity of the mountains which seem to vault right up out of the water. Flowers, trees, and wildlife filled every nook and cranny. Everywhere you looked was wonder coupled with a motherly sense of comfort and protection. I was indeed finally where I was supposed to be.

Upon arrival, I immediately answered an advertisement in the local newspaper for a front desk attendant at the local gym, Coos Bay Athletic Club. By this time, I was a seasoned lifter having competed in powerlifting throughout my teen years and various failed attempts at personal training, a profession which barely existed in the nineties. I convinced the owners to let me attempt Personal Training services in exchange for a 70/30 split. Reluctantly they agreed, citing that many before me have tried but failed. The economy of Coos Bay is one of the worst in Oregon and very few locals were financially able to pay for such a luxury.

Almost immediately I befriended a local Physical Therapist who had started a local Fibromyalgia group. I had never heard of Fibromyalgia and most of my previous training experience was with serious or professional athletes. She encouraged me to observe her group and to meet over a dozen folks suffering with this disease, a disease which renders sufferers with debilitating pain. Within weeks of attending her groups I began to fill my schedule so quickly I no longer had time manage the front desk.

As my client list grew so did my confidence in my skillset. I found the purpose and peace of mind, finally working in an occupation for which I was destined. The craziest thing about this time in my life was that really sick people I was working with were getting better. Not just better. They were being healed from the afflictions of Fibromyalgia and the dozens of other ailments that brought them into my world.

Within a few months, I found myself with a waiting list of potential clients. Word of my gifts and the odd miracles which seemed to now be commonplace were spreading like wildfire. One of the clients, who quickly became integral to my success was a local Psychologist who had a long- standing practice as a hypnotherapist. As we engaged in heated conversations about meditation, spirituality, and the powers of the mind she encouraged me in a trade of services. I gladly obliged.

As much as I had fallen in love with Coos Bay, Oregon, I knew it was not a permanent possibility for me. I had been away from my son and family at this point for over a decade, separated by more than 2000 miles. They did not know if I was alive or dead and the guilt, anguish, and concern for them just became unbearable. I had decided to move back to Nashville, risk everything and open my first business. I wanted to open a hybrid training center combining martial arts, strength training and living quarters for myself and best buddy who had been a travel companion and fellow martial artist for many years.

I was terrified. Even at age thirty-two, I was very much a newborn calf whose legs were not quite yet underneath him. I was still living in the loving protection of a town handpicked by God himself and on the precipice of relapse. I was so afraid of losing what I had gained. Petrified of losing who I had become and falling back into an existence occupied by alcoholism, addiction, and pain. This potential nightmare motivated me to seek help from my hypnotist friend. During dozens of therapy sessions which precluded hypnotherapy, we engaged in many long discussions about my past, what had led me to Coos Bay and who I had become while there.

Several weeks later in our very first session of hypnosis, something I have rarely spoken of changed my life forever. As she walked me through a type of guided meditation, taking me deeper and deeper into my psyche, I could feel layers of muck and filth being lifted. As she was speaking to me, a voice so clear, so unmistakable as though it was sitting

right beside me, spoke into my ear. In a voice not my own and so distinct it sounded like a high-tech surround sound, Bose speaker. It said, “You are a Holy man. You are a Healer”.

These words were never uttered from my lips prior to this day. Never had I used them to describe anyone, especially myself. But there they were. My body convulsed and I wept into my hands uncontrollably. There was no mistake about where this booming voice had come. Out of concern, the hypnotist held me, comforting me as I cried, in total shock at what had just transpired. As I caught my breath, I asked her over a dozen times if she heard the voice or if she was playing some sort of cruel joke on me, but I knew deep in my gut, this was not the case and that something almost incomprehensible and truly divine had just taken place.

Fast Forward

I left Coos Bay within a month of that profound experience, never to return. I opened my dream studio shortly after arriving in Nashville and I am now in my 18th year as a gym owner, becoming one of the most successful trainers and performance coaches in the country. I have to pinch myself as I recall the bizarre way God worked in my life and how many times, he pulled me from the scythe of the Reaper. I am a living example and testament to the power of conviction, will, faith, redemption, and love.

Since that voice spoke into my heart so many years ago, I have helped heal hundreds of folks suffering from various orthopedic injury, cancer, heart disease, diabetes, and dozens of mental and spiritual afflictions. I have mended the deep trauma I inflicted on my son and family, reuniting with my mother, father and sister after so many wasted years.

I have spent countless hours and tens of thousands of dollars working with the finest Instructors and operators in the world from both US Special Operations groups and also former Soviet Special Forces known as Spetznaz. I have poured myself into the study of Human Performance having now written three books on the subject. I am mesmerized by the infinite potential of the Human being, constantly reflecting on my experiences in combat and some of the toughest schools in the military. One of those schools being S.E.R.E (High Risk) “Survive, Evade, Resist, Escape” which is one of the most brutal training experiences offered by Special Operations.

I have learned to channel my aggression and deep seeded malevolence into an ironic positive force for good, focusing this misguided energy into the art and science of the

tactical athlete. I do this not in some vain attempt to replace Matt Damon as the next Jason Bourne, but to give back to the country I love so much by helping to push the performance envelope of our soldiers, military, law enforcement and civilian sentinels who warrant the same caliber of training. I pray I can be of service and help to increase their survivability, durability, long term physical and mental health; moreover, to unify them as warriors for the kingdom of God.

I have traveled the world in search of answers and sat at the feet of the most gifted, enlightened spiritual masters alive today. I have been up, and I have been down. I have been there, done that. Nothing worthy of experience has escaped my feverish attempts to reach the pinnacle for a better view of the Grand Weaver who continues to navigate every second of my life. I continue to struggle every day for sobriety and to live up to the words he spoke to me so many years ago.

Since that day, God has shared with me the inner workings of the universe and the hidden secrets uniting every religion, which call us to a life of mysticism, so that we may finally be in union with him. I am constantly in awe of the transformations which turn suffering to blessings and the instant interactions of his presence as he tosses me around in the constant pinball game of life.

In 2020, after years of running both to and from the weight of knowing my destiny, I finally accepted Jesus Christ as my Lord and Savior.

I had long been a theological student of Christianity and the ministry of Jesus. Christianity is inseparable and deeply rooted on both sides of my family and Appalachian ancestry. But my rebellious nature and God's desire for me to venture down a different path took me down many necessary, long, winding roads, but finally into the waiting arms of his Son.

For quite some time I had felt the calling to Christianity, but my ego just could not or would not take that last step. Out of the blue, my old Platoon Sergeant (let it be known that I worship the ground he walks on), from the Army called me and began talking about a four-day, Christian intensive program he had just attended. The program, appropriately

called the “Firebase” had been started and operated by former combat veterans who had come to Christ and started a mission group for veterans suffering with PTSD.

My Sergeant’s exact words to me were, “I don’t know when they are going to do another one, but when they do, your ass is going!” If you know anything about us vets, you know that the same Sergeants who told you what to do, where to go and how to be while you were in the service, still tells you what to do, where to go, and how to be as a civilian. And when he does, you damn well listen (Or at least I sure do...). Within a few months I found myself at a Firebase, surrounded by my brothers in arms as I fell to my knees and gave my heart to Jesus.

As I willingly surrendered my mind, body, heart, and soul to Christ, I was touched yet again. Sitting with the majesty of the Rocky Mountains at my side, a member of the mission prayed over me for hours. With my hands interlaced and buttressed against my forehead, I went completely deaf, everything turned pitch black and suddenly I began to fall.

I could feel myself free-falling helplessly into the abyss so much so, my belly flipflopped from the speed and G-forces tearing at me. My arms began to flail, scrambling for something to grab onto as fear and absolute panic gripped my soul.

Suddenly, I pulled my arms back into my chest, sat straight up in my chair and submitted to my impending death. If this were my last moments, and my body be splattered all over Rocky Mountain High, then so be it. Minutes passed as sounds and voices of my veteran brothers started becoming clearer. As I opened my eyes, it was as though I had never truly used them before. Everything was different, transformed. What I quickly realized was that it was not my eyes that transformed, it was me.

Nothing has been the same since nor does anything matter to me outside the immense duty, I now feel to bring all willing to listen, open their hearts to God and to accept his son Jesus Christ into their lives.

This book has been a work in progress since the moment I took my first breath, and the sole reason God has spared my life so many times. Now, it is your turn to hear our Father’s words as he speaks into your heart. This is not a book about me, it is 100% about you and your awakening. I go to great lengths, always meditating and fervently praying

prior to writing any words to ensure everything written here, is true and divine. Please forgive the occasional misspellings and grammatical issues which are a result of our “*Woke*” culture and their absolute refusal to read, edit or publish what follows. I have had little choice but to both edit (with help from friends) and self-publish this manuscript as a direct result of their maliciousness. Not bad for a High-School dropout.

My hope in sharing with you a few of the epic moments in my life which led to the writing of this book, is that as you read it and never forget that the person who wrote it, is no different than you. I have had to fight through endless years of pain, deep scars and demons who constantly scream into my mind words such as *worthless*, *undeserving*, and *corrupt*. I battle with sin and the addictions of my flesh every waking second. I do this as I continue to heal and inspire the endless line of souls who come to my doorstep, sent by the Almighty every day. There will only ever be one perfect man so empty yourself RIGHT NOW of all excuses.

This book is dedicated to both my brothers at arms, for whom I had the absolute fortune of serving beside, to the Ancient Saints and our warrior ancestors who paved the way. In the pages that follow, my prayer is that you, too, will hear the voice of our Father as he speaks into your warrior hearts and awakens the sleeping giant inside each one of us. I encourage you to empty yourself of all ideas concerning spirituality, mysticism, Christianity, and the infinite potential you have within your reach. Read each page earnestly and critically, challenging every word and sentence, take nothing I say for granted so that by the end, these ideas I have imparted become your very own. My hope is you awaken to the Divine truth found in the words and teachings of the greatest warrior ever to live, the Lord and Savior, Jesus Christ. Take up your armor and prepare yourself for the greatest adventure of your life.

God speed and may God bless you on your journey.

Stewart Breeding

CHAPTER ONE INTRODUCTION

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.” — Plato

In 2013 researchers studying a small group of chimpanzees in southeastern Senegal stumbled upon a horrific site. A former alpha male they had named “Foudouku” had been found brutally murdered and cannibalized. His body lay mutilated, prostrated in pools of his own dried blood. His limbs in tatters. Feet, toes, and fingers nearly bitten off where members of his own tribe stretched him out across the dry African landscape so they could more easily, beat him to death.

Ribs broken by repeated blows with rocks, fists, and feet. His anus split wide open. And yet more appalling, several chimpanzees biting and ripping off chunks of flesh, then ingesting it. As if this were not enough, they continued Foudouku’s mutilation ritual, days after he had expired.

Until the works of Jane Goodall in the 1970’s researchers, anthropologists and scientists alike held to a long-standing belief that human-beings were the only animal species on the planet with a propensity to kill its own kind. To be clear, I am speaking of homicide, cold-blooded murder, and tribal warfare. Not the stalking and killing of another animal for primal reasons such as hunger or survival.

Many studies over the last forty years have shown chimpanzees to be incredibly capable of the most heinous attacks. Not only on their own kind, but also on their very own family members. This realization profoundly shook anthropologists to the core. They had for centuries held tightly to beliefs that humankind alone is capable of the most demonic, sociopathic, and yes, evil acts imaginable. It rocked them not because they had accidentally stumbled upon the missing link, but because it spoke volumes about the truth of man’s malevolent nature and quite possibly, their very own.

I am NOT making a case for man’s evolution from African Ape’s...I am a creationist, not an evolutionist which is a preposterous notion to say the least. The Human

Being is much more complex on a spiritual/conscious level from any animal on the planet. So much so, the Evolutionary process and laws of Entropy make it all but impossible for Man, to be anything other than the creation of God himself. As is the case for every animal on the Planet. But we must also grasp that our ‘Flesh’ or the “animal” part of our *human-ness* has many shared characteristics with other animals and our physiological processes and molecular structure is one that is shared with all of Creation, as the Creation is entirely (inter-dependent).

In our Fallen State, we unfortunately share many similarities with our Chimpanzee neighbor, such as the Sinful desire to kill and brutalize our very own. It is Sinful for Man to murder any sentient creature due to his conscience knowing it to be wrong. Man’s Flesh is in direct opposition of the Spirit but in the Fallen State, man is powerless to resist the temptation. This “knowing” of Sinful action and the subsequent denial of the Fleshly desire through the Spirit is what separates Humankind from the animals. It is not sinful for a Chimpanzee to commit murder because it has no means of comprehending its actions for lack of a moral compass and conscience. It is merely acting on its animal nature. A lion eating a deer on the Serengeti is neither a good Lion or a bad one. Just a hungry lion acting on its nature. Morality is a gift from God, not an accidental, evolutionary process shared by animals nor great Apes.

So, if we are to comprehend both the Human (animal) and the Being (Spirit) in our experience, it is simply logical to examine other species we share the Earth with, in order to help see ourselves and the inherent darkness which follows given our Fallen State.

As a result of the atrocities of the 20th century such as the Jewish Holocaust, scores of books and empirical studies have attempted to shed light on our shared darkness with the Animal Kingdom (the Fallen State). One such study, “The Milgram Experiment” analyzed the willingness of its participants to obey the commands of an “authority figure”. Participants were formerly introduced, then assigned a role, defined as either the teacher or the learner”. The teacher administering an electric shock to the learner if the learner gave incorrect or “no” answer to any of the teacher’s questions. The shock administered by the teacher to the learner was labeled on what Professor Milgram affectionately termed “the

Aggression Machine”. The machine was measured with a series of switches, moving from left to right, that were clearly marked as follows.

- 15-60 Volts Slight Shock
- 75-120 Volts Moderate Shock
- 135-180 Volts Strong Shock
- 195-240 Volts Very Strong Shock
- 255-300 Volts Intense Shock
- 315-360 Volts Extreme Intensity Shock
- 775-420 Volts Danger Severe Shock
- 435-450 Volts XXX

As you can see, the level of shock administered by the teacher was identified beginning with “slight shock” and on its opposite end “Danger, Severe Shock”. Finally, in an obscure section at the far right of the machine is a 450v charge marked “xxx”. What the teacher did not know was that the learner was part of the experiment and no shock at all would be administered once they flipped the switch. The teacher was simply tricked into believing the shock was indeed very real, producing serious pain and possible injury.

Prior to the experiment, Dr. Milgram polled leading psychologists and sociologists alike and asked them to hypothesize what percentage of study participants would be willing to defy their own conscience and sense of morality in order to administer a potentially lethal dose of electric shock to a fellow human being. The overwhelming majority of scientists polled all agreed that less than 5% of study participants would be willing or capable of this level of maliciousness. What Milgram’s experiment conclusively exhibited, however, would be a source of contentious scientific controversy for years to come.

Of the 40 participants in the study, 65% were willing to administer a potentially lethal dose of electric shock to a fellow human being. A whopping 60% more than the 5% predicted. Two-thirds of the participants absolutely believed they had seriously injured a fellow human-being whom they had just met not hours before, simply because they were told to do so.

The Nature of Man

“A harmless man is not a good man. A good man is an extremely dangerous man, who has that under control.”

J. Peterson.

What do anthropological studies of chimpanzees and psychological experiments on human obedience say about our true nature? What should we conclude about humans, given massive historical evidence of our willingness to inflict the most heinous acts on our own kind through vehicles such as homicide, genocide, and warfare?

I am not talking about the sociopathic nature of Stalin, Hitler, Ivan the Terrible or Mao. I am not talking about the psychopathic nature of Manson, Gacy, Dahmer or Bundy. I am talking about YOUR true nature, and mine. What demons do you suppose lie under your bed at night? What monster lurks in your shadow? What horrors await you in the basement of your own psyche that you have never been willing to expose? This darkness is there, trust me, and it is there in all of us.

This question of man’s true nature is one of the oldest ever pondered and is the absolute best place to start our journey. Your goal for this book, should be to peel back the onion (yes, you are the onion) to its most basic fundamental properties and ask some really tough questions along the way. Therefore, given our Fallen State, the very first question we should ponder is, are we as human beings inherently good, or inherently evil? Can man escape his animal desire, and his propensity for evil, shy of total transformation in Jesus Christ?

In search of answers, we naturally look to horrors routinely found on the battlefield or “Ethnic Cleansings” such as Rwanda, the former Yugoslavia or possibly the periodic discovery of dozens of bodies buried in yet another serial killer’s back yard. We scratch our heads in sheer disbelief as we watch the evening news and wonder to ourselves “how does something like that happen?” Who in their right mind could commit such cruelty? Well, the truth is, you have no further to look than yourself and man’s perpetual fall from Grace since time immemorial.

Man, left to his own devices, is inherently dark, capable of the most heinous acts imaginable. To add insult to injury, man has a propensity to forget his own history and the immensely valuable lessons it offers. This enigma leaves future generations vulnerable to their own destructive nature. This vulnerability expedited by technological advancements in warfare and the ever-increasing body count these technologies produce.

Through Christ, we are capable of subjugating this ferocity for the good of mankind. As opposed to our primate cousins, we have the promise of redemption through the sacrifice of our Lord and Savior. We, the “re-born”, can overcome egoic delusions, animal addictions and learn through love, how to use violence (or the threat of it) for the name of peace and the protection of all sentient beings. Not Earthly gain.

This subjugation of our animal instincts requires massive amounts of discipline and a dedication to use one’s strength, skill, and power ONLY in the promotion of peace, love, and self-defense. To truly love our neighbor. This precarious walk on the “Razor’s Edge” is an intentional act of free will and the path of the Warrior.

The Human Dilemma

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

Through the Grace of God, we are the only animal on the planet capable of NOT acting on our primal, animal nature. We control these impulses through the utility of free will or conscience, intersected with the timeless shared narrative of God’s Law and the morality derived from that law. We are human, yes. We are animal. But we are so much more.

We are also the stars in the heavens above and the totality of all life forms to have ever existed. God’s Creation, including you is all interconnected, interdependent on some previous thing or things for our very existence. NOTHING came from NOTHING to include the very Universe. In summation, all “things” in existence now are endless combinations and variations of some previous “thing” we call matter. This includes the physical body you currently inhabit. Your body is a mishmash of water you drank, food you ate and air you breathed. Upon your demise, this process will continue as your body

slowly deteriorates and becomes the same fertile soil it came from. Nothing lost. Nothing wasted. Ashes to ashes, dust to dust. Endless, cyclic transformation.

Our dilemma is that we are not just animal, not just “human”, not just stardust, we are “Being”. This “Being-ness” is in direct conflict with our “Animal-ness”. We are conscious of our own consciousness or “beingness” and also our physical “animalness.” We are the only species in the known Universe capable of rising above hormonal, primal instincts and instead express limitless potential for compassion, empathy, love, and spiritual growth. This is the “Risen State” and the promise contained in the Gospel of Jesus Christ. Everlasting life, on Earth and Heaven.

Genesis

“People use drugs, legal and illegal, because their lives are intolerably painful or dull. They hate their work and find no rest in their leisure. They are estranged from their families and their neighbors. It should tell us something that in healthy societies drug use is celebrative, convivial, and occasional, whereas among us it is lonely, shameful, and addictive. We need drugs, apparently, because we have lost each other.”

— Wendell Berry

In the book of Genesis, we are told that in the beginning God made man, both male and female in “our own image”. Then, on the sixth day, “God looked upon all that he had made, and indeed, it was very good.” God gave man dominion over the Earth. He gave him the Garden of Eden, food, water, purpose, love, and companionship. God leaves Adam and Eve just one, incredibly clear doctrine. “Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

To Gods great disappointment, this is exactly what Adam and Eve did. As the story goes, their revolt initiates man’s Fall from Grace, alongside the simultaneous ascent of man’s ego and the realization of his own frailty and inevitable death.

We all know this passage in the Old Testament as it is one of the oldest stories ever told. Its origins ancient, beginning in oral tradition and passed down through countless generations long before the advent of written language. It is also factually accurate.

The classic books in the Old Testament such as Adam and Eve, Cain and Abel and Noah's Ark are not just historically and scientifically accurate, they are also filled with countless layers of wisdom, experience, and advice for how we are to live our best lives. The debate of literal or metaphorical amongst scholars is minuscule compared to the treasure and impact these stories can impart on our daily lives and inner transformation. These ancient texts are filled with the shared reality of man's internal and external struggles. In them, he wrestles with the enormity and complexity of a Universe of which he is incapable of fully comprehending through his Fallen State and his five senses.

Not only can man not fully grasp the radical intricacies of a universe in which he is a part, but from his limited perspective it seems as though the Universe is a violent, tumultuous place constantly attempting to destroy him. Fear, separateness, and a perpetual sense of unfairness consumes the heart of man. In the story of Cain and Abel, we can clearly see this dilemma unfold. Cain's hatred and jealousy for his brother consumes him along with his distrust and anger with God for favoring Abel. In a blatant act of contempt for God, Cain murders his brother. As the story goes, pure evil is spontaneously introduced into the world infecting the children of Cain and the entirety of the human race, in perpetuity.

Darkness Rises

"Light has nowhere to hide in the dark."

— Matshona Dhliwayo

Jordan Peterson, professor, psychologist, author turned theologian, has done a masterful job revitalizing these Old Testament stories. Through his writings and analysis, he connects them with the current psychological epidemic sweeping across the United States and its epic moral collapse. Never in our nation's history have we seen such a rapid escalation in mental disease across all ages, races, and genders. Depression, addiction, anxiety, phobias, and suicides are more common than a cold, as are the medications prescribed to treat them. These disorders manifest into physical epidemics devouring the United States and Western cultures as among them obesity, diabetes, heart disease and cancer. All of these brought on by a systemic reaction to ever increasing stress on our

physical, mental, emotional, and spiritual wellbeing. At the same time, the rate of crimes such as homicide are exponentially increasing at a feverous pace.

To the astonishment of the Church, Dr. Peterson has successfully conducted a world-wide tour, packed with standing room only audiences in every city he attends. He imparts a mixture of wisdom blended with intuitive knowledge of Old Testament stories. The majority of these packed houses are young impressionable men, struggling to navigate their way in a world void of role models and filled with hate, greed, fear and evil.

Over the last ten years this void has expanded exponentially and given rise of a new world order or “Post Modern Collectivism”. The common slang term for this movement is “Cancel Culture” “Wokeness” or to call it by its original name, Marxism. As the saying goes, “those who forget their history are doomed to repeat it”. Thus, the lessons learned from the ashes of countless millions murdered for the sake of a fictitious, Godless, utopian society we refer to as “Communism”, loom upon us yet again.

Marxism and Cancel Culture are just a few of the unholy alliances we see manifested throughout the world. Their central target includes all western institutions. At its core, lies the shared belief that Patriarchal (men) hierarchies who founded and developed the United States, Western Cultures and Capitalism are systemically racist and the single source of all suffering. As such, Post-Modern Marxists believe the entirety of these patriarchal constructs must be destroyed at any cost, including the entirety of Judeo-Christian concepts.

Post Modern Marxism and unhinged leftist agendas such as “Critical Race Theory”, have infested our schools, churches, universities, government, media and even the military. To add insult to injury, mega-media corporations and “Big Tech” social media companies, are simultaneously merging with Federal Government and The White House, to force feed their shared Marxist narrative on the American people, and to stifle all voices of discontent.

Facebook, Google, and Twitter have collaborated with massive Tech giants like Apple and Samsung. Together manipulating Artificial Intelligence as a means of capturing the complete and total attention of its viewers. Essentially transforming them from a consumer into a “product”. Social Media companies, through the use of AI, have created

“avatars” or “computer simulated versions of ourselves” for each and every individual who uses their platforms. At the end of the calendar year 2020, there were over 2.7 billion users on Facebook which means there are 2.7 billion different variations or “avatars” found on Facebook. Each variation has only one priority: To keep the user’s attention and engagement at a maximum capacity and to disregard the nature of content it uses to accomplish its task.

In my humble opinion, this unprecedented experiment which has largely taken place over the last ten years, is principally culpable for the exponential rise in the mental issues I spoke of previously, in addition, it has impacted the desocialization of our societies, especially among young men and women. AI and high capacity 5G cell phones are the epicenter of young people’s lives (and many old enough to know better) in which they are the Star of their own movie. The phone is our friend, lover, parent, and teacher. No longer do we need to read and think critically or listen and communicate with precise language. No longer do we need companionship, love, affection or understanding. We have our phones. In my humble opinion the addiction to AI and the creation of an alternate universe (Facebook’s Metaverse) will subsequently lead to massive mental, physical, spiritual, and social disease on unprecedented levels and could also, theoretically produce an “Ending”. An Ending is the very last of the species left inhabiting the Earth, prior to an extinction event.

According to a report recently published by Pew Research, 25% of millennials will likely never be married. According to the U.S Census Bureau’s Current Population Survey, in 2014, 47.6% of women between age 15 and 44 had never had children, up from 46.5% in 2012. The census data is backed up by data from the National Center for Health Statistics which showed in a recent report there were just 62.9 births for every 1,000 women ages 15-44 in 2013, an all-time low. Is social media to blame? Impossible to know, but we can clearly see attacks on Judeo-Christian concepts such as marriage between a man and woman and the incredible joy and responsibility of child rearing, infest our society via social and television media. To add insult to injury online dating sites make it incredibly simple and vogue, for young, single people to browse countless photos and bios of their ideal candidate and engage in sexual relations without ever even meeting face to face. Who needs the downer of marriage and kids right?

A 2013 study published in the Journal of Sexual Medicine suggests that Erectile Dysfunction (ED) is more common among younger men than previously thought. Researchers found that ED affected 26% of adult men under 40. Almost half of these young men had severe ED, while only 40 percent of older men with ED had severe ED. There are more alarming statistics than that though, like a July 2020 survey of 5,800 men in which 23% of respondents under 35 reported erectile dysfunction. What is to blame? Quite possibly, widespread addiction to pornography has caused unprecedented rates of erectile dysfunction in young men.

On average by age 13, most young people watch porn for the first time. For most boys and an increasing number of girls, it is the beginning of a lifelong habit. Around 80% of men and 30% of women (45% if you include women who only watch with their partners) watch porn weekly. The internet and advances in technology are largely to blame. Pornhub says 76% of its traffic comes from mobile phones -- and more people than ever are watching thanks to COVID-19 keeping people at home.

- 28,258 users are watching pornography every second
- \$3075.64 is spent on porn every second on the internet “primarily cell phones”
- 88% of scenes in porn films contain acts of physical aggression and 49% contain verbal aggression
- 1 in 5 mobile searches are for pornography
- 90% of teens and 96% of young adults are accepting of porn
- Teens and young adults 13-24 believe recycling is worse than viewing pornography
- Only 43% of teens believe porn is bad for society
- 43% of senior pastors and youth pastors say they have struggled with pornography in the past while only 7% offer a ministry program for those struggling with addiction
- 68% of divorce cases involved one party meeting a new lover over the internet
- 56% of Divorces involved one party having an “obsessive” interest in pornographic websites

- 70% of wives of sex addicts could be diagnosed with PTSD

If that were not insane enough, let us examine the transgender issue for a moment. Clearly, we can see a colossal shift in awareness generated around the LGBTQ community with special attention being paid to the Transgender population. In Canada, Europe, and parts of the United States there is a massive effort to make NOT using a transgender person's personal pronouns of choice, unlawful. The LGBTQ community in cahoots with the progressive left have conducted an all-out assault on young, impressionable minds around the western world to rewrite and destroy Judeo/Christian concepts and biological, scientific truths. Social media and the internet are their battlefield of choice.

Alongside potential unconstitutional laws enforcing correct pronoun usage, the transgender movement insists gender is a social construct, not a biological certainty. It is completely up to the individual to decide what gender they are, and at any moment are free to change their minds. As of today, some schools and faculty will address the transgender person not only by their gender of choice but by a different name altogether, unbeknownst to the parents. Dr.'s and Psychologist in many parts of the world must now diagnose their young clients with severe Gender Dysmorphia, if any gender confusion exists, no matter if their scientific conclusion proves different such as they are just possibly gay. A massive battle is underway to allow young teenagers the right "without parental consent" to inject sex hormone such as testosterone into their bodies, altering the natural development of puberty permanently or possibly even sex change surgery.

In the UK, young people referred for "gender treatment" has increased from 97 in 2009 to 2,510 in 2017-2018, an over 4,000 percent increase in 10 years. This procedure forever changing the natural, God given gender of the child of which a large percentage are just simply confused about their sexuality (possible homosexual or bisexual).

But wait, there is more!

In the winter of 2020, the worst pandemic (Covid-19) since the outbreak of Spanish Influenza in 1918 migrated around the world. Fear, distrust, and mass hysteria spread as quickly as the virus itself. Massive lockdowns of entire cities and States ensued along with tyrannical assaults on the freedoms and civil liberties of every citizen. Some fifteen months

later, we are just beginning to discover the depth of lies and deceit that surround Covid-19 to include:

- The origin of which overwhelmingly points to an unintentional or intentional release from the Wuhan Institute of Virology in China. More evidence points to the fact that Dr. Anthony Fauci, (Director of the National Institute of Health and lead point man for the United States in combating the Covid Pandemic), not only knew within the first week that the virus was manmade but very likely, his organization directly funded the Gain of Function research which created the virus.
- At least half of the United States is either reluctant or unwilling to vaccinate with the experimental mRNA vaccines, which are still only in emergency use authorization (non-FDA approved). The hesitation is two-fold. Firstly, doctors are voicing their concerns of the mRNA vaccines. In addition, individuals who have had illness-related symptoms (to include death) from these vaccines are speaking out. Second, is the natural immunity from having survived the virus, which seems to be much greater than the vaccine but is ironically not recognized by Government or medical *authorities*. There continues to be massive data supporting therapeutics such as Hydroxychloroquine and Ivermectin, yet they are being shadow-banned or completely removed from social media, (via the censorship campaign forged between social media giants and Federal Government).
- The CDC is still pushing the use of masks on the “non-vaccinated” even for children as young as two years old. They are suggesting the use of experimental mRNA vaccinations for those as young as five years old. They continue to push this narrative even though no meta-analysis proves the efficacy of mask usage to prevent a viral, airborne transmission. Dr. Fauci himself has stated in emails, “masks are really for infected people to prevent them from spreading infection to people who are not infected rather than protecting uninfected people from acquiring infection. The typical mask you buy in the drug store is not really effective in keeping out virus, which is small enough to pass through material. It might, however, provide some

slight benefit in keeping out gross droplets if someone coughs or sneezes on you”. He added, "I do not recommend that you wear a mask, particularly when you are going to a very low risk location”.

- Vaccine passports continue to increase in frequency amongst large corporations, concerts, sport venues and especially travel. In my humble, concerned opinion, the vaccine cards, alongside the public use of masks for the unvaccinated are a throwback to the early days of the Jewish Holocaust and the Nazi’s enforcement of the outward symbol of Judaism, the Star of David.

As I continue to update this small section pertaining to the madness surrounding the Covid-19 outbreak, more insanity is heaved onto the backs of free citizens on a daily basis to include the looming threat of yet another lock-down as more variants emerge. I shudder to think at what the future will unfold as we dig deeper into what seems to be the only man-made, bioengineered pandemic in human history. God willing, it will be the last.

Violent riots, looting and the physical burning of cities powered by the violent threats of Marxist organizations such as Black Lives Matter and Antifa (anti-fascist), continue to spread throughout America.). Calls to defund the police by the Democratic Party and demonization of law enforcement have become a call to arms amongst leftist radicals who proclaim our racist society is to blame for all criminal activity. In their radical views our racist society is to blame for all criminal behavior, not the individual themselves. Especially if that individual is of color. As such, crime and homicide are at epidemic proportions. According to a report from the NCCCCJ, homicides increased by 36% across 28 major U.S. cities—including Los Angeles, Atlanta, Detroit, and Philadelphia—between June and October 2020, when compared to the same time period last year. Per the GVA, (Gun Violence Archive) 2020’s total gun homicides had, by the end of October, already exceeded that of the past four years.

The Presidential general election of 2020 between Republican incumbent Donald

Trump and the Democrat nominee Joe Biden was demonstrably manipulated by Social and Television News Media conglomerates, who controlled and censored any information contrary to their objectives.

Five swing states (Michigan, Georgia, Arizona, Pennsylvania, Wisconsin) unconstitutionally changed election laws moments before the General election, allowing for unsolicited, unverified mail in ballots, completely circumventing the electoral process outlined in each state's Constitution. These unprecedented actions were perceived by many as an all-out assault on our Republic and heaped even more hatred, distrust, and contempt into the fray.

Multiple court cases were filed across the United States including a joint lawsuit of twenty-one states, concerning the unconstitutionality of the 2020 General Election. No court, to include the most powerful, righteous court in the land (United States Supreme Court) was willing to hear any arguments or to review any evidence of fraud. All cases brought to the courts were either not allowed to be introduced or dismissed on technicalities. To this day no court has been willing to review election challenges concerning the 2020 General election.

As a result of the failures of the courts and the onslaught of attacks on America's civil liberties by Federal and State Governments, the powder keg which had been building for more than a year, finally blew.

On January 6th, a small group of embattled, frustrated conservative citizens raided the doors of the U.S Capitol in violent protest. During the protest, Ashli Babbitt, a 35-yearold, unarmed Air Force veteran was shot in the neck and killed by Capitol Police. Not only is it taboo and social suicide to inquire about the motivations of the protestors in the Capitol riot but to this day no investigation has taken place into the death of Ashli Babbitt.

As of writing this book over a year has passed and America's cities are still under siege. The southern border with Mexico has been completely abandoned and over one million illegal aliens have migrated into the United States. We are beginning to see reports that the Biden Administration and the United States Air Force are transporting these illegal aliens across the United States in what seems to be an overt attempt to manipulate the Electoral system. The CDC has unconstitutionally subverted the 4th Amendment and suspended our rights to private property declaring it unlawful to evict a delinquent tenant.

The Biden administration has also withdrawn all forces from Afghanistan and squandered the lives of 2313 American soldiers killed in action. Within two weeks the Taliban has once again taken over this Godforsaken land and placed a bullseye on every American citizen.

The 45th President Donald Trump has been vanquished from social media platforms and his supporters demonized. Censorship, and the loss of 1st amendment rights seem routine. Calls to appeal the 2nd amendment and “the right of the people to keep and bear arms” are heralded by none other than the very Chief Executive who swore an oath to protect the Constitutional Rights of his constituency, not repeal them.

Our Constitution and even the three equal branches of government are under an allout assault by progressive socialists and Marxist, in a blatant attempt to rewrite history and destroy the greatest experiment of a free peoples, ever to exist. This degradation of our culture, country and society created by leftist anarchist’s is also simultaneously happening in every other western or “capitalist” nation around the world to include Europe.

South Africa has been utterly destroyed by horrific levels of rioting and looting, all directly caused from unlawful, immoral, and inhumane lockdowns of its peoples. Australia’s military has been deployed to enforce an eighteen-month long lockdown of its citizens with no end in sight. Hundreds of thousands all over Europe actively protest the EU’s sanctioning of a Covid Passport to prove vaccination. France has declared it unlawful to enter public spaces without proof of vaccination. Those caught without “their papers” are sentenced to no less than six months in prison. Business owners who do not enforce these “laws” are condemned to a year behind bars.

France’s military leadership has warned its government multiple times concerning an impending civil war. Their concerns are of an increase of Islamism, crime and incredibly bizarre, leftist policies which have decimated the culture and moral character of France. Over the last two years, well over a thousand Christian churches have been burned or vandalized including Notre Dame. The government and Church refuse any attempt to label these acts as hate crimes and flatly refuse any effort to lay blame at the feet of leftist extremist, or the Islamic fundamentalist they protect.

While this madness unfolds, the hypocrisy of the Church seems to know no bounds. The sanctity of life and the loving protection of the innocent, poor and ill is the very foundation of the Christian tradition and the teachings of Jesus Christ. The clergy continues

to avoid taking a stance to protect the innocent and turns a blind eye to self-proclaimed Christian politicians and members of their own congregation who continue to advocate for Federally funded abortions. During the lockdown of 2020, the slaughter of 354,871 innocent, unborn children's lives were brutally taken, paid for by American tax dollars. While abortion clinics were wide open for business, the church itself was told to close its doors, and gladly obliged.

Institutions, corporations, and non-profit organizations dwell in a state of fear, compliance, and complacency setting the scene for a new form of fascism. Leadership has been replaced by sheepish submission and men who valiantly stood against world-wide aggression and tyrannical oppression in the second world war, seem to be as extinct as the dinosaurs.

Once again, we appear doomed to repeat the atrocities committed by the Nazi party and the Communist revolutions of Russia, China, Korea, Viet Nam, Cuba, and Khmer Rouge. There is one reason and one reason alone which have allowed these absolute evils to spread in the early to mid-20th century and are upon us yet again. Cowardice.

Never in history has society so desperately needed new David's to stand up and face the Goliath's currently destroying our freedoms and way of life. Never have we needed a small group of brave warriors to stand against totalitarianism as King Leonidas and his mighty 300 in the battle of Thermopylae. Never has Lady Liberty been so completely desperate for a new generation of warrior heroes to step out of the mighty shadows of their ancestors and write their own stories.

Answering the Call

"History will be kind to me for I intend to write it".

Winston Churchill

Almost every story told in the Bible has at its core the antagonist, life itself, accompanied by its seemingly two opposite bookends we refer to as "Good" and "Evil". As its protagonist, we see the rise of the hero Archetype, who in every case must first battle his own fears and inner demons before stepping onto any battlefield. Especially the battlefield we are faced with today.

Crime, murder, and riots in the streets are on the rise. A moral decay, social collapse and even Civil War seem to be real possibilities, not just in the United States but in all Free Western Societies. If we know our Bible, it is hard if not impossible to believe all this madness is not interconnected and most assuredly, we are living the end times, or at least heading in that direction. The signs are too many and darkness too pervasive. This is not the first-time society has faced such a monstrous dilemma, but without courageous, brave men willing to sacrifice personal and professional security, it quite possibly could be the last.

This book is a calling and a step-by-step manual for all those willing to listen and to answer the call of your Warrior hearts, to awaken and get in the fight.

You were born into a war. Not one with bullets and bombs, this is a war for your heart and soul, a spiritual war which began long before man came to existence and is playing out, right now.

Everyone is a combatant in this war whether you like it or not. The stories of heroes in the Old Testament are designed to deliver wisdom and life skills which came from countless conquests, triumphs, and failures of our ancestors. Every story no matter the cast and characters, no matter how seemingly different, always has the same plot. Life is a big, angry giant trying to stomp on your head and all you have is a slingshot. It is a massive flood wiping out all life on the planet, but you built a hell of a boat. Or it is an evil king or Pharaoh drunk on power and hell bent on destruction and you must lead your people to safety and freedom. All stories of MEN encouraged by the almighty to rise, come to terms with your inner demons and face the enemy with your chin up, shoulders back and one foot in front of the other.

The entirety of the animal kingdom and the Fallen State of human society take the low road in this fight and default to immorality, cruelty, gang mentality and cowardice, as evidenced in the murder and mutilation of the chimpanzee Foudouku and the atrocities of Auschwitz.

In stark contrast, our hero stands alone in the world with all odds against him. He must dig deep into his warrior heart, face adversity head on and through his free will, granted to him by God almighty, accept the consequence or glory of his actions.

From a purely psychological perspective, studies clearly show that facing our fears head on is not only psychologically healthier but also physiologically and spiritually

beneficial. The biblical stories previously mentioned here serve to graciously impart on us what science is just now beginning to understand, that running INTO our fear is far better than running away.

Rising up, facing our demons both internal and external is not only the wisest, healthiest course of action, it is our immense responsibility to live up to the potential God almighty placed upon humankind since its inception and as clearly demonstrated by the living example given to us by his Son, Jesus Christ.

The intent of this book is to offer its readers inspiration, motivation, and a realistic framework for how we as men can develop our warrior spirit, heart, mind, body, and skillsets which free us once and for all from the shackles of original sin and raise us up to our infinite potential, gifted by our maker.

My hope, my prayer is that the pages that follow will outline the interconnected, historical traditions of Warriors and Sages across space and time, in addition, its content will simultaneously offer readers an “instruction manual” guiding each of us up the stairway to heaven, and into the waiting arms of our loving, Heavenly Father. I pray my words build depth, wisdom, strength of character, body and spirit and the ability to persevere in the face of chaos and evil that is coming to our doorstep.

At the end of each chapter is a series of questions. These questions are designed to awaken the Christ Consciousness and force you into deep levels of contemplation. Take your time in answering them and leave nothing to the imagination. Our Heavenly Father and his Son know you better than you know yourself. Hiding truths will only delay in your growth. Share the deepest darkest parts of yourself and replace that darkness once and for all with the light of God’s kingdom.

Nietzsche said, “you can judge one’s character by the amount of truth they can handle.” Sadly, we will never realize our ultimate potential and there will only ever be one perfect man who so graciously embodied the warrior spirit. Best we can do is look deeply inside ourselves and discover the “truth” about who we are and who we are not, no matter how ugly or terrifying it may be.

Only the warrior, with God at his side, is willing and able to handle the endless knocks of life, and still persevere. Only a warrior can fight the greatest battle ever fought, the one for your very soul and the future of humanity.

QUESTIONS FOR REFLECTION

1. *Can you see how darkness manifests in your life? Make a list of everything in your heart that may be harmful to your growth as a Man (mentally, physically, spiritually, and emotionally). Can you identify the origin of that darkness?*
2. *Can you forgive those who have done you harm? Write a small letter to every person who has harmed you and forgive them for their trespasses. Can you see how harboring resentment toward them has harmed you? Describe?*
3. *Can you see how Darkness has infested our Government's Institutions, political parties, the Church and Corporations? How can you become more active in your local community, city, and state to affect positive change?*
4. *Do you realize the impact of social media and our addiction to smart phones has on our lives? How has it impacted your life and those of your family and loved ones? How can you end your reliance on these technologies?*

CHAPTER TWO

THE WAY of the WARRIOR



“So, live your life that the fear of death can never enter your heart. Trouble no one about their religion; Respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and grovel to none. When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and no thing, for abuse turns the wise ones to fools and robs the spirit of its vision. When it comes your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes, they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home.” - Tecumseh, Shawnee Warrior Chief

There is no shortage of infamous Warriors, nor yarns told about the epic lives they lived. When you read this quote from Chief Tecumseh, it is obvious that his belief, world view and actions are all shared values reflected in every religion around the world. You could remove Tecumseh’s name and replace it with the Bodhisattva, Mandela, Gandhi, or Martin Luther King. This value system Tecumseh speaks of penetrates time and space and is undoubtedly Divine in nature. Therefore, it is accessible to all souls seeking a deeper knowledge of self and the universe we share.

The Warrior tradition is as old as humankind itself. Alongside these shared values which have become a code uniting “bands of brothers” across oceans of space and time. Their folktales, songs and eyewitness accounts are represented in every culture and every religion throughout written history. It is not our goal nor ambition to chronicle the immensity of this history. Nor do we need yet another book hyping someone else’s life whom you will never meet. It is our goal however to deconstruct the fabric that connects and weaves 1000’s of years of tradition, and across the entirety of the globe into a clear, concise strategy so that we as men, may follow in the same footsteps of these giants and never again live vicariously through anyone else’s life, but our own.

We must wake up from the fairy tale and the deep dream we have been stuck in since birth. Your perception of “your-self” is not real, no matter how painful or glorious that existence may be. You are living in a construct, created over the span of your life. A construct which is an accumulation of thoughts, ideas, and beliefs which we hold on to as “truths”, but yet are false illusions that play like a movie in our minds, with ourselves as its lead actor.

We do this, we ALL create in our minds a personal narrative; our “story”, which acts as a defense system, to compartmentalize life into bite size pieces and to cope with the perpetual, apparent chaos of a universe which cannot be comprehended through the five senses.

This window of experiencing reality is called “dual consciousness” or *ego*. Its equal opposite, “*non-dual consciousness*” is the “secret sauce” of all mystical traditions around the World. The dual consciousness experience is a way of seeing the universe in which you and all “other” things, are separate from one another. We define ourselves by what we are, and what we are not, to include the material possessions, afflictions, and addictions we accumulate like “hoarders gone mad” at a two for one flea market. This conscious experience is in and of itself the “fall from Grace” and the very obstacle which keeps you stuck in suffering and unable to reach your true potential.

This realization comes great responsibility and a moment of terror as the “false self” has finally been exposed. Corinthians 13:11 speaks to the heart of our dilemma. “*When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me*”.

No longer can we blame God, Satan, the universe, Karma, government, our jobs, wives, kids or even our parents for our personal suffering and shortcomings as men. No longer can we afford to waste our lives and the precious time afforded us feeding and growing the hungry beast inside with any of the comforts or sinful desires it uses to keep us shackled to our inadequacies and delusions of the “false self.” You are not alone in this fight nor are you powerless, ignorant, or incapable of making the most profound transformation.

We have within us the genetic code of our warrior ancestry who overcame the very same battle you find yourself in now. A war which will be fought until the maker himself declares it won. We have the tools, knowledge, and wisdom of those who came before. The greatest sin of all would be to disregard their sacrifice and slip back into the comatose nature of pervasive darkness we inherited from our primate cousins and primordial man.

We have access to incredible weaponry and the armor of God, should we choose to dawn it. We have an immense historical account, a road map of sorts detailing the lives, acts and heroism handed down to us by our warrior ancestors. It is my personal belief born from 50 years of pain and suffering, trial and error and the endless quest for union with our maker, that there is no greater representation of the warrior spirit, than that of Jesus Christ.

His short life was so powerful we now communicate time and history in terms of Before Christ “BC” and After Christ “AD”. All that, from 3 short years of public teachings alongside the chronicles written by his apostles detailing the life, teachings, crucifixion, and resurrection of Jesus Christ.

The martyrdom of Christ and the resurrection which followed spontaneously ignited a movement that has spanned the last 2000 years and touched the lives of countless generations and has reached all four corners of the globe. I am often asked by friends and family, slowly peeling back the curtains for themselves, “Do you believe in God?” “Do you believe in Jesus Christ and his Resurrection?” The answer to that question always brings me to tears due to its profound implications.

Before any of us answers the question of “do we believe”, we should each ask ourselves these queries first. If I truly “believe” in the existence of God and the resurrection of his Son, why do I continue to live my life in such a way that is completely void of the immense implication’s statements like this merit? “How do we say we believe in God, and

Jesus Christ yet continue to live a life of Sin?” “How can I believe in the Grand Weaver and his Son when I live a life addicted to material possessions and the desires of my earthly flesh?” “How can I believe in such majesty, yet stay stuck in a life of suffering and separateness fueled by egoic delusions which keeps me shackled to the Earth, and deprived from my true potential?” Do you truly “believe” or is something still lacking?

So many Christians’ defaults to a dogma of shared ideas and belief systems which are shallow at best and fail to reach the contemplative “experience” one should have when pondering these questions. If you believe there is a God, do your actions reflect the enormous responsibility of your belief? You say you believe in God, but you only offer him an hour of your precious time every Sunday morning, conveniently between 10 and 11am at your local Church. God is not *convenient*, nor does he respond to your selfish, broken nature. He is not a happy meal complete with a set of Ginsu knives you can purchase in 3 easy installments of \$9.95! He is not something you put on the back shelf just in case you need him one day. You say you believe in God, but you live in judgement of others whom he created. You believe in God, but you live in sin and attachment to your five senses. A slave to comfort. You believe in God but live-in fear of your fellow man, his governments, the future, and your inevitable death. You believe in God but deface his Temple with fast food, alcohol, and drugs.

My prayer is that each of us to deepen ourselves in Christ, which is the fertile soil of the Almighty and the seed he planted 2000 years ago, living deep inside us all. That seed is restless, desperately trying to sprout and blossom into the fruit promised us by the Son of Man, IF you choose to let it grow. Until then, he will be waiting as he has always done, since the dawn of time.

The Thread “The Five Pillars”

“A warrior does not give up what he loves, he finds the love in what he does”

— Dan Millman, *Way of the Peaceful Warrior*

If we analyze historical records of the Warrior tradition our first insight would be to recognize the commonalities all warriors have shared since written records began, across

all corners of the globe. Although the times, geography, technology, tactics, and weapons of choice may change, the substance never does. I think it is critical we thoroughly examine this timeless relationship as one interconnected story, that continues today. To me, I see the warrior saga as an interconnected “fabric” that penetrates time and space. Every fabric has a core, or a central thread, that runs throughout.

This being the case, given the greatest historical accounts and the hero’s whose lives and conquests have become immortal, what would you say their most basic commonalities or “threads” are? From David to Achilles. King Arthur to General Patton. Chief Tecumseh to the greatest Samurai of all time, Miyamoto Musashi. Countless hardships, strife and suffering befall our heroes and we read about the personal means by which they overcome them. Therefore, suffering and pain might be the logical answer and are indeed shared traits, but they are not exclusive to the warrior class. Suffering is Divine and therefore inherent in every life form from amoeba to Human.

Then what is it then that makes the Warrior tradition so exclusive and illusive to the rest of humanity? Well, quite simply, it is not that Warriors do not possess the same struggles as the rest of us, they do. It is not the “what” that makes them so different. It is how they overcome these inherited obstacles and why. From my vantage point, I have gleaned that there are five principles which expose themselves throughout history no matter the time, place, culture, or religion. I refer to these principles as the “Five Pillars.” The Five Pillars are, The Warrior Spirit. The Warrior Heart. The Warrior Mind. The Warrior Body and The Warrior Skill. These Pillars, as you will clearly come to see, are the essence of the warrior. They also separate the warrior from the rest of humanity and unite all warrior traditions in timeless brotherhood.

The first to be examined was the Warrior Mind. Without gaining mastery over our minds, we can never move on to the higher states of Consciousness, found in the Warrior Spirit. To cultivate the Warrior Spirit requires a daily practice where one looks death squarely in the face and to wholly except its promise for us all. As Warriors mature and deepen their understanding of death, they begin to come to terms with and lose the inherited fear that has gripped the minds and paralyzed the bodies of our ancestors since death was first experienced by mankind. As fear subsides, wisdom and freedom fill the void once occupied by fear. Universal truths become exposed. The first truth is that death is not the

end of anything other than our own ego. The ego, or persona (Latin for *mask*) or “false self” is at the heart of all fears. The Buddha describes four basic fears in which we as humanity all share and each stem from this concept of ego:

- Fear of Death
- Fear of Sickness
- Fear of Poverty
- Fear of old age

Fear is resistance to what is. Say it again. All fear is simply my ego’s resistance to what is... Fear is NEVER in the “Now”, always in the future, always in anxious expectation. To sum this up, simply means our egos are hardwired to NOT accept change in any other form OTHER than the kind of change the ego wants or expects. This egoic resistance is the root of all suffering. The practice of letting go of attachment to all things, including our very lives, gives rise to our spiritual awakening.

Nothing Dies. It “Transforms”

“No matter how hard the past, you can always begin again”.

Buddha

Change or “transformation” is the very essence of the Cosmos and what we call “reality”. There is nothing permanent in the universe. Everything, every galaxy, solar system, star, planet, mineral, bacteria, and animal is interconnected and interdependent upon each other and constantly in flux. Only God himself is “INTRAdependent” which means never changing and **not** dependent on anything for His existence, and thus perfect. All else, including you are in a constant state of flux or transformation. The very body your soul resides in is simply a combination of food you ate, water you drank, air you breathe and thoughts you think...

The reality of our universe and the Divine creation is one that is born, dies and is reborn in every “now”, or moment in what our ego refers to as “time”. Time is simply another construct man has given himself in his exhaustive attempt to resist and control “what is”. Time does not exist anywhere other than the imagination of man. The pure

ferocity and speed by which God creates cannot be understood by our finite minds nor dualistic ego. This is only possible through years of contemplation, meditation, the dropping off our egos and the cultivation of non-dualistic consciousness. Over *time*, we become so porous that the truth of the Universe and therefore the Divinity of the Creator can become manifest in our newly gained perception. Through the Warrior Spirit we face our fears, we strike them down with the sword of our consciousness and come to know our true selves. Through the Warrior Heart, we do not avoid the abyss. Instead, we leap into it, headfirst.

Using this newly gained insight, the Warrior can clearly see without judgement or prejudice that which makes him both human and being. Our experience of the universe and our ability to relate with it is reliant on the four energies which we all share but again, are magnified to their fullest potential by the warrior tradition. They are:

- Physical
- Mental
- Emotional
- Spiritual

The warrior knows that he is not a physical body with a soul, he is a soul with a physical body. Through God's Creation, He has given us a massive brain capable of more than every supercomputer on the planet. We have not only five senses but a sixth we often refer to as ESP (extra sensory perception) and a seventh, which is the ability to understand and dwell in the principles that underly the universe. The warrior consumes his days with skillset acquisition. He hardens and strengthens his body. He learns to use his body as a finely tuned instrument, performing thousands upon thousands of repetitions until finally his body in and of itself becomes his weapon of choice. The Warrior craves knowledge and never stops learning. He is a perpetual student constantly refining, educating, and exploring the depths of his mind. He learns to "feel" and then consciously let go of every and all emotion, as opposed to shoving them down or acting as if he were free of such nonsense. He learns to master his emotion and wield it as a tool or weapon when and where he may need it. Lastly, he lives in the "now" and as such lives' life to its fullest potential, cradled in the arms of God.

In his pursuit the Warrior realizes his true purpose. The loving, fostering protection of all life.

His sacrifice, not for himself. But for a greater good. Welcome, to the Total Warrior.

QUESTIONS FOR REFLECTION

1. *Describe your current relationship with God? Do you desire a closer more intimate relationship? Explain.*
2. *How Does the False Self manifest in your life? What are the differences between your “true self” and the “false self”? How can you begin to let go of the addictions of the false self?*
3. *Do you recognize the Warrior in you? Do you celebrate him or push him down? How can tapping into your inner Warrior benefit your life? Please explain in detail.*
3. *Rank in order your greatest fears (Death, illness, poverty, old age). Sit in silence with perfect posture. As you breathe in ask yourself “can I let go of my fear of (state your list in chronological order for each of the four topics) As you breathe out answer it with a yes or no. Then, will I let go of my fear of____. Finally, breath in as you ask yourself the final question, When? As you exhale say to yourself “Now”. Describe the experience of this exercise?*

CHAPTER THREE

THE WARRIOR MIND

“If you die before you die, then when you die, you will not die.”

Written above the Gateway at St. Paul’s Monastery, Mt. Athos Greece



Mental Grit

There are two legendary figures who are so synonymous with warrior mindset, they border on cliché. They are the Spartan Warriors of Ancient Greece and the Japanese Samurai.

From age 7 to adulthood, all Spartan men except the first born of the ruling class, were expected to attend the infamous *Agoge* (the Spartan warrior school). According to Plutarch, the main purpose of the *Agoge* was for Spartan boys to undergo intense physical trials to prepare their bodies for the harshness of war. The boys were routinely beaten, treated like animals, and subjected to years of brutality. By age 12, boys were expected to steal food and were constantly underfed to inspire this behavior. Ironically, if the boys were caught in the act, they would be brutally punished. Not for stealing, but for getting caught. It was thought by many that this created resourcefulness, cunning and stealth in the young warriors. Nothing was overlooked to harden Spartan children. They constantly wrestled, worked, exposed themselves to the harshness of the burning Greek sun and even slept on tough reeds sown together from the Eurotas River.

The agoge also empowered young Spartan boys with a deeply convicted moral code and sense of duty. Conformity, unity, courage, patriotism, martial prowess, guile, and also brutality was driven into every ounce of flesh. All in the name of Sparta. Upon adulthood, these boys served in the Spartan Army and were expected to fight in all military campaigns, but were also free to marry, start families, and own land. There is no doubt amongst historians that the sheer ferocity of the Spartan warrior, was 100% founded in the Agoge. The ancient Greeks were not only brilliant thinkers, artisans, and builders, they also knew the cost of their free state came at the price of blood being spilled. Paid for by the few men, able to spill it.

We should never minimize the bravery, or sheer grit it took to wage war with bladed weapons. Or, how important this ability still is today. The battlefields of the Ancient World were fought man to man and face to face. Only a few surviving veterans from the island campaigns of WWII, and bloody hand to hand engagements in Korea and Viet Nam, could express the madness, sheer chaos, and insanity of what a Spartan soldier must have experienced in war. The sounds of metal on metal, men screaming in pain and grunting in unison as they plowed into the enemy with their shields. The dense iron smells of blood, comingled with fear filled sweat, urine, and feces which covered the ground, causing it to turn into dank muck and slippery mud. Men falling, crawling, and clawing through the filth, over their dead brothers, trying to gain purchase of ground to thrust one more blade into the belly of another human being. Ending a man's life and taking from him all he ever was and all he will ever be. "Killing, is a hell of a thing" (Clint Eastwood *The Unforgiven*).

In this chapter, I refer to Lt. Colonel Dan Grossman's books (*On Killing & On Combat*) several times and highly recommend you read all material written by Grossman. Colonel Grossman is the leading researcher on the warrior mindset with special consideration being given to the central causation of Post-Traumatic Stress Disorder (PTSD) and the skill acquisition involved in training young soldiers how to kill one of their own kind. Grossman's books go into considerable detail concerning the connection of PTSD with the "inter-personal" level of combat experienced by the soldier. For instance, rarely do we hear or treat fighter pilots, artillery specialists, or even drone pilots for symptoms of trauma related to a combat experience. In stark contrast, more than 40% of all discharges from the military during WWII were related to the infantry suffering from

“combat fatigue”. During Viet Nam 30% of the soldiers returning home were thought to have suffered with symptoms of PTSD. Roughly 20% Afghanistan and Iraq War veterans showed signs of PTSD (but I believe that number to be much higher).

One contributing factor Grossman offers is the level of fear, or terror, and subsequent trauma related to the level of inter-personal conflict a soldier experiences with the enemy he is charged to kill, and the distance at which he dispenses said enemy. While I am not minimizing the hardships or necessity of gaining high ground “the skies” in combat, fighter pilots rarely, if ever, physically see the death and destruction caused by their missiles and bombs. The same is true for artillery, drone pilots and naval bombardment. Death from the sky as delivered by the U.S military is the most devastating force ever assembled. However, in order to hold physical territory, you have to put a soldier (a warrior) with a rifle, or a blade, on the ground. When you choose to do this, at some point that individual is going to have to get close and personal with the enemy, look into his eyes and snuff out his life.

The brutal truth is absolutely required when discussing the realities of self-defense and the potential necessity to take the life of an attacker. Any fluff or pretty, rose-colored glasses a potential sheepdog may have regarding the taking of another life should be stomped out of existence. Even the most skilled operators, will come to terms with the harsh reality that the justified death of the enemy, by their hands was also a human being, not just a target. Only psychopaths, sociopaths or someone burying their trauma will not feel remorse or reflect on these deeds with some level of regret. They will be forced at some point to unpack this trauma psychologically and spiritually. I have met many veterans, myself included, who have lost a piece of themselves to the harshness of their combat experiences. Sometimes warriors must become so hardened they lose a piece of their souls forever. In this pit of hell, it seems like a giant abyss is swallowing us whole, with no escape in sight. More than 6,000 suicides have occurred every year since 2008 as a result of the brutality of war and the lingering trauma left untreated. Having been there myself, my humble hypothesis of what is causing this trauma is threefold. And its remedy is its complete opposite.

- **Problem:** Lack of “realistic” mental preparation regarding the brutality of warfare with special attention placed on inter-personal, face to face combat.

Solution: Prioritizing and desensitizing warriors to reality of conflict and inter-personal combat with “real-world” training modalities and environments, pressure testing, education while inducing *Flow State*.

- **Problem:** Lack of immediate psychological “unpacking” and spiritual reconciliation.

Solution: Warriors should conduct daily, after-action reviews of their activities in the field during both combat and training TO INCLUDE any and all emotions, thoughts or physical or psychological anomalies which may have occurred. Warriors should be educated regarding the normal physiological and psychological effects which accompany high stress environments and combat (such as wetting pants). Warriors or victims of any trauma should never be allowed to internalize feelings of shame, guilt, or cowardice in association with something completely natural. The reality is that no matter how much we train, we can never know how much of us will show to the fight and how much of us will hide in a closet. There is no “normal” in combat. There is simply just the experience of the moment which needs to be individualized, **objectified**, and unpacked so the soldier does not internalize the trauma.

- **Problem:** Lack of a true moral or existential threat to the life of the warrior, citizens and loved ones.

Solution: From a military standpoint, elected officials should only use our military forces AFTER all peaceful means of conflict resolution have taken place. Given this, no deployment of military arsenal or forces should be used for any reason other than self-defense or an existential threat to our Nation and its peoples. From a civilian standpoint, the same rules should apply. Lethal force should be avoided at all costs and if non-lethal means of conflict resolution are available, they must be taken. Only in lifethreatening, self-defense situations of ourselves, loved ones or citizens of the whom we protect, is it morally or legally acceptable to dispense an evil doer (full-stop).

We can never minimize the necessity of training in the Suck, combined with increasing tolerances of pain and suffering. As modern men living in a modern “soft” culture, this process is harder than ever to replicate or create. Therefore, periodic, high levels of stress need to be placed on the physical body. This can be implemented through hours of heavy, arduous, lactic acid filled physical exercise, and/or consistent martial arts

training (especially in grappling arts) for warriors of all ages. But what if there is also a mindset that we can cultivate along the way that could single-handedly remedy the psychological and spiritual wounds of combat before they take place? Not only that, what if this mindset could propel us into superhuman performance levels? Well, that psychological state does exist, and we call it the “Flow State” or “Flow consciousness”.

For centuries Samurai warriors of ancient Japan wrestled with the same issues as warriors of today. They did not fight with F-18's or drones flown from Las Vegas, they fought with exquisitely sharp, three-foot razor blades which could cut a man in half with one fell swoop. Text upon text was written by these ancient Samurai, but few had anything to do with skill acquisition. Samurai seemed not the least bit concerned with the physical technique of swordsmanship. Instead, all their effort was spent cultivating the mind of the warrior in the heat of battle. Their preferred method for obtaining this mindset was the intense study of Zen Buddhism and hours upon hours of meditation. In the truest sense of irony, this pursuit not only made the Samurai the greatest, most lethal warriors ever to walk the planet, but also the most spiritually enlightened. Their preferred teachers were not master swordsmen, they were enlightened monks. Among them, none more prophetic or in tune with the psychological and spiritual requirements of the Samurai warrior, than Takuan Soho.

The Concept of “Mu Ju No Shin” or “No Abiding Mind”

“When a person does not think, “Where shall I put it?” the mind will extend throughout the entire body and move to any place at all...The effort not to stop the mind in just one place - this is discipline. Not stopping the mind is object and essence. Put it nowhere and it will be everywhere. Even in moving the mind outside the body, if it is sent in one direction, it will be lacking in nine others. If the mind is not restricted to just one direction, it will be in all ten. Presumably, as a Martial artist, I do not fight for gain or loss, I am not concerned with strength or weakness, and neither advance a step nor retreat a step. The enemy does not see me. I do not see the enemy. Penetrating to a place where heaven and earth have not yet divided, where yin and yang have not yet arrived, I quickly and necessarily gain effect”.

This quote is a small selection taken from the *Unfettered mind* written by the 17th century Zen master Takuan Soho (1573-1645). *The Unfettered Mind* is possibly the

greatest book ever written on the art of swordsmanship and the cultivation of right mind and intention. It was written as a guide for the infamous Samurai warrior, Yagyu Munenori, a great swordsman and rival to the legendary Miyamoto Musashi. Takuan was a giant in the history of Zen; he was also a gardener, calligrapher, poet, author, adviser to samurai and shoguns. In these pointed essays, Takuan is sharing with Munenori his deep understanding of the mind - both generally and its nature when faced with conflict. *The Unfettered Mind* had a massive influence on Samurai for generations. It especially affected Japan's most infamous sword fighter Miyamoto Musashi. Musashi would go on to draft, arguably, the most popular book in the world concerning Samurai wisdom and mindset, the *Book of Five Rings*.

Every warrior **MUST** study, the classics of Takuan Soho and Musashi. If for no other reason than to witness the amazing superhuman potential waiting to be unleashed once we face our greatest fear, death. First and foremost, the Samurai constantly wrestled with the concept of “losing” or “dropping” the self (ego) and its absolute aversion to death. From his first waking moment until he lay down to sleep, a Samurai was required to be ready, willing, and able to sacrifice his life to his master. This blind obedience can best be viewed through the practice of *Hara Kiri*, or ritual suicide by self-disendowment. Fear of death is obviously a profoundly serious problem for a Samurai who may become paralyzed in the heat of battle or is unwilling to take his own life to protect the honor of both himself and master.

The ego is the “false self” or the mask we all develop over time; the “who” we think we are. It is an ongoing psychological phenomenon which weaves from the environment (both internal and external) small pieces of life experience into a blanket we call our “self”. The essence of the ego is attachment. The essence of “no self” or “no mind” coincidentally is, non-attachment. No less than the same non-attachment sought after by the Ancient Saints such as John of the Cross or the Bodhisattva who ironically lived halfway across the planet, six hundred years before Jesus. I find it absolutely fascinating that both a Spanish monk, an Indian Prince and a Japanese Samurai separated by immense time and space, were pursuing the same spiritual resolution. Though their motives were vastly different,

but they all ended up arriving at the same destination. This Divine phenomenon should never be lost on us.

The ego constantly attaches itself to earthly things, beliefs or thoughts and emotional forms produced by those thoughts. None more intense than its attachment to life and its weaponization of fear, to “stay alive”. The ego’s attachment to thought form is like nitrous oxide for the “*mind*”. The perpetual hamster wheel of unconscious thought production. The ego fused with unconscious mind is in and of itself the opposite of *Christ Consciousness* which is the pinnacle of evolution and the soul intent of this book. When unconscious mind and ego become inseparable, with no objective space between them, we become victimized by those thoughts, the emotions and the action or inaction which follows. The ego’s delusion and iron grip in which it clamps on to life, can during inopportune moments fuel a paralyzing phobia of death. Lt. Colonel Dan Grossman refers to this state as the “black”. This phobia also happens to be of utmost concern to Samurai warriors who routinely stare death squarely in the face and obviously cannot afford a moment’s hesitation during a sword fight.

On Killing and *On Combat* investigate the physiological and psychological effects combat places on the entirety of the human organism. The “black” is the state of mind which takes place when the ego finds itself in a life-threatening situation. As stimulus from the exterior universe becomes assimilated into the mind. The ego dominates the consciousness and central nervous system impeding the warrior’s ability to form rational analysis and subsequent action in a given situation. It is akin to putting molasses in a Lamborghini. You are going nowhere, fast. Another term used for this mental state is paralysis by analysis. When you reach *Condition Black*, your heart is instantly at maximum heart rate. At this level of arousal, even a well-trained warrior will experience catastrophic breakdown of both mental and physical performance. The physiological symptoms which accompany the black are tunnel vision, auditory exclusion, deterioration of complex motor skills, bladder, and bowel evacuation.

In high-stress, life-or-death situations, sphincter, and bladder control are not a priority for the human organism. During these situations, deep rooted, ancient survival tactics, override the central nervous system. Our body subsequently will excrete all waste products in a heated attempt to fight or flee, making the organism less attractive to

predators. At this point, any cognitive process and accompanying signals to the central nervous system are completely overridden. In anonymous surveys conducted after WWII, twenty-five percent of soldiers admitted they wet themselves during combat and one-eighth admitted to defecating. Most researchers believe that number to be much higher.

Extreme vasoconstriction is also typically present in Condition Black. Vasoconstriction is when the blood vessels narrow to constrict blood flow. In life-or-death situations, your body wants most of your blood to stay near vital organs and large muscles that can be used to fight or flee. One potential benefit is that if you were to sustain a wound, vasoconstriction helps limit the amount of bleeding you experience.

Extreme vasoconstriction causes people to look “white with fear” as all the blood has been shunted away from the skin’s surface to more vital parts of the body. While vasoconstriction serves as a handy survival mechanism, its progression unfortunately leads to deterioration of complex motor skills such as firing a weapon or ducking under a sword.

During Condition Black, the more evolved forebrain shuts down and the primitive middle brain and brain stem assume control. Grossman refers to this as the “puppy dog” brain. Without executive functioning, you are subject to incredible levels of irrational thinking such as fighting, freezing, or fleeing. For example, many soldiers during WWI and WWII reported observing other soldiers running from behind a defensive position directly into enemy fire, for absolutely no reason at all. To quote Grossman, “in Condition Black you can run, and you can fight like a big, hairless, clawless bear, but that is about all you are capable of doing.”

If Condition Black is at the far left of the spectrum, the “Flow State” or “Flow Consciousness” is at the far right. Flow exemplifies *non-dual conscious* state. It can be described as a combination of activity, extreme mental focus of all faculties and a “letting go” of expectations and ramifications even the possibility of death.

Steven Kotler, author of *The Rise of Superman* and founder of the Human Genome Project seems to agree in his statement, “Since flow is a fluid action state, making better decisions isn’t enough: we also have to act on those decisions. The problem is fear, which stands between us and all actions. Yet our fears are grounded in self, time, and space. With our sense of self out of the way we are liberated from doubt and insecurity. With time gone, there is no yesterday to regret or tomorrow to worry about. And when our sense of space

disappears, so do physical consequences. But when all three vanish at once, something far more incredible occurs: our fear of death—that most fundamental of all fears—can no longer exist. Simply put: “if you are infinite and atemporal, you cannot die.”



In *The Rise of Superman*, Kotler interviews dozens of big wave riders, free climbers, skydivers, and motocross daredevils who have actively pursued the Flow state to perform superhuman feats. If we just sit and contemplate the ridiculousness of a big wave rider who is terrified of getting on top of a 100-foot wave with a six-foot surfboard, we can begin to understand the absolute necessity of this mindset. The problem is that this flies in the face of current thoughts on Flow offered by many clinicians and researchers whom I have interviewed. These scholars coincidentally have never personally experienced the Flow state during death defying activity. Their position is that Flow only occurs unconsciously, meaning we have no ability to manipulate or induce this state of consciousness and we can only experience Flow with the “right” amount of stress. If the stress is too low, no flow. Too high, no flow. What I believe they fail to comprehend is that the Flow state is being replicated by these Superhuman daredevils every day and they are actively experiencing the Flow state during death defying activity. I personally can attest to Flow Consciousness occurring while in life threatening situations.

In my estimation, the experts got this one wrong. History would clearly demonstrate the ancient Samurai recognized the Flow State centuries ago, and then set forth on a mission to both systematize and weaponize it. These ancient warriors fused the intense meditation practices of Zen Buddhism with death defying physical activity (swordplay). Through this fusion, they inadvertently produced the perfect atmosphere for the brain to manufacture the

most powerful drugs on the planet, (norepinephrine, dopamine, anandamide, serotonin, and endorphins). This powerful combination of a non-dual state derived from meditation and intense focused action initiated the Flow State whenever and wherever these warriors wished. If they can do it, why can't we?

Flow enables anyone to perform at ultra-human performance levels and to transcend their egoic constraints and fear of death. It is also my estimation that this attainment (with slightly different chemical alterations in the brain) is incredibly similar to the *Christ Consciousness*. These superhuman states are readily available to anyone willing to dedicate themselves to the mystical path. They are also the gateway to unrealized, human potential, union with our Heavenly Father, and true joy on an unprecedented scale. Kotler's quote is so powerful and so precisely true its worth reading once again. This time as you read it, let it soak in and ask the Holy Spirit if indeed the words both me and Kotler have drafted, are true. "With our sense of self out of the way we are liberated from doubt and insecurity. With time gone, there is no yesterday to regret or tomorrow to worry about. And when our sense of space disappears, so do physical consequences. But when all three vanish at once, something far more incredible occurs: our fear of death—that most fundamental of all fears—can no longer exist. Simply put: if you are infinite and atemporal, you cannot die."

Fishing from the wrong side of the boat

The Phenomena of the Left and Right Brain

"Yin and Yang are the two opposites which control the universe and thus the human body."

George Lucas

Throughout the book I make periodic mention that we cannot interpret scripture nor anything of spiritual value through the left hemisphere of the brain. The brain is split down the middle by the interhemispheric fissure. In actuality, the left and right hemispheres of the brain are so vastly different they may as well be two different people. The qualities of the left hemisphere of the brain are dualistic, categorizing, logical and analytical. The left side of the brain likes routine and repetition. The right side of the brain houses non-dual

awareness, emotional intelligence, imagination, abstractness, and our omnipresent spiritual radar detector. The Holy Bible is filled with inuendo or Koan-like inferences concerning this reality. Adam and Eve are the left and right sides or “Yin and Yang” of God’s creation. The female left is Chaos to the Order of the male right. One of my favorite scriptures is an obscure passage in John: 21:4-7 which seems to have gone largely unnoticed for 2000 years. Following the Resurrection, Jesus visits with his Disciples for a third time. They are fishing not far offshore when suddenly they see a man walking along the water. He is shouting at them, asking if they have had any luck catching fish. Please keep in mind, “Fishing” is a constant metaphor in the New Testament. So much so, the Fish symbol or *Ichthus* became the secret sign of the early Christian Church.

Anything to do with fishing in the four books of the New Testament are metaphors or Koans enticing us to dig “or Fish” deeper into our right brain for the hidden meaning of certain scripture. In this passage, the Apostles do not recognize Jesus (another thread which runs through all four books concerning Jesus’s resurrection). This thread is also commonly dismissed by theologians, but I humbly believe it to be yet another metaphor or Koan inviting us to look a bit deeper into its hidden meaning. John: 21:4-7 seems like Biblical filler at first glance, but no word nor sentence in the entire Bible is without layers of wisdom and hidden meaning. *“He called out to them, ‘friends, haven’t you any fish?’ No’ they answered. He said, ‘throw your net on the right side of the boat and you will find some’.* Could we deduce that the Biblical translation of the Apostles inability to recognize Jesus means we cannot realize Christ Consciousness from the left side of the brain? Is Jesus saying in yet another parable that we are “fishing” on the wrong side of the boat or brain? This may seem bizarre at first, but I assure you this assumption and logical conclusion is profound to say the least. If we deduce this to be true, then we are also implying that 2000 years ago, Jesus knew that the spiritual data center “the brain” was split in half. One half the logical computing system is completely dedicated to the chores of daily living while the other acts as the spiritual radar detector and assimilator required to glimpse the vastness of our Heavenly Father. I find this assumption to be valid due to the fact current science is just now proving through quantum mechanics, what mystics have been saying for the last 6000 years, which is that the cosmos is “One” interconnected and interdependent entity. I

think it is highly probable Jesus not only understood the dilemma of our biology, but also the corresponding solution to higher states of consciousness.

The apostles are “fishing” on the left side of the boat and not catching anything. *“He called out to them, ‘friends, haven’t you any fish?’ No’ they answered. He said, ‘throw your net on the right side of the boat and you will find some’.”* They are also at the same time running from the Roman authorities and living in tomorrow, with it, a perpetual state of fear and anxiety which is housed on the left side of the brain. Living in the future cause’s massive amounts of fear and anxiety which both Kotler and ancient Samurai have declared to be the enemy of human performance and spiritual awakening. Is it possible this seemingly obscure passage is telling us in no uncertain terms that while the left hemisphere of the brain serves in practical daily living, it is absolutely worthless to catch “fish?” Is tapping into the right brain and its qualities necessary to attain union with God or to become Superman? I think so, but judge for yourself. As you continue reading this book, I encourage you to quiet the left hemisphere of the brain and shift to the right. One good way to know the difference is when this book begins to challenge your beliefs. Belief, is to stand on the sure-footed safety of the shore, attached to Terra Firma while gazing at the distant horizon. Faith is the letting go of self and egoic delusion then diving headfirst into the abyss. All the while knowing our Heavenly Father will always have our six. For the remainder of this book, I highly encourage you to cast your net, and never look back.

Developing the 7th Sense or Discernment

God never gives us discernment in order that we may criticize, but that we may intercede.

Oswald Chambers

In chapter V Warrior Heart, I will briefly discuss one of the greatest, most enlightened warriors of all time, Morihei Ueshiba, commonly known as O’Sensei. O’Sensei was the founder of Aikido, who frequently spoke of not five, but the *seven* senses. The first five senses are sight, hearing, touch, taste and sight. The 6th sense is the gift of extra sensory perception as we open ourselves to the holy spirit. The seventh sense is the next stage in the evolution of Christ consciousness. In Christianity, this sense is referred to as

discernment. I want to expound on the websters definition of discernment which is (perception in the absence of judgment with a view to obtaining spiritual direction and understanding). Discernment becomes more evident as we cleanse our minds of the unconscious clutter and the attacks of darkness on our minds. There is now energy and ability to channel and focus our mental and spiritual energies toward the attainment of Christ consciousness. These six sense organs are billions of years in the making and should not be shunted or disacknowledged. As opposed to ignoring or tempering the six senses, they should instead be channeled into one central collection point. This collection point is discernment or the 7th sense. When all six senses are funneled into the 7th, we gain massive powers of observation into the past, present, and future many call “spiritual goggles”. Through this holy power of observation, we begin to see the inner working of the universe and the principles which underly all things and how they are inter-connected. We can clearly see and feel truth both internal and external in our minds as it arises. We are now capable of acting and using *free will*, which is freed from the bondage of the unconscious mind and dark forces. Without discernment, we have no access to the weapons required to fight the spiritual war constantly being waged around us.

The Armor of God

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:10-18

During the introduction of this book, I briefly referred to a war currently taking place in your very soul. The battlefield for this war will not be fought in the open fields, triple canopy Jungles, nor the rolling sand dunes of the harshest deserts. Spiritual warfare takes place in your mind and the mind of your loved ones. Even if spiritual warfare manifests itself into physical disease (which it absolutely can) it always originates in the unconscious mind. Careful consideration should be paid to the endless enemies at the gate of our minds. These enemies can include but are not limited to the shared unconsciousness, Jung's idea of self, our egos, and especially, evil forces. There is a war constantly being waged for the possession of your soul, through your mind. The weapons the dark enemy uses to control your mind are the addiction to the five senses, addiction to earthly forms and the emotions they produce such as fear, regret, unworthiness, anger, hatred, jealousy, resentment, and greed.

Although Satan's name "Accuser" has changed many times throughout history, the evil he and his fellow fallen angels embody has been with us since time immemorial. Revelation 12:9 *And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him.* Strangely, little is spoken of Satan in the Old Testament where he is almost always seen as a "serpent" or "dragon". He is not personified until the ministry of Jesus in the New Testament and more specifically, during the three temptations of Christ throughout the forty days and forty nights in the desert. From a strictly theological perspective, I believe this personification Jesus makes of both God as the "Father" and evil as the "Devil" is incredibly important to recognize because it is unprecedented in Biblical history.

I want to be perfectly clear on this point. Both the good and evil forces waging spiritual warfare cannot be comprehended through the five senses nor the left hemisphere of the brain. These are the very vehicles evil forces use to wage their war against us, therefore a shift from logic to imagination combined with discernment, is the only way to understand both Evil and Divine forces. Outside of this coupling, we have NO possible means of grasping the true essence of spirit entities such as angels or demons much like we will never **fully embody** the vast, infinite, omnipresence of God while in human form. Personifying is a brilliant strategy by Jesus which makes tangible to the layman something which is

incomprehensible and offers us an incredibly intimate relationship. Both good and evil spirit entities unquestionably exist and can take the form of anything they choose such as animals, nature, or human beings. Another important point is that while these forces exist, we CANNOT lay entire blame for our conduct, our health or that of our loved ones, conveniently at the feet of Satan. I tend to think of both Evil and Divine forces being like radio waves which are constantly present in the heavens. If your radio is out of tune, it gets nothing but chaos and static (ie., Evil). If, on the other hand, your radio is dialed in with Hi-Fi capacity and your antenna fully erect, divine forces are free to enter and begin their work.

Time and time again, the New Testament illustrates how Jesus cast out demons from townsfolk throughout the entirety of his ministry. For instance, both Mark 5:1-20 and Luke 8:26-39 go into detail concerning the Gadarene, a devil-possessed man who lived a most bizarre lifestyle. The Gadarene lived amongst tombs, he howled, cut himself with stones, ran around naked, had bursts of amazing strength, which apparently enabled him to break chains. Pay special attention to how Jesus addressed the unclean spirit in the Gadarene, “*What is thy name?*” and how the spirit responded, “*My name is Legion: for we are many.*”

My aim in discussing spiritual warfare is twofold. First, for far too long, a large percentage of the Christian church has conveniently focused an extreme amount of effort combating and blaming the Devil for all improprieties, especially if it directly involves the church. While the Church lady was funny in the 80’s there is no longer any room or patience amongst sober followers of Jesus for hail-fire and brimstone sermons or fear mongering of any kind. I would like to also share a personal anecdote with you relative to this claim. Recently, I worked with a Veterans’ ministry. The leader of the organization verbally assaulted me for patting him on the back and saying good morning. Apparently, he was of the belief that demons might jump into his body if touched by another person. Not only does this border on insanity, but it could also have caused serious damage had he unleashed his verbal assault on a wounded veteran still fragile from the trauma of war and the effects of PTSD.

In moving forward, we must gain better vision through discernment and view the world with spiritual goggles. This vantage point allows us to clearly see the forces of evil

at play and disseminate them from psychological psychosis, mental illness and or a complete lack of moral aptitude. As followers of Jesus, we must become Apologists, who provide truthful answers to exceedingly difficult questions pertaining to the gospel. We must stop the “kitchen table” Christianity based on *beliefs* and return to *faith and experience*. When we assign blame to the back of Satan for all things wrong with the world, we lose personal responsibility for our actions and any ability to rectify these actions. God wants and requires relationship. This especially applies to spiritual warfare and our willingness to see the profound difference between falling short of our own merits and knowing when the angel of darkness has invaded our hearts and minds.

As followers of Jesus, we must all become men of the cloth, fully capable of donning the armor of God and dispensing with the Devil at will. We must trust in and then let go of these abilities the same way you would trust your vehicle to carry you down the highway without constantly worrying whether the wheels are going to fall off. We cannot live a life of fear because we think the Devil is under every rock or an evil spirit might consume us because we bumped into someone at Walmart. Jesus has given us the authority to do all things in his name, all that is needed is the discernment to know when it is time to draw our sword and when it is time to keep it sheathed.

John 14:12-14 reads,

Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.

The closer you fly to the Sun, the harsher the attacks from Satan. Never lose sight of Jesus as he wanders forty days and forty nights through the desert sands, combating Satan every step of the way; armed only with the Word of God. Denounce all assignments with Satan and the brokenness of your left brain. Work every day to remove your addictions to the five senses and earthly forms so that the “false self” or ego, slowly dwindles and with it, Satan’s only chance to defeat you in the greatest battle of your life.

Self-Talk

The more man meditates upon good thoughts, the better will be his world and the world at large.

Confucius

If the mind is the vehicle Satan uses to attack us, then unconscious thinking and more specifically, “self” talk is his infantry soldiers. A vast majority of our self-talk is negative. We hardly ever have thoughts of positive reinforcement such as “you got this”, “you’re amazing”, “God loves you just the way you are”. Only Stuart Smiley, the eternal optimist from Saturday Night Live had such fortune. For the rest of us, self-talk is a daily mental barrage making us feel unworthy, alone, and afraid. As you increase your prayer and meditation practice, these voices will lessen and create space for Christ Consciousness. Unfortunately, those negative voices may never totally subside. As your conscious attention increases, you will notice these voices the instant they arise. When they do, draw your sword and slash them to pieces with this simple and incredibly effective prayer.

“In the name and authority of Jesus Christ I silence all voices except God almighty, his son Jesus Christ and the Holy spirit”.

As silly as it may seem, once these voices have been silenced follow them with a concerted effort of positive reinforcement and self-talk. Say something like, “I am worthy of God’s love”, “I am a good person”, and “I can do all things through Jesus Christ”. It should never be lost on us that we are having conversation with ourselves. Who is talking? Who is listening? How many of us are in there? Gaining objective distance from the internal voices and viewing them from a detached “true self” is a practice of shifting from dual consciousness into a non-dual or Christ Consciousness state. Sit, and observe your mind as these voices come into view. Once you begin to see them from the mountain peak, they tend to run and hide from the immense light cast upon them. During your meditation practice, once the mind has been quieted, a highly effective practice is to form a question and then “look” for the answer. Pose the question, “what is my next thought”? Say it multiple times and then “look” for the thought to materialize. Notice the vast space and

emptiness which accompanies this exercise. Try to remain in this emptiness for longer periods of time with ever-increasing awareness of both internal and external environments.

Post-Traumatic Stress Disorder

“Trauma is hell on earth. Trauma resolved is a gift from the gods.”

— *Peter A. Levine*

In Sebastian Junger’s book *Tribe*, he offers a frank and data-driven hypothesis as to the primary contributor to PTSD among veterans. Contrary to popular belief, the main contributor is not always related to physical combat experiences. In fact, many soldiers experiencing PTSD never saw a single day of combat, nor experienced any type of life-threatening training such as Airborne, Ranger or even Air Assault schools. So, what could cause this phenomenon? Junger suggests that the answer lies in the loss of their *Tribe*. In Genesis 2:18 the Lord says, “*It is not good for man to be alone*”. We as humans are social creatures and we as men require the attention, affection, and admiration of other men. Nowhere is this more evident than with the tribe that is created in the Combat Arms elements of the United States Military.

I can personally attest to the tremendous loss I experienced over the fifteen years of absence from my band of brothers, my *tribe*. Something incredibly special happens when men join in shared mindset and vision. Especially when their lives are on the line. The individual ego begins to fade and love for your brother becomes the central focus. This focus overrides any sense of selfishness or egoic concern. As the self is lost to the greater whole a sense of peace, trust and duty take root which for most of us, cannot be replaced in civilian life. This loss of tribe can be catastrophic to the individual and must be restored with a sense of priority. The tribe can be replicated with the joining and willful participation of a Church, Veterans’ group, outreach ministries or all the above. Not only are we made to be in a tribe, but we are also made to be of service. There is simply no greater way to live our lives than to combine a sense of *tribe* with an all-out, commitment of service to our fellow brothers and sisters.

Another contributing factor to PTSD is the “story”. Everyone has a story, a narrative in which you are either the protagonist or antagonist, (depending on how much BS or self-

torture you offer your “self”). The story is just that, it is a story. The problem is, the story gets stuck, not only in our minds but in our bodies. This “stuckness” can become both mental and physical disease as it abscesses over time. Critical attention must be paid to the removing of this abscess before it becomes systemic. The only way to carve this disease out of our existence is to tell our story, sometimes over and over until it loses its power and grip on our souls. The telling of the story objectifies and shines light where only darkness once thrived. This darkness is fertile soil for Satan and his minions to do horrible crimes against us and to take full possession of the soul, “I speak from personal experience”. Seeking out qualified spiritual or psychological counselors to aid in the exorcism of the story demon is an absolute essential exercise that must take place for anyone suffering PTSD to find peace. This requires massive levels of trust and a dedication to a piece of mind you must believe in your heart, is deserved. Our stories are just that, stories. They in and of themselves have no intrinsic power, it is us and possibly evil forces that weaponize them and turn them against us. The greatest way to end this threat, is to realize you are not your story. You are not your past. You, are the eyes of God, waiting to be realized.

Utility and Longevity of the Brain

“The Pen is Mightier than the sword”

Edward Bulwer-Lytton

Lastly, the brain is a muscle. Well, it’s mostly fat but you get my point. If we do not train the muscle, we will lose its capabilities. Our culture is slowly reverting to CroMagnon levels of cognitive aptitude with our reliance on technology and our inability to critically think for ourselves. Daily practice must be taken to exercise the mind especially in these areas:

- Reading and Comprehension
- Writing
- Critical Thinking
- Effective Communication
- Problem Solving
- Focus and attention

- Memory Capacity

Our brains have tremendous untapped potential. God has gifted Human Beings with brains comparable to Divine super-computers. Brains capable of painting the Mona Lisa, landing man on the moon, and sitting in the presence of God. Much attention should be paid to the essential tools needed for development of both the left and right hemispheres of the brain. Learning how to critically think and write are the two most powerful weapons anyone can possess. For some reason, we fail to inform our children and society that these two critical skills are the sole reason for attending University. Pour yourself into study and force yourself into writing. Start a personal blog or post every day on social media something which is heartfelt and inspirational concerning something you have witnessed or read. We learn through three vehicles: logic, imagination, and application. These are also the vehicles of Apologetics. Reading, writing and then debating, especially concerning Theology is the most effective means of training the brain to perform its most important function, how to effectively think.

QUESTIONS FOR REFLECTION

1. *Describe in your own words the concept of Mu Ju No Shin, (No abiding mind). How can this mindset aid you in life?*
2. *Have you ever experienced Flow? Where? When? How can learning to induce the Flow State at will harm or help you in life?*
3. *List the attributes of your left and right brains. Which is dominant? How does the imbalance effect your life? How could balancing the left and right brains effect your life?*
4. *What do the voices “self-talk” say to you about yourself? How could becoming more present to these voices and addressing them with effective prayer benefit you?*

CHAPTER FOUR

The Warrior Spirit

The crucifixion of Jesus Christ was a converging of absolutes into a “*Holy Singularity*”. A moment in time when the Cosmos stood still, and all creation was transformed forever in an instant. “*It is Finished*”.

This singularity was an infamous, sacrificial, epic moment in time where absolutes (love, justice, evil and forgiveness) collided with one another, creating the only true “*Big Bang*” or second birth of humanity.

Without the Crucifixion there is no Gospel. Without the Gospel, there is no Grace. Where there is no Grace there is no Faith. Where there is no Faith, there is only darkness.

Christianity is the only worldview that has both an instruction manual (The Holy Bible) and more importantly, a perfect living example of what God’s image for man was supposed to be, the *Son of Man*, Jesus Christ. Christianity is the only world view where the promise of redemption and transformation is **not** won solely by our good deeds outweighing the bad (*Karma*), but by Faith and Grace alone. There is NOTHING we can do in our Fallen State that can right the terrible wrongs of Original Sin we inherited by our ancient parents, Adam, and Eve. Nothing.

Christianity states the promise of eternal life in God’s Kingdom on Earth and Heaven is freely given to believers by the most incredible, selfless act of love and forgiveness in history, the Crucifixion of Jesus Christ.

Along with this tremendous gift, Jesus also lays an immense responsibility at our feet. He says to “Carry our cross”, to “*Live in Faith*” not simply pronounce it. This means we must put all faith in Him, face our inner demons and fears, let go of egoic selfish ways, cleanse ourselves from addictions of the Flesh, and dwell in Him and Him alone. Jesus wants us to live a life of truth and be willing to accept its consequences as expressed by

countless Christian Martyrs throughout history. Faith in him requires us to nail ourselves to the Cross by the sacrifice we make every day for the good of humanity and the betterment of His Church. Jesus's desire is for us to leave our lives of comfort and attachment to earthly possessions and the Sins of our Flesh and to consciously walk unwaveringly through the fires of Hell and into the suffering of our Fallen brothers and sisters. "*Follow me*" means to Live your Faith and to become a beacon or great ambassador for Christ to our friends, family, neighborhood, city, and state. John: 14:12-13 reads,

Very truly I tell you whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the father. And I will do whatever you ask in my name so that the Father may be glorified in the Son.

The Darkness residing in the Church over the last 1600 years has ironically managed to silence Jesus's calling to "*Follow me*". This blasphemy is now magnified by the Modern "*Woke*" Church who has replaced the Gospel with paganistic rituals, open abomination, hypocrisy, dishonesty, lethargy, and left-brained dogma. Are these qualities not everything we hated about our parents as children? Do as I say and not as I do? Is this not what of the Pharisees were accused of by Jesus? We innately knew in our young gut when our parents were lying or deceiving us. It is not cognitive. Knowing truth is both a primal and divine instinct everyone possesses. The discerning can all hear, see, and know what is true and what is BS. No lie detector needed. The question is, do we ACT on truth? Do we continue down this Sinful path and turn a comfortable, cowardly blind eye? Or do we bravely call it out, as the Apostle Paul would have done in the first century?

It is my belief, and the soul inspiration for the Reformation Movement, that the greatest misstep the Christian church ever made is denying its parishioners their ultimate spiritual experience by completely dismissing or "adding to" the simple complexity of the Gospel of Jesus Christ.

The Gospel is in and of itself a Trinitarian Concept:

First, there is an **Initiation**. "I am the Way".

We cannot save ourselves. We must have a teacher and a direct transmission of Grace by Jesus and Jesus ALONE. This Initiation is the physical speaking of the words of the Gospel

that Jesus is the Son of God, the Logos, God Himself Incarnated in the Flesh as a Human man. We must accept that he Died on the Cross for our Sins. That he was buried for three days. That he defeated Death and rose from the grave for 40 days. That He ascended into heaven and that He will return for His Church. This Initiation creates Relationship with Jesus as our personal, ever present “*Teacher*”. This relationship deepens throughout our lives as we grow in Him and lose our-*selves* in His Gospel.

Secondly, **Transformation**. “I am the Truth”.

Through the Gospel we Follow Jesus and Carry our own Cross. We Consciously move into our suffering and explore its roots and transformative gifts. We then nail our-selves to the Cross and die to our life of Sin through the re-birth of our souls in Christ. We are now risen from the Dead, and live eternally from this point forth, forever in his presence on Earth and Heaven.

Third, **Salvation**. “I am the Life”.

Without Jesus’s selfless act on the Cross, we are all doomed to a life of suffering in our Fallen State. But, through this act, we may live eternally in His presence, His Joy, His Glory on Earth and in Heaven.

Living in Trinity

John 1: In the beginning was the Word, and the Word was with God, and the Word was God. The basis of the Trinity is that God “The Father” is composed of three equal “persons” or spiritual bodies. One God. One being. Three equal *apparitions*.

The first is the Father. The Father is absolute *form-less-ness*. He is perfectly intra-dependent and thus perfect. Omnipotent. Omniscient. Omnipresent. He is pure love, pure potentiality. Pure Consciousness.

The second person in the Trinity, is the Son or the *Logos* who was incarnated in the physical body of Jesus Christ. The Son is the originator of ALL realms of Creation to include Heaven and Earth, and thus all *form* is of His body. This includes the unlimited variations of form as it arises, both physical and non-physical, in Heaven and the Universe we perceive as *reality*.

The third person of the Trinity is the “Holy Spirit”. The Holy spirit is the “*Force*” which permeates every subatomic particle in the Universe and every Angelic body in Heaven which interconnects all Creation in unified purpose, as One. Paul writes in Corinthians 6:19, *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.* Three seemingly separate entities “Father, Son and Holy spirit” but, in actuality, One.

All of us at one point or another have felt the presence of the Holy Spirit. Without it we are just subatomic soup lacking God’s will and His obvious grand design. Even in our Fallen State the Holy Spirit is within us, just inaccessible. It was the Father’s intention that his Son would create life on Earth to include human beings, formed in *our* image (*Genesis*). Human beings who could (through Christ) become conscious of consciousness itself, living in perfect Union with the Triune God.

The Holy Bible teaches us that since Adam’s fall into a life of Sin, Man perpetually stumbles, as the Father constantly attempts to guide and interject his will for the benefit of his majestic creation. Repeatedly, Man fails. It is with the birth of Jesus Christ, Son of Man, Son of God, fully human, fully Divine, that the conscious will of the Son (God), manifest itself into a living man to walk amongst us (i.e., incarnation). A “Messiah”, promised throughout scripture, sent by our Father to lead us out of perpetual darkness and into the “light” of his grand design. The perfect example of what Man was always intended to be, sent to Earth for one purpose. To become Sin and to spill his blood so we may finally be redeemed. This powerful realization is the heart and soul of the Gospel or the “Good News”. This realization of Gods infinite love for us and the promise of eternal life can only be gotten through our faith and our wholehearted acceptance of His Gospel.

The gravity of this loving act and its implications should leave us speechless. Its enormity is the sole basis for the prerequisite of Christian faith. God sent his only Son (the Christ) to awaken us from perpetual darkness and separateness from him. He sent a Messiah to lift us from a life of Sin and awaken us to the everlasting light of His Kingdom. Awakened to truth and a conscious experience that all life, all form (in Heaven and Earth) in its endless wonders is “One” and this “Oneness” is the totality of God himself. This “One-ness” “which is constantly referred to throughout Paul’s writings” is not just solid

Theology all believers must comprehend, it is also a transformative mystical experience accessible to all believers, through deeper levels of meditation and contemplation of the True Gospel. In Galatians 3:26-28 Paul writes, *So in Christ Jesus you are all children of God through Faith, for all you who were baptized into Christ have clothed yourself with Christ. There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all **one** in Christ Jesus.*

The term Christ, is derived from the ancient Greek term *Christos*, meaning *anointed one*". The Christ is the Son of the Father and constitutes every sub-atomic particle in the Universe and thus represents "reality". The Christ comprises Heaven, Angelic Bodies, the Cosmos, the sky, oceans, animals, plants and even our thoughts and dreams. The Body of Christ is *One*, interconnected *Nowness* in constant transformation, as revealed by the ancient Celts through the Knots they carved into stone crosses built around the 8th century. These crosses can be found in the lands of Ireland, France, and England to this day.

To truly embrace and reveal the essence of Christianity is to reveal that everyone, everything and every *now*, in our experience of reality is sacred. Both Jesus of Nazareth and his mystic Apostle Paul, repeatedly point to this powerful realization throughout the New Testament. Paul writes in Ephesians 3:8-9

To me, the very least of all the holy ones, this grace was given, to preach to the Gentiles the inscrutable riches of Christ, and to bring to light what is the plan of the mystery hidden from ages past in God who created all things.

The Holy Trinity and the teachings of Jesus are impossible to truly grasp through "Dual-consciousness" or a state of mind in which there are always "two". There is "me", a construct of the ego, and "Every-Thing" else. The Trinity is our first awakening that our logical, analytical, and judgmental ways of thinking are utterly bankrupt of spiritual awareness. Neither the five senses nor the egoic binary filter we pour the entirety of the universe through, is capable of comprehending the majesty of Gods Kingdom.

The proof of this is buried deep inside the 2nd Commandment Jesus gave to his disciples, "love thy neighbor as though thy self". Jesus is telling us in no uncertain terms that through our broken dual conscious experience we *see* our neighbors as separate,

different, and through this difference we construct a constant, false sense of ourselves and the universe.

What Jesus in his awakened state is telling us is that our neighbor, IS us. That we are all *One*. One consciousness. One “nowness” arising for the moment in the human form in which He created. With parables, Jesus attempts to awaken this Non-dual “Christ consciousness” inside us all. Our egos, or the filter we perceive the universe and ourselves through, is simply broken, or *Fallen*, and we cannot be in union with our Father as long as this false mask (*persona*) exists.

Ego

To achieve “Christ consciousness” we must stop looking to the outside for answers and go deeper inside. Inside of your DNA lies the footprint of God himself. Contained inside of every mitochondrion (the central computer of the cell) is the universal library of every life form ever to have existed on planet Earth. The mitochondria are the epicenter for the eternal voice which speaks to us all. We refer to this voice as our “conscience”, but it is none other than the voice of God himself, in the form of the Holy spirit.

Few of us pay attention to this voice. Fewer act on it. Our busy lives and modern society have wedged a monster sized chasm between our “hearts” and the endless “other” voices and thoughts, constantly churning in our minds. This constant internal chatter is referred to in Zen Buddhism as “monkey mind”. The “monkey mind” is an unconscious construct of the ego which constantly uses thought “forms” to process the complexities of the Universe and to also keep us separate and asleep from our “true selves”.

According to Carl Jung, the “Self” is enormously complex. Jung lists a minimum of a dozen phenomenon which compile the self to include:

- The Outer Physical World
- Projections
- Persona
- Archetypes
- Personal Consciousness
- Ego
- Shadow

- Personal Unconsciousness
- Anima/Animus
- Collective Unconsciousness

To use Jung's terms, we can think of the Collective Unconscious as the totality of all souls, past, present, and future to include all knowledge and the infinite wisdom of the cosmos.

This Collective unconsciousness is the inner voice of our ancestral fathers which speaks to us, especially in times of strife and suffering. The "self" is a sort of "gathering place" or collection center for all information both internal and external and is as malleable as clay. The "ego" is the relatively miniscule component of the self which is created from life experiences, thought forms, beliefs and minute amounts of content which seep through from the Collective unconscious to the personal consciousness.

Both our concepts of "Self" and the "Ego" are literally erased or washed clean (*Tabula Rasa*) upon our verbal proclamation (*Initiation*) of the True Gospel along with a deepening level of *Living Faith*. This is the root, Christian experience of being "*Born Again*". Jesus clearly makes a point of this proclamation during his late-night discussion with Nicodemus. John 3:3 - *Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.*

Separating the Ego from the massive Collective Unconscious, lies the Shadow. The easiest way to grasp the context of the Shadow is to see it arising in other people. How many angry people do you know who absolutely hate and despise angry people? How many people do you know who live a life of sloth but absolutely cannot stand lazy people? The shadow is a construct inside the self which keeps us, or our Egos from realizing or seeing certain elements of ourselves which are nothing less than prison gates, locking us into a life of suffering, pain, separateness, and unconsciousness. The vehicle it uses to wage this war on the *True-self* is called Sin. Sin is an ancient Greek term used by archers which loosely translated means "to miss the mark, or bullseye". The seven deadly sins are:

- Lust
- Gluttony
- Greed

- Sloth
- Wrath
- Envy
- Pride

St. John of the Cross writes in his Magnus Opus “The Ascent of Mt. Carmel”, that the pathway to union with God is a precarious walk one does on the Razor’s Edge of life. On both sides of this razors edge lies the abyss and the eternal “Darkside”. John teaches us that one must fixate on a single-minded focus for the attainment of Union with God, and to reach this summit, one must first suffer the “Dark night of the soul”.

This “Dark Night” is the experience of the self as it suffers through the loss of the senses and addictions, much akin to the melancholy which accompanies the death of a family member or loved one. The dark night is a purging or cleansing of the self from the addictions of the five senses and the *attachment* to all earthly forms which precede union with our heavenly Father. It is through the sheer reliance of faith and the grace of God that one navigates this tumultuous path so we may once again find ourselves back in the arms of our Father and our true selves.

Coincidentally, we find the same conclusion and remarkably similar aesthetic, monastic practices shared by mystics at all four corners of the globe. Somehow, over thousands of years, they each came to the same conclusions pertaining to spirituality without ever even knowing the other existed. 2600 years ago, Siddhartha Gautama or the “Buddha”, which means enlightened one, founded one of today’s four major spiritual traditions (Christianity, Judaism, Islam, and Buddhism). At its core, the Buddha teaches us that all life is suffering. We suffer, due to our shared resistance of what is. From birth, we are born into suffering. According to Buddha, suffering’s major causality is the formation of the ego and its massive resistance to the oneness of God’s Universe, in addition to the endless separation of itself through the attachment to form and the ceaseless constructs of the mind and a life of Sin. Is this not a powerful descriptor of our Fallen State?

The Holy Bible, the teachings of Jesus Christ and his apostles, to include every mystical tradition on the planet from across the globe all conclude the same thing.

- Suffering is a divine byproduct of life
- Suffering is caused by the rise of Mans Ego

- Man's Ego creates attachment
- Attachment creates more suffering
- To end suffering, man must do battle with his own ego and its attachments to the five senses and Earthly forms
- Once awakened, man's suffering ends as he experiences union with God and the Oneness of His universe

That is the "What". The "How" can only be found by Grace and Grace alone. It is not my goal to highlight other world religions or beliefs. My point in discussing other religious beliefs is that all human creation on Earth intuitively grasps the essence of our Fallen State and the endless cycle of suffering. While other religions may offer enlightenment into our shared Fallen State, ONLY the Grace of God can free us from the chains of this Hellish burden. All inhabitants of Earth have been offered this "*Free Gift*" through Faith in the Gospel of Jesus Christ and the power of His written word. This is known as the Five Solas.

By Grace Alone.

Through Faith Alone.

In Christ Alone.

According to Scripture Alone.

For the Glory of God Alone.

Our resistance to Christ Consciousness is the epicenter of our suffering and the seemingly impenetrable wall which separates us from our Heavenly Father, His Son and Holy Spirit. The spiritual journey of the Ancient Saints is a rocky, chaotic road filled with obstacles, valleys and seemingly unscalable mountains. I am reminded of the quote by the infamous Christian Theologian G.K Chesterton "*The Christian ideal has not been tried and found wanting; it has been found difficult and left untried.*"

The only true way to take this journey and to arrive at our Divine destination, is to take the straightest, narrowest path, and walk the "Razor's Edge" as presented by John of the Cross and countless enlightened Saints and Apostles before and after him.

The razor's edge is the Warriors Path. It is a monastic pursuit requiring intense prayer, meditation, and a resolution to rid the self of all attachment to the ADDICTIONS

of the five senses and all earthly things. This path leads all brave enough to make the arduous journey, to the attainment and conscious realization of “*No self*” and our great awakening that we are *One, in the Body of Christ*. The best example of this sacrifice is best analyzed through a small sect of devout Christian Monks in the early days of the Church known as the “Desert Fathers.”

Spiritual Warfare

In the first centuries of the Christian church, a small sect of monks emerged in Egypt, known as the Desert Fathers. Perhaps as early as the late 200’s AD, these Egyptian Christian men left the pagan cities, the persecutions and the distractions of life to live as hermits in the Sahara Desert. Their purpose was to live a solitary life solely dedicated to God and to be on the front lines of the greatest battle of all times. They were uniquely chosen amongst the strongest monks, much like professional athletes today, to live a hermetic life of solitude and to do battle with Satan himself.

This war was not fought in the endless oceans of the shifting desert sands. It was fought inside the minds and hearts of men, alone in dark caves, in constant prayer and meditation. They did this not only to reach the pinnacle of spiritual achievement, but to wage war on Darkness and simultaneously raise the entire *consciousness* of man. The Desert Fathers sacrificed all to walk the razor’s edge of faith for the soul purpose of achieving union with God and increasing the possibility of this union for those of us willing to follow. The same is true for our efforts, should we choose to join them in this battle.

As modern-day Warriors, we must plant the seeds offered us through inspired Grace. We must tend our internal gardens so that righteous fruit may grow. We must learn to see the shared principles which underly the foundations of nature and the awe-inspiring potential of our human form upon re-birth. We must learn to feel and hear the Holy spirit and act on its wisdom. We must be willing to expand our minds and to discover the endless ways in which this wisdom attempts to speak to us through nature, art, music, and the writings of mystical traditions all fused with True Science, which has its basis in the Written Word. We must all be equally equipped in Apologetics and sound Biblical Theology to defend God’s word against charlatans, non-believers, and Satan’s minions.

We must be willing to go to war, and to go to war means we must be willing to kill, and we must be willing to die. This war is a spiritual war and the killing and dying is in surrendering our-*selves* and the willingness to die for our neighbor. You are not alone in this fight and your sword and shield will be the knowledge you have gained through the divine writings of the Ancient Saints, the Holy Bible and the authority granted you by Jesus Christ.

Lastly, or perhaps “firstly”, **Jesus is Lord!** Never forget the Jesus and Jesus alone is Lord of all Lords and Kings of all Kings. All law on Earth and representatives of that Law is subservient to the law of Jesus Christ and His *Great Commission* stated in Mathew 28:16-20: *Then the eleven disciples went away into Galilee, into a mountain where Jesus had appointed them. And when they saw him, they worshiped him: but some doubted. And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: {teach...: or, make disciples, or, Christians of all nations. Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, [even] unto the end of the world. Amen.* Carry this knowledge with you everywhere and never let fear or concern for yourself outweigh our Christian duty to uphold His Law.

Never has humanity faced the type of Darkness we see rising amongst us today. This Darkness (Satan) will attack you, your family, friends and loved ones the second you step on the Christian path. The more you grow in His Light, the more intense the attacks which follow. Never turn your back or let down your guard. Never let fear or worry consume your heart, body, and mind. As you take up the armor of God and ready yourself for battle, know your brothers do it right beside you, and no man will ever, be left behind. Never forget the lineage you now belong to. Hold tight to the fervent belief that **ONLY** the few, filled with faith and the glory of God, do the impossible.

The Warrior Way

1. God first

Only through the strongest desire imaginable is it possible to achieve union with God. Put God before everything, including YOU, your family, job or ambitions. Know and Live His Gospel. Be prepared to defend the Gospel and the Five Solas with fierce knowledge of his word.

2. Dig in!

Defense first – Cultivating “stillness” of mind and non-dual consciousness through meditation and contemplative prayer offered at the end of this chapter.

3. Gain the high ground – We are only free to exercise free will and gain relationship with our Heavenly Father **after** we have breached the unconscious mind and the confines of the ego. While we remain in the darkness of the mind, we are subject to the attacks from evil forces and the addiction of our own flesh.

4. Form an objective opinion of your “Self”

- What are my addictions to Earthly possessions and or “things”?
- Which of the seven sins does my ego use to keep me shackled and how are they expressed?
- How can I stay mindful and aware of my ego as it falls back into darkness? Learn to forgive yourself as you stumble, stay objective.

5. What would Jesus do?

We have a perfect example of how we are to live our best lives. Walking with Jesus and following him is his prayer for us. Live every day in awe of His sacrifice and love for us. Immerse yourself in the joy freely given from your newly found freedom and Faith in Christ. Pick up your own cross and walk beside him *in Living Faith*. Nail yourself to it as he did, so you too may rise into the hands of the Father. For the Glory of God, not your own.

6. The Body is the Temple.

If you have made it this far in the book and believe in the words I have written, then you KNOW in your heart the profoundness of this statement. Do not forget it. Every breath you take, water you drink, food you eat, every thought you think endlessly creates the

“*Christbody*” your soul inhabits. Apply your absolute best efforts to remove all impurities, such as alcohol and all mind/body altering chemicals. Continuously cleanse yourself like a glacial lake, capable of reflecting the awesomeness of our Father and his son Jesus Christ. Your body is the creation and the home of God himself. Treat it as such!

7. Love thy neighbor as though thyself

In his 2nd commandment Jesus tells us to love thy neighbor as though thy self. This is a parable and is meant to be a bit of a riddle. Its purpose is for us to begin the process of looking inside ourselves. How do we love ourselves? If it is through the judging eye of dual consciousness, then we will see our neighbor through this same judging eye. Every human on the planet is a soul, inhabiting a body just like you. Our souls are like waves on the ocean, seemingly separate and different but all a part of the same ocean. Never forget you and all form arising in every moment is completely impermanent and in constant state of transformation. Only the soul, residing in Christ was born again and, in that re-birth, will never die.

Learn to see through the eyes of Christ as Heaven on Earth materializes in infinite nowness.

8. Never allow your sword to rust

As Warriors of the light, we have a bound duty to train and purify our hearts, minds, souls, and bodies. If we never draw our sword it will rust inside its scabbard and become worthless. You must sacrifice a part of yourself every day to rigorous training if you expect to do battle with the angel of Darkness and his minions.

- Constantly expand your brains cognitive abilities through reading, writing, communication, and critical thinking
- Strengthen your body through Anatomical adaptation and physical training
- Live through Prayer and meditation
- Offer your Service constantly to your neighbor
- Train fervently in Self Defense and survival skillsets

Satan takes no off days; he does not bitch, and he does not whine. Rid yourself of excuses and all attachments which keep you from achieving your true potential. Treat every day as an epic battle. Meet it with commitment, seriousness, take nothing for granted.

9. See the world through Spiritual goggles

Before you go to war its best to know your enemy. Darkness is pervasive, porous and resides deep inside your very own heart and all hearts of our brothers and sisters. We are Sinners and only through Christ may we rise out of our Fallen State.

Before you set out to do battle, fight the demon residing inside your “self” first. When you begin to see the darkness residing inside of your own heart and mind, you will quickly recognize it in others. Satan weaves his evil through the acts of man. These acts arise in the form of our own government, schools, businesses, institutions and even our own Churches. Most importantly, learn to listen and trust your gut when something doesn’t “feel” right. You have living within you the entirety of the Warrior Tradition and the wisdom of our Ancestral Fathers and the Ancient Saints. With them, and the Trinity at your side, you are an Army of one. Live, in this truth, for it will become your shield.

“How to” Cultivate the Warrior Spirit

The cultivation of the Warrior Spirit and a new term you will soon learn to embody, *Christ Consciousness*, is best approached through three distinctive practices:

Morning Prayer

Father, wash me in the blood of your son Jesus Christ

Cleanse my heart, body, and soul that your Holy spirit may dwell in me

Place the Helmet of Salvation upon my head so that Satan never again attack my mind, my thoughts, my dreams, my visions, or my emotions

Place the Breastplate of Righteousness over my heart, fill it with love, compassion, gratitude, and joy

Tie the belt of Faith around my waste my lord, that I be sanctified in your word

Let me step into the shoes of Jesus Christ, open my eyes to the works you placed upon me, lend me your strength and courage oh lord, as I join my lord and Savior Jesus Christ and walk hand in hand beside him

Place your mighty shield in my left-hand lord that I might protect myself, my loved ones and all your children lord from the darkness of the enemy Give

*to me the sword of spirit father that I may cast it into the heart of Satan
wherever and whenever he crosses my path
In the name and Authority of Jesus Christ I pray, Amen*

Effective Prayer

Effective prayer is an internal or external, verbal conversation we know God hears. David wrote in *Psalm 34:15, 17-18*. “*The eyes of the LORD are on the righteous, and His ears are open to their cry. ... The righteous cry out, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart and saves such as have a contrite spirit*”.

Effective prayer is an ongoing dialogue with and through the Trinity. It is an opening of your heart and a pleading to the Father to know him better and for Him to guide, support and protect you and your loved ones as you walk the Path of Jesus Christ. Here is an example of an effective prayer I say every morning over my wife:

*Father, give to us this day
Cleanse our bodies, minds and souls Father that your Holy Spirit may dwell in us
Father we pray for healing. We pray you remove all illness, sickness, and disease
Fill our hearts with love, joy and gratitude
Fill our minds with your infinite wisdom
Shine the light of your kingdom on the Path of our lord and savior Jesus Christ
Open our eyes to the works you have placed before us
Give us your strength and Courage O Lord that we may join your son and walk with him, hand in hand
Father we pray Darkness be lifted and the light of your kingdom shine into the hearts and minds of our brothers and sisters
In the name and Authority of Jesus Christ, I pray*

Welcoming Prayer

Fr. Thomas Keating instructs practitioners of Centering Prayer in his classic work on the contemplative dimension of the Gospel, *Open Mind, Open Heart*. The Welcoming

Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in ordinary activities like breathing. The Welcoming Prayer helps to dismantle the emotional programs of the false-self system and to heal the wounds of a lifetime by addressing them where they are stored — in the body. It contributes to the process of transformation in Christ initiated in Contemplative prayer. The practice of Welcoming Prayer is an opportunity to make choices free of the false-self system — responding instead of reacting to the present moment. Through the action of the Holy Spirit, our practice empowers us to take appropriate action as freely and lovingly as possible in any situation that presents itself in our lives.

Example of Welcoming Prayer

With a full inhalation, say the following mantra

I am breathing in, the Holy, Healing Spirit of my Lord Jesus Christ

Hold the inhalation and “sit” in the “fullness” of the experience

Slowly, breathe out and say this mantra

I am breathing out all illness, sickness, and disease

All darkness, evil and sin

All attachment to my 5 senses

All attachment to Earthly things

Pause with the full exhale and “sit” with the “emptiness” of the experience

Continue this prayer until a sense of peace and stillness consumes you. Sit in this presence for as long as possible with a full sense of gratitude.

Lectio Divina

Lectio Divina is a contemplative way of reading the Bible. It dates back to the early centuries of the Christian Church and was established as a monastic practice by Benedict in the 6th century. It is a way of praying the scriptures that leads us deeper into God's word. We slow down. We read a short passage more than once. We chew it over slowly and carefully. We savor it. Scripture begins to speak to us in a new way. It speaks to us

personally and aids that union we have with God through Christ who is himself is the Living Word.

Friar Christopher Jamison, former Abbot of Worth Abbey in Sussex, England in his book *Finding Sanctuary* writes of three key features of lectio:

- The first is that “the text is seen as a gift to be received, not a problem to be dissected.... let the text come to you.”
- The second is that the Lectio tradition teaches us that in order to receive what the text has to offer we must read slowly.
- The third is that Lectio is “a way of prayer”. Before reading, pray that God will speak to you through the text. During reading, allow the reading to evolve into meditation and then into prayer and finally contemplation. When the reading is concluded, keep some phrase in mind and repeat it throughout the day so that prayerful reading becomes prayerful living.

Contemplative Prayer or Meditation to Foster “Stillness”

The process of Contemplative prayer or meditation is a four-step process.

1. **Attention** Assume the appropriate sitting position. This can be done sitting on the floor or in a chair. Place the entirety of your single minded focused “attention” on the spine. Stack the head over the shoulders so no tension arises in the neck. Next, retract your shoulder blades and raise your chest and heart as though exposing it to the heavens. Stack each vertebra one on top of the other in perfect alignment until the weight of your upper torso is securely placed in the hips, and then the hips into the floor. Continue to come back to this attention in a cyclic fashion to ensure proper posture throughout the prayer.

2. **Mindfulness** Inhale deeply through the nose, pause at the top of the breath and release slowly through the mouth and glottis until it makes a bit of a “Darth Vader” type sound. Pause at the bottom of the exhale. Notice the sensation caused by breathing. Notice the expansion and contraction of the body with each breathe. Notice the opening of the heart and the slowing of the mind as your breath becomes new and different.

Mindfulness is a product of “feeling” as though each breath is the very first and last breath you will ever take.

3. **Awareness.** As you continue with attention on the spine and mindfulness of breath, push your awareness 360 degrees around your body. Feel, hear and notice everything but let it pass as though it is a cloud in the sky. Expand your awareness out into the room and notice how your awareness takes up the entirety of every square inch of space surrounding you. You are now ever-expanding awareness, one with everything.

4. **Full Cycle.** Attention, mindfulness and then awareness, allow yourself to just sit in “nowness” or perpetual “stillness”. Notice all thoughts, sounds, smells or distractions of any kind, as they drift in and out of awareness. As these distractions arise, simply “watch” them and say, “that is just me thinking” and let the distraction drift by like a cloud. After some time, begin to “watch” the “watcher” from a much greater distance. Sitting in emptiness is the contemplative experience and the rise of the nondual, Christ consciousness. Sit in this space as long as possible, knowing you are in the lap of God and walking in the light of his kingdom.

QUESTIONS FOR REFLECTION

1. *What does it mean to you to “Follow Me”? How has the Church either aided or inhibited your spiritual growth? How can you grow Mentally, emotionally, physically, and spiritually to become closer to God?*
2. *Describe in your own words the Trinity concept? How does it manifest in your experience? Do you know the True Gospel and the Five Solas? Research the Reformation of the Church and the reasons for that Reformation. Deepen yourself in the true Gospel, never letting a moment pass where its power and promise are not first and foremost in your Heart and Mind.*
3. *What are your addictions to the Flesh? Earthly possessions? How can releasing them aid in your spiritual growth?*

4. *How can consciously accepting your suffering aid you in your spiritual life? Can you see how your suffering is unique to you? Why did God choose these vehicles of suffering just for you? What does he want you to learn? Pray and ask for his wisdom and write what he says:*

CHAPTER FIVE

THE WARRIOR HEART

“I shake my head like a wet dog, start to low-crawl and yell for the boys to follow. Within minutes, I am moving so fast, I lose track of my team. Something has shifted in me. The fear is gone. Doubt and paralysis are gone. All replaced by a euphoric sense of calm acceptance and a surge of what I can only describe as boundless energy. Years of training in the suck has rewired my brain and body. Self-pity and agony are just triggering now. Once pulled, they unleash the beast. They are no longer an excuse to quit. This option no longer exists in my nervous system.

I reach the top of a ridge and quickly roll over the other side for cover. As my team continues to maneuver under fire, we start setting up a perimeter, return fire as best we can and wait for the rest of the company to arrive. As I look around, it is a horrible sight. Troopers everywhere are dropping like flies. Several have been shot or injured by shrapnel, and at least half of us is circling the drain, borderline unconscious from heat stroke.”
Stewart Breeding (Biohacker 2017)

The Individual Will

“Strength does not come from physical capacity. It comes from an indomitable will.”

Mahatma Gandhi

Immediately following the Airborne operation to seize the Torrijos International Airport outside of Panama City in 1989, my unit (Bravo Company 1/504th 82nd Airborne) was tasked to do an air assault outside of Panama City to secure a mountain top objective

being held by several hundred Special Operations forces from the remaining PDF (Panamanian Defense Force). As we hovered above the Landing Zone (LZ) the choppers started getting pommelled by small arms fire and snipers. We had no choice but to jump out of the choppers hovering some twenty feet over the LZ and leap “once again” into an infinite, green sea of elephant grass.

From the second my body slammed into the ground, I was bombarded by flying dirt and debris, exploding everywhere from the impact of bullets and mortars being fired from every direction imaginable.

There is no way to describe the incapacitating terror that grips the entirety of your being during the first moments of combat. My personal experience was one of extreme polarity that changed my life forever. On one side was the complete and total paralysis caused by the sonic vibrations in the air, and the hornet like buzzing sound the bullets make as each one came withing millimeters of ending my life.

On the other side, was the most tremendous, euphoric, extraordinary sensation I have ever experienced as my body, mind and spirit merged into one collaborative effort and beyond something superhuman. I remember a conscious moment as I lay in the prone position, head stuck in the dirt, trying to see how small I could make myself, where I realized that if I did not start moving, if I did not swallow my fear and the tremendous amounts of suck being dumped on me, my whole unit, including me, were all going to die.

As I lay there processing the un-processible, something clicked. Literally clicked. Gone was my fear and hesitation. Gone was the paralysis, tunnel vision and egoic concern for my safety. In a fleeting moment, sheer, horrific terror was replaced by a calm, steadfast presence that no longer thought of or feared death. In that space, I fell back onto my training and the combat tactics which had been planted deeply inside my nervous system through thousands of hours of brutal training and my affection for the suck. For the remainder of that bloody horrible day in which two of our brothers lost their lives, I remained in bliss. I felt no pain. I sensed no fear, no thirst, no hunger. Time stood still and in the pit of hell, I was more alive than I will ever be again.

In chapter 3, The Warrior Mind, I spoke extensively about Flow and how to achieve this superhuman state of Consciousness not only in life threatening situations, but whenever and wherever you may choose. Now, I want to draw your attention to what I feel

is the precursors to Flow and the seeds that must be sown prior to any ultra-states of performance waiting to be unleashed. There are two central ingredients, the hammer and anvil, which forge the soul to glimpse the Flow state. They are, “the Suck”, and the individual will.

Embrace “The suck”

Accept failure. Enjoy it even. For the suck is part of the process.

AJ Jacobs

This is the second book I have written, in which quite a bit of attention has been oriented on the *suck*. I think we can effectively deduce that this topic is somewhat important and warrants a considerable amount of time and attention. The Suck is the catalyst for change. It is just another “better” way of describing suffering. The Suck is the murky, muddy, *poop* filled swamp that produces the exquisitely sublime lotus flower. The Suck is the years of practice and tremendous sacrifice an athlete makes to be a champion. The suck is any painful, agonizing, seemingly impossible task, or experience one engages in which molds the soul, develops mental grit and the Heart of the Warrior.

To “Embrace the Suck”, means to consciously accept our suffering now, to produce a better outcome in the future. This is an enlightened, non-dual way of reasoning and the way of the Warrior. The Warrior never takes the easy way out, instead he looks for the challenge. He thrives in the presence of adversity. He does not do this for another notch in his cap or yet another beer-time story. He does this because he knows the more Suck he endures the greater the depth of his character, his individual will and chances of survivability, when you know what, hits the fan.

The Will is that voice deep inside your gut that refuses to be beaten and will not accept anything other than excellence and your absolute best effort. It is your inner power and outer symbol of manhood you wear on your shoulder. Willpower is the central component of the Warrior Heart and the need for its constant cultivation should never be understated nor underdeveloped.

To my knowledge, there is no greater testament to the power of the individual will and the seemingly untapped superhuman abilities we all possess, than the story of Louis “Louie” Zamperini as told in the best-selling Novel, *Unbroken*.



After graduating high school, Louie Zamperini wins an invitation to compete in the 1936 Berlin Olympics, where he sets a world record for the fastest last lap of an Olympic race. As Louie trains for the next Olympic Games, the world descends into war. With the Olympic Games cancelled due to the outbreak of World War II, Louie enlists in the Air Force and in 1941, after completing military training, Louie becomes a bombardier and is assigned to a military base in the Pacific theatre.

On a routine mission, Louie’s plane crashes into the Pacific Ocean in which only Louie and two others survive. All three board an inflatable life-raft with limited rations, sparse water, and no protection from the hot sun or sharks constantly stalking them. The men collect rainwater, catch birds to use the meat for fishing, and even manage to kill and eat several sharks. After an astonishing forty-seven days adrift at sea, Louie is finally captured by a passing Japanese military ship and imprisoned.

The Japanese bring Louie to a military base called “Execution Island” where he is placed in a small cage and given little food. He is subjected to unspeakable cruelties such as injection with experimental chemicals and daily beatings. Instead of executing him, the Japanese send Louie to the Omori labor camp, where one of the head guards, Mutsuhiro “The Bird” Watanabe, singles out Louie for emotional and physical torture. The Japanese were notoriously cruel to war prisoners. Because of his reputation as an Olympic hero, the

Bird knew that by breaking Louie's will, it would shatter the entirety of the American POW's remaining moral and fighting spirit.

At one-point, Japanese propagandists give Louie the opportunity to send his family a message over the radio. The U.S. army had mistakenly announced Louie's death, but his family never lost hope that Louie was still alive. The Japanese broadcast Louie's message throughout the U.S. and his family gets their first real indication that he is alive. The propagandists tell Louie that he can leave the camp and live in a nice hotel if he agrees to read propaganda for them on the radio. Louie, fights back the only way he can and refuses, forcing his captors to send him back, once again, to the prison camp.

Soon after, the Bird transfers to another POW camp, but astonishingly he brings Louie along with him so that he can continue this unspeakable abuse. At this camp, Louie hauls tons of coal on his back all day. One day a guard pushes him, Louie slips and breaks his leg and is now no longer able to work. The Bird forces Louie to clean out the pig pens instead, while crawling on his hands and knees. This humiliation almost breaks Louie's spirit for good, but he is just able to hold on.

In 1945, after more than two years of humiliation and torture, the Japanese suddenly announce the war is over. As U.S. bombers deliver food and clothing to the prisoners, Louie, emaciated and exhausted, knows his freedom is at hand. But days before the war had ended, the Bird learned about the impending Japanese surrender and fled the camp, fearing that the Allies would try him as a war criminal. Within days, Louie is freed and finally after 47 days floating hopelessly on the Pacific Ocean and more than two years of starvation and torture what is left of Louie finally returns home to his family.

Once home, Louie's torture continued. As you can imagine, he struggled for many years with PTSD alcoholism and abuse. Not until a serendipitous revival in his hometown with no other than the Reverend Billy Graham, would Louie's story come full circle. After years of "pulling himself up by his bootstraps" and his individual will power exhausted, Louie surrendered himself freely and wholly to Jesus Christ. Louie would spend the remainder of his days as a Christian evangelist, meeting and forgiving many of his Japanese captors and in 1998 at age 81, Louie carried the torch at the Winter Olympic Games in Nagano, Japan.

Louie's epic story of courage, strength, and willpower in the face of the most dreadful adversity is one of the single greatest achievements of human endurance on record. Louie's incorruptible integrity and desire to survive was the single source of sustenance in his life for over two years. It replaced water, food, companionship, and purpose. But, in the end, Louie finally succumbed to his tortured mind and depleted soul, as we all do at one point or another and hit bottom. Hitting bottom is no new term for most of us and I would imagine you've come to know at least a few "false bottoms" at this point in your life. Just like the Suck is a divine, individualized gift from the almighty, so is your "True bottom".

We cannot say enough about the mind-blowing abilities of the human spirit and the sheer individual will to survive in the face of life-threatening adversity. But individual will is finite and at some point, exhausted. Once exhausted, the individual reaches a true bottom where the ego is so completely fractured it is impossible to be reassembled ever again. In this utter brokenness and in the depths of despair, our Heavenly Father awaits.

Uniting of Wills. True strength.

I have highlighted in previous chapters my personal experience and theological conclusions that the pathway and attainment to union with God is accomplished through these six vehicles:

- Conscious Suffering
- Conscious Surrender
- Cultivating stillness of the Mind
- Eradicating addiction to the 5 senses
- Eradicating addiction to Earthly things
- The loving, fostering protection of all sentient creatures

The desert fathers and monks across the globe have pursued ascetic traditions for thousands of years and long before Christianity. These traditions include prolonged periods of silence, self-imposed pain, and punishment, fasting, fervent prayer, meditation, hallucinogens, solitude and even dance. These acts are spiritual practices offered by the seeker in desperate, passionate hope to one day glimpse the face of God. But strangely, this is not the only way to provoke the attention of our Heavenly Father.

Every so often, God will interject himself in our lives. He will place obstacles in front of us, and though we may not realize it at the time, overcoming them requires the exact same ascetic process practiced by monks for thousands of years. Let us examine the glaring similarities to the Desert Fathers in Louie's story.

God heaps upon Louie the exact amount of suffering and Suck required to break Louie's individual will. No more, no less. Unbeknownst to Louie, as a POW he was forced into a life of extreme ascetic practice. He was starved, beaten and humiliated. He was removed from society, friends, family, and career. His sense of time, space and *reality* were completely distorted. God kept Louie alive long enough to bring him to his knees because only God knows how far we must go, and how much pain we must endure before we finally succumb to his Will and let go of our own.

Yes, this process almost killed Louie but once again, your level of suffering and of suck you must endure is personal to you. God given at birth. No two people experience the same amount of suffering and there is also no guarantee that conscious surrender follows. Sadly, sometimes people cannot see through their pain and terminate this process prematurely. They do this through addiction, aversion, delusion or sometimes by ending their lives.

Again, I know it is a strange concept, but the proof is in the pudding. How many amazing, enlightened men came to their ultimate realization by means of prison for example? Almost all the Apostles including Paul spent months if not years in prison. Sir Thomas Malory spent twenty years in prison writing *Le Morte D'Arthur*, the first English prose account of the classic legend of King Arthur and the Knights of the Roundtable. Mahatma Gandhi, Nelson Mandela, and even Martin Luther King was arrested more than thirty times and spent considerable amount of time incarcerated. The list goes on and on.

I am not advocating we break the law simply to serve time in prison or spontaneously join a monastery. Enlightenment is not the result for all who enter the penal system nor the Cloister. I am saying that the transformative process that happens in extremely ascetic conditions is ALWAYS found in the Suck. Whether these conditions are self-imposed or imposed upon us by our Heavenly Father, the circumstances can become the most incredibly fertile soil for transformation imaginable and should be savored, not avoided.

As opposed to avoiding suffering, we should dive headfirst into it. As our individual wills are depleted, we consciously surrender ourselves to our Creator. As the will is now united with God's, suffering changes from a source of punishment to a cleansing and purification process. As this process evolves, we empty ourselves of our attachment to the five senses and Earthly things. We sit with the emptiness, stillness and the infinite nowness of creation and slowly melt the ice, which has hardened our hearts. Gradually, through daily practice and conscious surrender of our wills, we return to our Creator and rise again in his name. This time with a burning, full heart, capable of immense, unconditional love and the Passion of Christ.

The Way of the Harmonious Spirit

“When mind, body and spirit are in harmony, happiness is the natural result”

Deepak Chopra



As I briefly described in the opening paragraphs, during my tenure in the Army I stumbled across an obscure book entitled *Aikido and the Harmony of Nature*, written by Mitsugi Saotome. Saotome Sensei, is an Aikido master and a personal student (Uchi Deshi) of Morihei Ueshiba, commonly known as “O’Sensei” which means “Great Teacher”, for

over fifteen years. As I turned the pages and devoured Saotome Sensei's words, something overpowered me. Tears streamed down my cheeks as Sensei shared his poetic anecdotes of life under the tutelage of the last great Samurai and quite possibly the most enlightened sage in Japanese history. The book rocked me so deeply that within months of leaving service, I found myself on the mat across the teacher I would spend the next ten years sacrificing everything for. It was all I needed just to be near him.



Today, Aikido has garnered a somewhat tainted reputation as an ineffective fighting art. This is largely due to a misunderstanding and lack of martial skill of its modern practitioners, in addition to the watering down of the art for commercial purposes as well as the death of its greatest teachers.

Aikido as taught by O'sensei, demanded the toughest, most aggressive martial artists from across Japan. His early Dojo was affectionately nicknamed "Hell Dojo" for its brutality and serious concern for bodily injury and even death. Each of the Uchi Deshi

studying under O'sensei were lethal, killing machines and masters in various forms of martial arts including Judo, Jiu Jitsu, swordsmanship, and Karate.

The idea of Aikido is that of a Ph.D. in martial arts. Aikido ASSUMES the practitioner is already skilled in striking and grappling arts before they step on the mat. This has somehow gotten lost in translation over the years and is the primary reason for the degradation of the art. But I can assure you for the first ten years I studied Aikido this was NOT the case. For example, I had been a wrestler, martial artist, and boxer since age 7. At the ripe old age of twenty-two, I was also a seasoned combat veteran. During the nineties, when you trained with Saotome Sensei, the mat would be filled with the greatest martial artist in the world and some very unsavory characters looking for a better way to kick ass (like me). I can personally testify to the brutal effectiveness of Aikido as a martial art, having survived well over 100 street fights. Once one has cultivated a decent martial skill level and added about five hard years of true Aikido training, the art can be incredibly brutal on the street and should be avoided at all costs.

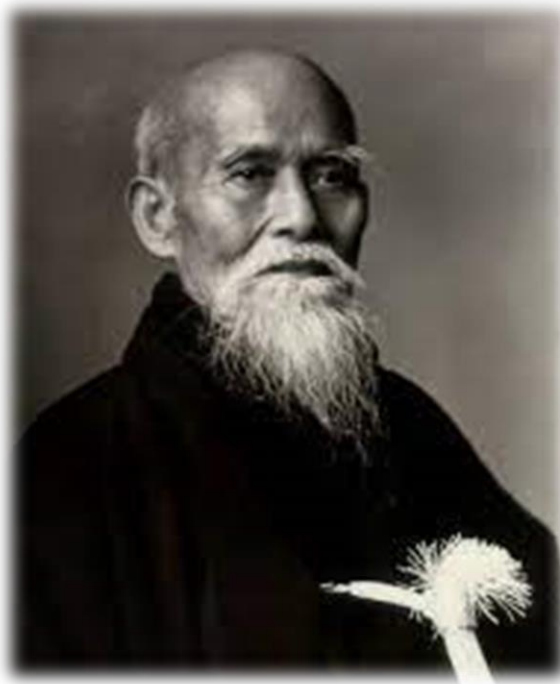
But, in my early twenties, I was struggling with PTSD, alcoholism and drug addiction. I was incredibly dark, constantly shaking my fist at God (which I do not recommend). I just wanted to destroy everything I got my hands on. My only goal back then was to become the world's biggest badass and wreak havoc anywhere I could. There was also no healthy way for me to channel this aggression because in the late 80's and early 90's the octagon and MMA did not exist yet. If you wanted to test your metal, you went to the toughest bar in town, got drunk and smacked the biggest, meanest dude you could find. Simple as that. This attitude would eventually find me in the hospital, comatose for three days and beaten to a pulp.

I can also attest to the transformative qualities of Aikido. As I began training, I would periodically experience tidal waves of emotion, released from years of childhood trauma and my experiences in combat. I lived the life of a starving artist, shacking up in Dojo's across the country and dedicating each day to fervent practice and meditation. It took me twelve years of religious effort, following Saotome Sensei all over the nation as he traveled on his seminar circuit, before I finally had my moment to physically touch him.

I can humbly say that I am a skilled fighter. That being said, it has been much more of a curse than a gift. In many ways I was born for that one single purpose. However, to

touch Saotome Sensei is otherworldly, incredibly emasculating and humbling to a young punk such as myself. This profound experience of training with Sensei ended my days of bar room brawls and aided in the long, hard road of self-discovery and forgiveness. Saotome Sensei simply has no openings, and he knows everything you are going to do well before you even think of it. He is like assaulting an immovable ghost who unravels your fighting senses and aggression before you even touch him. Your efforts become completely absurd and meaningless as he sucks your energy into his own until two are one and one is none. Training with Saotome Sensei completely altered my DNA. The same is obviously true for Saotome Sensei and the dozens of other Uchi Deshi who spent so much time and deep connection with the founder of Aikido, Morihei Ueshiba.

It is mind-blowing to think of O'sensei's power given how incredibly special and different his students were. There is simply no warrior in *modern history* who exemplifies the totality of the Warrior Spirit, Heart, Mind and Soul than Morihei Ueshiba nor will there ever be another O'sensei.



Morihei Ueshiba (1889-1969) was Japan's greatest martial artist and during his youth was regarded as Japan's strongest man. Even as an old man of 80 O'sensei could disarm any attacker, down any number of assailants and pin his strongest students with a single finger. Although he was invincible as a warrior, O'Sensei was also an enlightened mystic and man

of peace. O'sensei was a combat veteran of the Russo-Japanese war, leaving him with deep disdain for fighting, war, and any kind of violence, which at first glance seems contraindicative of a Samurai warrior.

His contribution to martial arts was *Aikido*, which he refined over many decades. Aikido's roots are found in the most bloody and destructive martial art in Japan and the fighting system of the Emperor's Imperial guards, Daito Ryu Aiki Jiu jitsu. Every technique in Daito Ryu ends in a kill. O'sensei's grand vision was to create a martial art in which an attacker was subdued and rendered incapacitated, not destroyed. This responsibility to "care" for an attacker was an enlightened principle of Aikido. No art before or after has held to the grand standard that all life, even those who mean to do us harm, must be protected. Simply put, Aikido philosophy should be the martial way of the Christian warrior.

Aikido means the way of harmonious spirit. Unlike Sun Tzu's the *Art of War* and Miyamoto Masashi's *Book of Five Rings*, which accept the inevitability of war and emphasize strategy to obtain victory, O'sensei intuited that fruitless fighting with others, ourselves and the environment will only guarantee the destruction of the human species and eventually the Earth.

O'sensei taught the art of peace as a creative mind-body discipline, a practical means of conflict resolution and a means of conducting ourselves in personal relationships, society, and nature. O'Sensei's belief was that anyone can, and everyone should be a warrior for peace. His prayer was that the transforming abilities of Aikido would ingrain themselves in societies around the world and the hearts of man.

The Will to Kill and Die

"When I die, I shall soar with the angels, and when I die to the angels, what I shall become you cannot imagine"

Rumi

The will to kill and to lay down one's life for a just cause are prerequisites of the warrior path. In the chaos of combat and life-threatening self-defense situations, it is quite

possible, and incredibly unfortunate, that we may be forced to take the life of an attacker or cause permanent injury. The ancient Samurai concept known as Satsu Jin Kin (the sword that kills) and Katsu Jin Kin (the life-giving sword) is the source of countless classic Japanese literature written by enlightened Samurai and ingrained in every single Aikido technique.

Saotome Sensei teaches (Kappo) or the original Daito Ryu Aiki Jiu Jitsu or the killing art, which is the foundation of all Aikido technique, but hidden from novice students. It is incredibly simple to kill or to maim an attacker permanently. The human body is frail and easily destroyed by a martial artist whose skill level is competent and whose spirit has been compromised by his own ego and lust for his enemy's blood. Only through strenuous training, unification of wills and the humility of love which follows, can a warrior gain the ability to make a split-second life and death decision to disarm instead of destroying or to subdue instead of kill.

Every life is sacred, and as warriors in pursuit of the ultimate attainment, we must practice daily and train ourselves so diligently that this choice of life or death and martial abilities become our reality, not just another YouTube video. Train yourself daily with the spirit of O'sensei at your back. Invite him to dwell within your heart and for him to expose his vast wisdom and sacred vision so that you too, may rise above the futility of war and the destruction, darkness and pain heaped on ourselves and others by our own egoic fears and desires to win at any cost.

O'Sensei taught that the power of love was the greatest weapon of all. With love in our hearts there is no opening for the enemy to exploit and no weakness to expose. What must we endure, how much sacrifice must we make to open our hearts and minds to this concept and to manifest it in life and death? Who could we become if our warrior hearts overflowed with the impervious shield of love and the incredible responsibility to protect all life, in all its forms and to sacrifice all for this attainment?

Think of the implications of this philosophy becoming hard-wired into our soldiers, law enforcement and civilian sentinels. Imagine the impact this concept could have on stress, PTSD and addiction of our young soldiers as they battle with the scars of war. Yes, war is hell. Yes, combat and killing is ugly, cruel, and inhumane. But, if our soldiers and

law enforcement were trained to kill only as a last resort and only if a humanitarian or selfdefense situation presented itself, killing becomes life giving, not life taking.

Imagine our politicians themselves taking on this immense responsibility and finally coming to terms with their flagrant, war mongering ways and end the privatization and commercialization of war. Imagine America, finally standing for the words written in its Constitution, and lady liberty wielding the life-giving sword for the sake of freedom alone. The entirety of America standing united, behind the shield of love. A pipe dream or fairytale? Perhaps. But we will never know what and who we can be, sitting on the sidelines.

Below you will find a few of O'Sensei's quotations which have been compiled from his collected talks, poems, and from oral tradition which were masterfully translated and assembled by John Stevens in *The Art of Peace*. Sadly, O'Sensei never produced a book or manuscript of any type. These quotes and the Biographies by John Stevens must suffice. Read these quotes with an earnest heart, stopping along the way to meditate on them. His message of Peace and Love are the unifying language for all humanity and the single source of inspiration for all Ancient Saints scattered across infinite space and time.

- *The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and manifest your innate enlightenment. Foster peace in your own life and then apply the Art to all that you encounter*

- *One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.*

- *All things, material and spiritual, originate from one source and are related as if they were one family. The past, present, and future are all contained in the life force. The universe emerged and developed from one source, and we evolved through the optimal process of unification and harmonization.*

- *The Art of Peace is medicine for a sick world. There is evil and disorder in the world because people have forgotten that all things emanate from one source. Return*

to that source and leave behind all self-centered thoughts, petty desires, and anger. Those who are possessed by nothing possess everything.

- *If you have not Linked yourself to true emptiness, you will never understand The Art of Peace.*

- *The Art of Peace functions everywhere on earth, in realms ranging from the vastness of space down to the tiniest plants and animals. The life force is all-pervasive and its strength boundless. The Art of Peace allows us to perceive and tap into that tremendous reserve of universal energy.*

- *Life is growth. If we stop growing, technically and spiritually, we are as good as dead. The Art of Peace is a celebration of the bonding of heaven, earth, and humankind. It is all that is true, good, and beautiful.*

- *Now and again, it is necessary to seclude yourself among deep mountains and hidden valleys to restore your link to the source of life. Breathe in and let yourself soar to the ends of the universe; breathe out and bring the cosmos back inside. Next, breathe up all fecundity and vibrancy of the earth. Finally, blend the breath of heaven and the breath of earth with your own, becoming the Breath of Life itself.*

- *All the principles of heaven and earth are living inside you. Life itself is the truth, and this will never change. Everything in heaven and earth breathes. Breath is the thread that ties creation together. When the myriad variations in the universal breath can be sensed, the individual techniques of the Art of Peace are born.*

- *Consider the ebb and flow of the tide. When waves come to strike the shore, they crest and fall, creating a sound. your breath should follow the same pattern, absorbing the entire universe in your belly with each inhalation. Know that we all have access to four treasures: the energy of the sun and moon, the breath of heaven, the breath of earth, and the ebb and flow of the tide.*

- *Those who practice the Art of Peace must protect the domain of Mother Nature, the divine reflection of creation, and keep it lovely and fresh. Warriorship gives birth to natural beauty. The subtle techniques of a warrior arise as naturally as the appearance of spring, summer, autumn, and winter. Warriorship is none other than the vitality that sustains all life.*

- *When life is victorious, there is birth; when it is thwarted, there is death. A warrior is always engaged in a life-and-death struggle for Peace.*

- *Contemplate the workings of this world, listen to the words of the wise, and take all that is good as your own. With this as your base, open your own door to truth. Do not overlook the truth that is right before you. Study how water flows in a valley stream, smoothly and freely between the rocks. Also learn from holy books and wise people. Everything - even mountains, rivers, plants and trees - should be your teacher.*

- *Create each day anew by clothing yourself with heaven and earth, bathing yourself with wisdom and love, and placing yourself in the heart of Mother Nature.*

- *Peace originates with the flow of things - its heart is like the movement of the wind and waves. The Way is like the veins that circulate blood through our bodies, following the natural flow of the life force. If you are separated in the slightest from that divine essence, you are far off the path.*

- *Your heart is full of fertile seeds, waiting to sprout. Just as a lotus flower springs from the mire to bloom splendidly, the interaction of the cosmic breath causes the flower of the spirit to bloom and bear fruit in this world.*

- *Study the teachings of the pine tree, the bamboo, and the plum blossom. The pine is evergreen, firmly rooted, and venerable. The bamboo is strong, resilient, unbreakable. The plum blossom is hardy, fragrant, and elegant.*

- *Always keep your mind as bright and clear as the vast sky, the great ocean, and the highest peak, empty of all thoughts. Always keep your body filled with light and heat. Fill yourself with the power of wisdom and enlightenment.*

- *The penetrating brilliance of swords Wielded by followers of the Way Strikes at the evil enemy Lurking deep within Their own souls and bodies*

- *The Art of Peace is not easy. It is a fight to the finish, the slaying of evil desires and all falsehood within. on occasion the Voice of Peace resounds like thunder, jolting human beings out of their stupor.*

- *To practice properly the Art of Peace, you must: Calm the spirit and return to the source. Cleanse the body and spirit by removing all malice, selfishness, and desire. Be ever grateful for the gifts received from the universe, your family, Mother Nature, and your fellow human beings.*

- *The Art of Peace is based on Four Great Virtues: Bravery, Wisdom, Love, and Friendship, symbolized by Fire, Heaven, Earth, and Water.*
- *The essence of the Art of Peace is to cleanse yourself of maliciousness, to get in tune with your environment, and to clear your path of all obstacles and barriers.*
- *The only cure for materialism is the cleansing of the six senses (eyes, ears, nose, tongue, body, and mind). If the senses are clogged, one's perception is stifled. The more it is stifled, the more contaminated the senses become. This creates disorder in the*

world, and that is the greatest evil of all. Polish the heart, free the six senses and let them function without obstruction, and your entire body and soul will glow.

- *All life is a manifestation of the spirit, the manifestation of love. And the Art of Peace is the purest form of that principle. A warrior is charged with bringing a halt to all contention and strife. Universal love functions in many forms; each manifestation should be allowed free expression. The Art of Peace is true democracy.*

- *Each and every master, regardless of the era or place, heard the call and attained harmony with heaven and earth. There are many paths leading to the top of Mount Fuji, but there is only one summit - love.*

- *Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.*

- *The Art of Peace does not rely on weapons or brute force to succeed; instead, we put ourselves in tune with the universe, maintain peace in our own realms, nurture life, and prevent death and destruction. The true meaning of the term samurai is one who serves and adheres to the power of love.*

- *Your mind should be in harmony with the functioning of the universe; your body should be in tune with the movement of the universe; body and mind should be bound as one, unified with the activity of the universe.*

- *Daily training in the Art of Peace allows you inner divinity to shine brighter and brighter. Do not concern yourself with the right and wrong of others. Do not be calculating or act unnaturally. Keep your mind set on the Art of Peace, and do not criticize other teachers or traditions. The Art of Peace never restrains, restricts, or shackles anything. It embraces all and purifies everything.*

- *Those who are enlightened never stop forging themselves. The realizations of such masters cannot be expressed well in words or by theories. The most perfect actions echo the patterns found in nature.*

- *Day after day Train your heart out, refining your technique: Use the One to strike the Many! That is the discipline of the Warrior.*

- *The purpose of training is to tighten up the slack, toughen the body, and polish the spirit.*

- *Iron is full of impurities that weaken it; through forging, it becomes steel and is transformed into razor-sharp sword. Human beings develop in the same fashion.*
- *The Way of a Warrior is based on humanity, love, and sincerity; the heart of martial valor is true bravery, wisdom, love, and friendship. Emphasis on the physical aspects of warriorship is futile, for the power of the body is always limited.*
- *A true warrior is always armed with the three things: the radiant sword of pacification; the mirror of bravery, wisdom, and friendship; and the precious jewel of enlightenment.*

Morality

“The first step in evolution of ethics is a sense of solidarity with other human beings”

Albert Schweitzer

As we ponder the great words of O'sensei and reflect on his spirit, we can begin to appreciate the absolute necessity of adhering to a strict moral code which honors ourselves, our warrior ancestors and even our enemies. Morality is a much more complex phenomena than we may realize and our sense of justice, right and wrong are not just ideas we hold dear, but also the entirety of the animal kingdom. Recently, a groundbreaking study using laboratory rats proved this to be the case. The study placed two rats together attempting to get them to play. One rat was older and substantially larger than his other younger, smaller cousin. Believe it or not, rats are remarkably like dogs, kittens, or even young children concerning their motivation levels to play with one another. Play builds many survival mechanisms in mammals including socialization skills, techniques used in hunting, evading capture as well as the necessary development of strong muscles, connective tissue, and bone. To begin, the scientist measured the motivation levels of the juvenile rat and its desire to play with its senior study companion.

In the beginning of the study, the motivation levels of the juvenile rat were measured at maximal ratings. As time went by, the scientists were able to demonstrate a substantial decline in motivation if the senior, larger rat would not allow the juvenile rat to win during play at least thirty percent of the time. If the senior rat continued to win most

of the time (greater than 30%), the juvenile rat would cease to play entirely. Many similar studies have been performed with various other animals to include chimpanzees which show remarkably similar conclusions. What studies like these clearly demonstrate is that a sense of “fairness” is deeply embedded in the psyche of all mammals at least as far down the evolutionary ladder as rats. I know, it is bizarre to say the least, that animals we often equate as pests or rodents do indeed have a sense of morality and can distinguish between “right and wrong”.

We have the benefit of pairing objective science with subjective, instinctive feelings we all experience regarding our sense of fairness combined with a hard-wired, genetically shared predisposition to do no harm to our fellow man. These qualities are ingrained in all animals and are not learned behaviors, they are divine. Morality is shared principles concerning the distinction between right and wrong or good and bad behaviors. From a historical perspective, morality expanded alongside cognitive abilities and the increase in brain size of animals, from a very basic sense of fairness and protection of its own species (which originates in our reptilian brain), into a more evolved, complex collaborative effort of survival.

In the book *A Natural History of Human Morality*, Michael Tomasello writes extensively on this subject and sheds light on the roots of human civilization and the evolution of our moral compass.

“There were two key evolutionary steps, each founded on a new way that individuals could act together as a plural agent “we”. The first step occurred as ecological challenges forced early humans to forage together collaboratively or die. To coordinate these collaborative activities, humans evolved cognitive skills of joint intentionality, ensuring that both partners knew together the normative standards governing each role. To reduce risk, individuals could make an explicit joint commitment that “we” forage together and share the spoils together as equally deserving partners, based on shared senses of trust, respect, and responsibility. The second step occurred as human populations grew, and the division of labor became more complex. Distinct cultural groups emerged that demanded from members loyalty, conformity, and cultural identity. In becoming members of a new cultural “we”, modern humans evolved cognitive skills of collective

intentionality, resulting in culturally created and objectified norms of right and wrong that everyone in the group saw as legitimate morals for anyone who would be one of “us”.

The Code of the Warrior

“Don’t ever think the reason I am peaceful is because I do not like to be violent”

Unknown

As human civilizations formed into collaborative efforts and shared thoughts on morality, the need of a select group of men arose to protect this collaboration we call tribes, and to stand in defense against assaults from more aggressive, neighboring affiliations. As the rise of the Warrior tradition expanded across all organized societies, so did their adoption of a shared moral code.

I continue to be blown away by the divine nature in which warrior cultures throughout time and vast geographic separations came to the same shared beliefs. From ancient Greece to the Aztec nation, the warrior tradition became the embodiment of morality whose sacrifice in battle catapulted our evolutionary ascent from one of survival to one of Faith. At some point in human evolution, the entirety of man shifted its consciousness and willingness to kill its own kind not only for the sake of survival but also for the sake of “ideas” and shared beliefs. Nowhere is this truer than the rise of Knighthood in ancient Europe. The development of chivalry (code of the knighthood) went hand-in-hand with the rise of knighthood beginning around the time of the Norman conquest of England in 1066. The word chivalry itself is derived from the Medieval Latin word (*caballarius*), meaning horseman. In the early days, knights were largely mercenaries who offered their fighting skills and servitude to the local chieftain or warlord.

As time progressed, the Knight transitioned from a “hired gun” to a symbol of respect and a protector of all that was “good” in mankind and his societies. By the 11th to 12th centuries, you begin to see the rise of Chivalry spread across Europe and find its way into popular literature. From its origin, knighthood became almost synonymous with

Christianity. As this devotion and a call to arms by the Catholic Pope's spread throughout Europe, the rise of the Knights Templar and the four Christian Crusades were born.



The Crusades of the Middle Ages were an almost continuous series of military religious campaigns, inspired by the Papacy and led by European Christians and their Kings, in the hope of securing the Holy Land from the infidel Turks. From 1096 until nearly 1300, Crusaders, traveling in great armies, or as individual pilgrims, journeyed into the Holy Land to wage war against Muslims who had conquered Jerusalem in 638 AD. Muslims had become a serious “perceived” threat to Christianity and especially the Roman Catholic Church after Muslim raiding parties began brutally attacking unprotected Christian Pilgrims throughout the Holy Land. Although some of the Templars fought for glory and riches, it was religious faith that inspired thousands upon thousands of these soldiers of the Cross. When the Crusades began, Europeans were still living in the so-called Dark Ages; before they were ended, the West stood upon the threshold of the modern era and the dominance of the Roman Catholic Church. This worldwide dominance was built on the backs of the faithful and by the manipulation of otherwise honorable men. From 1096 until the death of the last Conquistador Juan De Onate in 1626, the Papacy engaged in a feverous, genocidal conquest of the globe which would decimate the indigenous populations of North and South America and sow the seed of distrust and hatred amongst Muslims and Christians still being played out today.

The Templar Knights would rise to great power, wealth, and obscurity only to be later ostracized and demonized as heretics by the very Papacy which inspired their two hundred

yearlong campaign to secure the Holy lands and the birthplace of Jesus of Nazareth. All, in the name of God.

In hindsight, we cannot deny the brutality and darkness which surrounds these conquests. Although the Templar's efforts were incredibly misguided, we also cannot dispense or rewrite history when it conveniently suits us. It is not my goal to glamorize the Templar Knights or to justify the killing of another for beliefs of any kind. My goal in discussing the Templars is to forgive them of their barbarism and lay blame where it truly belongs, with the Papacy of the Medieval period. The Templars were the culmination of centuries of warrior Knights who swore a blood oath to protect God, King and Country. Their love and passion to serve God was inexcusably weaponized to promote the power and conquest of the Roman Catholic Church and more specifically, the Papacy. We as warriors for God should never forget this atrocity, for those who forget their history are doomed to repeat it.

THE TEMPLAR MORAL CODE

Love that which is good; ignore that which is bad!

Be goodness, justice, and compassion; never criticize!

Be pure, compassionate, and gentle; never use irony!

Be patient, calm and considerate; never give into anger or pride!

Be confident, satisfied, and open to others; do not doubt and be not envious!

Be moderate in all things; avoid excesses!

Be humble, kind, modest, generous, and respectful of others; never be spiteful!

Be true in words and deeds, tell the truth; never lie and never slander!

Be helpful and considerate of all there is; never deceive nor betray anyone!

Love and protect Life, spread Peace and Harmony; in no way, be aggressive!

The Modern Warrior

“There are but three things worthy of respect: the Priest, the Warrior and the poet. To know, to kill and to create, the rest of mankind may be taxed and drudged, they are born for the stable, that is to say to practice what they call professions”

Charles Baudelaire

As society progresses from the conquests of the Dark ages to the rise of Artificial Intelligence, fake news and political malevolence, morality is more important today than ever before. Our modern society and its leaders drive a wedge between its peoples, promoting hatred, bigotry, and intolerance. They do this to create “identity politics” and infuse a tribal mentality into its constituency and a throw-back to the stone age. It is preposterous to say the least to conceptualize that at our most advanced stage of development in human history, we find ourselves reverting to tribal, barbaric behaviors of our chimpanzee cousins. As men who decide to unsheathe the sword of the warrior tradition, we must also take up the code of our warrior ancestors and their universal sense of morality.

Never forget the core of the warrior heart which is the unified will, oriented by love and our moral compass alongside our willingness to kill or die, for the sake of our *Faith*, not our beliefs. These values we hold dear have been handed down by our ancestors for thousands of years and the innate truths they represent form the basis of our spiritual paths. It is more important than ever given the dilemma we find ourselves in, to forgo the promises and delusions of modern society, today’s Church and State, and replace them with the wisdom of the ages, and the eternal lessons of the Holy Bible.

For example, in the Old Testament, the struggles of Moses and the gift of the Ten Commandments by God himself is one of the most celebrated, popular stories in biblical history. As the story goes, in 1446 BC, God gave Moses a set of ten guidelines by which the Israelites could live their lives in a way pleasing to God. These guidelines formed part of the solemn covenant agreement between the Israelites and God. In this agreement, God promised to bless the Israelites in exchange for their agreement to follow the guidelines of God. These agreements, known as the Ten Commandments, include:

1. You shall have no other gods before Me.
2. You shall make no idols.
3. You shall not take the name of the Lord your God in vain.
4. Keep the Sabbath day holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet.

When we pair the timeless truths of the ten commandments alongside the works given to us by Jesus of Nazareth, we form a complete picture of morality. We have been handed down a complete glossary of texts to continuously reference, so that we as men ALWAYS conduct ourselves accordingly and honor our warrior tradition.

- **Repent**

“From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand” (Matthew 4:17).

- **Follow Me**

“And he saith unto them, follow me, and I will make you fishers of men” (Matthew 4:19).

- **Rejoice**

“Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you” (Matthew 5:11–12).

- **Let Your Light Shine**

“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16).

- **Honor God's Law**

"Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill" (Matthew 5:17).

- **Be Reconciled**

"Therefore, if thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee; leave there thy gift before the altar and go thy way; first be reconciled to thy brother, and then come and offer thy gift" (Matthew 5:23–25).

- **Do Not Lust**

"But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell. And if thy right hand offends thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell" (Matthew 5:28–30).

- **Keep Your Word**

"Let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil" (Matthew 5:37).

- **Go the Second Mile**

"Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: but I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away" (Matthew 5:38–42).

- **Love Your Enemies**

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; that ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? Do not even the publicans the same?" (Matthew 5:44–46).

- **Be Perfect**

“If ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so? Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:46–48).

- **Practice Secret Disciplines**

“...When thou doest thine alms, let not thy left hand know what thy right hand doeth: that thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly... When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly... When thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly” (Matthew 6:1–18).

- **Lay Up Treasures**

“Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: for where your treasure is, there will your heart be also” (Matthew 6:19–21).

- **Seek God’s Kingdom**

“Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33).

- **Judge Not**

“Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye?” (Matthew 7:1–3).

- **Do Not Cast Pearls**

“Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you” (Matthew 7:6).

- **Ask, Seek, Knock**

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: for everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened” (Matthew 7:7–8).

- **Do unto Others**

“Therefore, all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets” (Matthew 7:12).

- **Choose the Narrow Way**

“Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in there at: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it” (Matthew 7:13–14).

- **Beware of False Prophets**

“Beware of false prophets, which come to you in sheep’s clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?” (Matthew 7:15–16).

- **Pray for Laborers**

“The harvest truly is plenteous, but the laborers are few; pray ye therefore the Lord of the harvest, that he will send forth laborers into his harvest” (Matthew 9:37–38).

- **Be Wise as Serpents**

“Behold, I send you forth as sheep in the midst of wolves be ye therefore wise as serpents, and harmless as doves” (Matthew 10:16).

- **Fear Not**

“Fear not them which kill the body but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell” (Matthew 10:28).

- **Hear God’s Voice**

“He that hath ears to hear, let him hear” (Matthew 11:15).

- **Take My Yoke**

“Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:28–30).

- **Honor Your Parents**

“For God commanded, saying, honor thy father and mother: and, he that curseth father or mother, let him die the death” (Matthew 15:4).

- **Beware of Leaven**

“Take heed and beware of the leaven of the Pharisees and of the Sadducees” (Matthew 16:6).

- **Deny Yourself**

“If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it. For what is a man advantaged, if he gains the whole world, and lose himself, or be cast away?” (Luke 9:23–25).

- **Despise Not Little Ones**

“Take heed that ye despise not one of these little ones; for I say unto you, that in heaven their angels do always behold the face of my Father which is in heaven” (Matthew 18:10).

- **Go to Offenders**

“Moreover, if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established. And if he neglects to hear them, tell it unto the church: but if he neglects to hear the church, let him be unto thee as a heathen man and a publican” (Matthew 18:15–17).

- **Beware of Covetousness**

“And he said unto them, take heed, and beware of covetousness: for a man’s life consisteth not in the abundance of the things which he possesseth” (Luke 12:15).

- **Forgive Offenders**

“Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven” (Matthew 18:21–22).

- **Honor Marriage**

“And he answered and said unto them, have ye not read, that he which made them at the beginning made them male and female, and said, for this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder” (Matthew 19:4–6).

- **Be a Servant**

“...Whosoever will be great among you, let him be your minister; and whosoever will be chief among you, let him be your servant: even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many” (Matthew 20:26–28).

- **Be a House of Prayer**

“It is written, my house shall be called the house of prayer . . .” (Matthew 21:13).

- **Ask in Faith**

“Verily I say unto you, if ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, be thou removed, and be thou cast into the sea: it shall be done. And all things, whatsoever ye shall ask in prayer, believing, ye shall receive” (Matthew 21:21–22).

- **Bring in the Poor**

“Then said he also to him that bade him, when thou makest a dinner or a supper, call not thy friends, nor thy brethren, neither thy kinsmen, nor thy rich neighbors; lest they also bid thee again, and a recompense have made thee. But when thou makest a feast, call the poor, the maimed, the lame, the blind: and thou shalt be blessed; for they cannot recompense thee: for thou shalt be recompensed at the resurrection of the just” (Luke 14:12–14).

- **Render to Caesar**

“Show me the tribute money. And they brought unto him a penny. And he saith unto them, whose is this image and superscription? They say unto him, Caesar’s. Then saith he unto them, render therefore unto Caesar the things which are Caesar’s; and unto God the things that are God’s” (Matthew 22:19–21).

- **Love the Lord**

“Jesus said unto him, thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment” (Matthew 22:37–38).

- **Love Your Neighbor**

“And the second [commandment] is like unto it, thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets” (Matthew 22:39–40).

- **Await My Return**

“Watch therefore: for ye know not what hour your Lord doth come. But know this, that if the goodman of the house had known in what watch the thief would come, he would have watched, and would not have suffered his house to be broken up. Therefore, be ye also ready: for in such an hour as ye think not the Son of man cometh” (Matthew 24:42–44).

- **Take, Eat, and Drink**

“As they were eating, Jesus took bread, and blessed it, and broke it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; for this is my blood of the New Testament, which is shed for many for the remission of sins” (Matthew 26:26–28).

- **Be Born Again**

“Jesus answered, Verily, verily, I say unto thee, except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again” (John 3:5–7).

- **Keep My Commandments**

“If ye love me, keep my commandments” (John 14:15).

- **Watch and Pray**

“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak” (Matthew 26:41).

- **Feed My Sheep**

“So, when they had dined, Jesus saith to Simon Peter, Simon, son of Jona, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith

unto him, Feed my lambs. He saith to him again the second time, Simon, son of Jona, lovest thou me? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my sheep” (John 21:15–16).

- **Baptize My Disciples**

“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost” (Matthew 28:19).

- **Receive God’s Power**

“And behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high” (Luke 24:49).

- **Make Disciples**

“Go ye therefore and teach all nations . . . teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen” (Matthew 28:19–20).

TAKE UP YOUR CROSS

Never forget your duties to protect and love all sentient creatures and to always remain vigilant. Reward yourself for walking the razor’s edge with the greatest gift a man can give himself, honor. We have at our utility the great works compiled in the Holy Bible, the Ancient Saints and the teachings left to us by the greatest warriors who ever lived.

Take up your cross as Jesus asks of you. See the universal truths arising in Nature and in your own being, as defined in the immortal words of O’sensei. Pay homage to the sacrifice and courage of the Templar Knights as they lay down their lives for their brothers at arms and shed their blood for their beloved Christ. Let us learn from the mistakes of those who have come before as we wrestle with the harsh realities of self-defense and warfare.

Let us be humble, silence our minds and turn our ears toward our hearts. Pray constantly that our Father grants us discernment, so that the voice of our ancestors and the Holy Spirit overpower our inner demons and egoic desires.

Turn off the noise of your mind and squash its perpetual spinning of thoughts, its addiction to the fear of tomorrow and the regret of yesterday. Learn to be right here, right

now, living inside your immense heart which grows each day as you give yourself freely and consciously to suffering and the surrender of your will to our beloved Father.

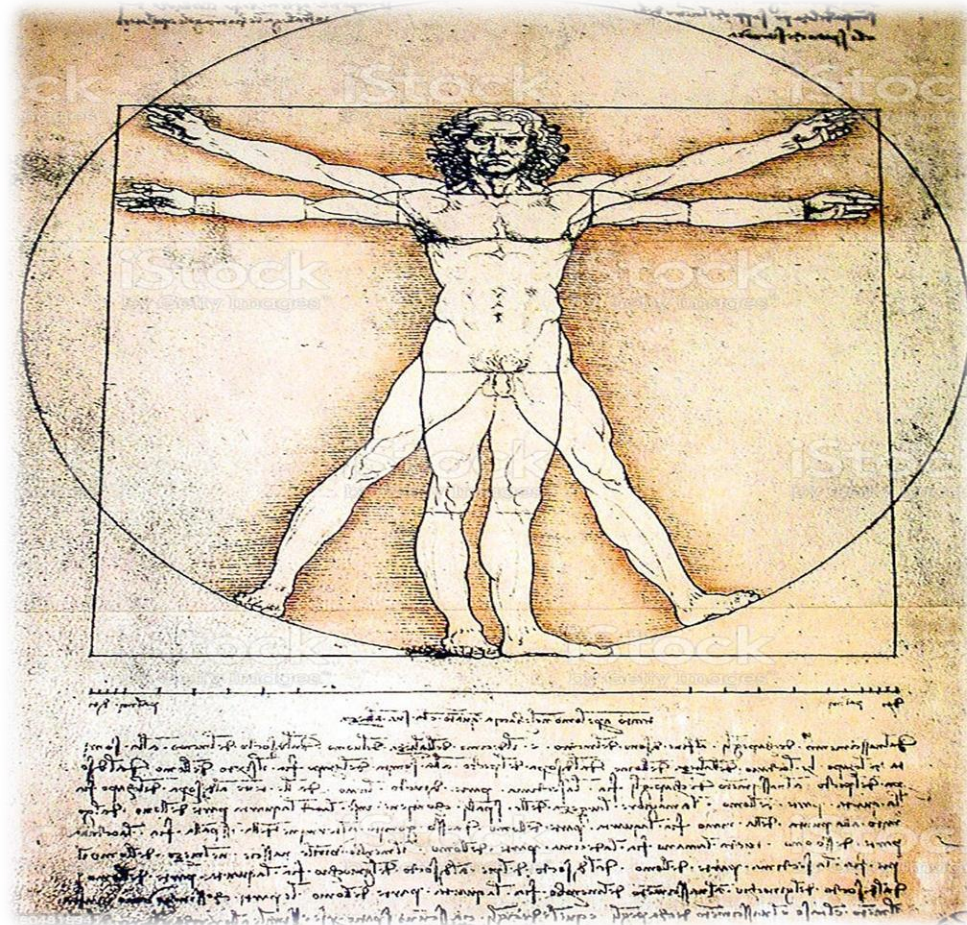
QUESTIONS FOR REFLECTION

1. *How can embracing the Suck increase your individual will and character? How does increasing your will benefit God when combined with his?*
2. *What are you most passionate about? How can you use your passion to help humanity?*
3. *What would you die for? What would you be willing to kill for? How can self-defense be acceptable in the eyes of God?*
4. *How does morality and living your life by the Code of the Warrior impact your life and the lives of your family and loved ones?*

CHAPTER SIX THE WARRIOR BODY

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

Corinthians 1:19-20



Orthopedic and medical considerations of Physical training

“Injuries are the best teachers”

Stewart Breeding

The sketch by Leonardo De Vinci entitled “Vitruvian Man” was drafted in 1490. I can spend hours staring at it as I share Davinci’s fascination with the human anatomy.

Close attention should be paid to the drawing, and I recommend everyone reflect on it when given the opportunity. Notice how the limbs are stretched out in super-imposed positions creating a circle and square. If you look closely enough, you can also see the geometric shape of triangles created as the body expands and contracts. Coincidentally, (or maybe not) the circle, square and triangle are rudimentary in the mystical teachings of Shinto and Buddhism. They are known as the “three eternal origins” or Mind, Body and Spirit.

I can only hope that by now you have realized the magnitude of human evolution and the incredible journey it took for life to evolve into the most complex creature in the universe. Davinci’s drawing is attempting to encapsulate the sheer awesomeness of this evolutionary process. He is illustrating for us how our physical form is a divine expression of creation which contains within it the principles of the universe and the keys to Christ Consciousness.

I have been a trainer, fitness specialist and strength coach for most of my life. Over the years, I have had to learn to adjust my methods to any number of orthopedic or medical considerations prior to assigning a fitness regimen. Over the last fifteen years, I have seen a dramatic decline in the overall health of my clients caused by extreme obesity and a lifestyle of sitting. We sit to stare at our computers and phones. We sit at work all day and we sit when we come home. As Americans, we sit so much I now believe we have a new pandemic sweeping the country caused from, sitting. Sitting is the new smoking.

When you sit for prolonged periods of time without proper muscular tension throughout the spine and hips, your head begins to protrude forward (especially when staring at a computer) causing the upper musculature of the body (T-spine) to collapse. When the T-spine collapses it places increased tension on the Lumbar or lower spine, added pressure on the organs and lungs which limit air capacity.

When we complement this prolonged posture with obesity, the core musculature stops firing, which basically means these muscles which connect the hips to the spine stop functioning all together. When we add gravity to the equation and begin to stand, walk, or run, the entire structure of the body is compensated and if prolonged activity ensues, injury is sure to follow.

So, the very first thing I work on with my clients is postural anatomical adaptation which is activation of the core musculature, T-spine strength through retraction of shoulder blades while opening the chest, and increasing stability strength throughout the hips, knees, and ankles. I do this first by showing them a picture of Vitruvian Man and share with them my thoughts on the cornerstone of *Holistic Performance*, which is posture.

I have repeatedly heard Saotome Sensei say the spine is the spiritual antenna. Davinci obviously thought this as well given the uprightness of Vitruvian Man. In his sketch, the depiction is that of an upright, confident man. Not a slouching, broken one. If we just take a second and experiment with some anatomical positions, you will clearly get my point.

Stand up, but slouch as much as possible. Stick your head forward, collapse your shoulders forward and down, disengage your abdominals, turn your knees in and just hang out for a second. This posture is the result of chronic sitting. Ask yourself the following questions:

- What is my emotional capacity in this posture?
- What are my mental and physical abilities in this posture?
- Am I confident or scared? Capable or incapable?

Now stand straight up like Vitruvian Man. Arms outstretched, palms facing forward and ask yourself the same questions. Amazing how different the two postures are right? Now, think to yourself how you may be standing, sitting, or exercising, how much energy is being leaked out through the day and the impending injuries or permanent disabilities waiting around the corner.

The human being evolved over millions of years to stand upright. Unlike our primate cousins who can walk on two feet, they cannot stand upright due to a lack of muscular development, specifically in their gluteus maximus, medius and piriformis, muscles they do not even possess. These muscles are fully developed in the human being and are largely responsible for our “upright posture”. These same muscles become incredibly weak and atrophy through prolonged hours of sitting. Given that, it’s clear to see that the act of sitting creates a catastrophic, systemic syndrome which has emotional, physical, mental, and spiritual effects on human performance.

Science has proven that “power positions” like standing upright, shoulders back, chest up increase testosterone levels, work capacity, and decrease stress levels.

Restoration of your posture and neuro-muscular development of the core musculature and posterior chain is the absolute most critical element when starting and maintaining a fitness regimen and especially strength training. Without it, you will simply be completely ineffective at power distribution, and your stability and balance will be greatly compensated creating new and different movement patterns which lead to injury. Take the time at any point in your training to properly conduct a Functional Movement Screening with a professional so that they may diagnose faulty movement patterns and design an effective corrective exercise program which will address these issues.

“Perfect Practice, Makes Perfect”

I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.

Bruce Lee

As you begin to train, your primary focus should be on the development of kinesthetic awareness, or where your body is in space. Always begin with the concentrated act of standing. Take Vitruvian man for example:

- Head should be always neutral
- T-spine (rhomboids, mid traps, shoulder blades fully retracted) chest up and open
- Bracing – A certain amount of air should be trapped between the abdominal wall and the spine during movement. Ribs should be drawn down toward the hips and the abdominal wall flexed tight, especially in weighted exercises. The “tightness” of the brace can be adjusted to the intensity level of weights being used and exercise performed. Bracing allows the three sections of the spine to stay in extension “or in alignment” and removes the potential for injury.
- Feet should be screwed into the floor with right foot turning clockwise and left foot turning counterclockwise to engage the glutes. A mental projection of one’s weight pressing six inches into the floor to create “Groundedness” should be maintained throughout all movement.

This practice of overemphasizing standing at the beginning and end of every single repetition will restore proper movement patterns and reestablish perfect, painless posture. NEVER, take this process for granted or forget during training. Almost every strength movement with a barbell or kettlebell either begins or ends with a standing position. To instill a fundamental practice into our fitness/strength programing, I have created 13 golden rules which are the core elements of the Warrior Body Pillar. “The other four Pillars are Warrior Mind, Warrior Heart, Warrior Spirit and Warrior Skillset. Together, they form the practice of Holistic Performance”.

1. Movement

- Practice standing with 100% concentrated effort and the chances of injury will be greatly diminished and the benefits will bleed over into all performance tasks.
- The progression of movement or exercise choices should be in constant flux and depend largely on personal goals and physiological abilities. Exercise choices always begin with the most basic of movements (such as hinging) and progress to more difficult, functional exercises (such as a single leg contralateral row). Inclusion of all nine basic movement patterns should be maintained throughout all program designs.
- Exercise choices must include all three planes of motion **frontal, sagittal and transverse**.
- There are nine movement patterns everyone,” and especially the tactical athlete” must include at some point in their fitness and strength training regimen.

1. **Standing** - Previously discussed
2. **Walking** – We are born to walk, not run. Walking is the most restorative, functionally integrated exercises we can do. Most people do not realize that our hearts pump oxygen rich blood to all the cells of the body seven days a week, twenty-four hours a day. But, the job of getting the carbon dioxide, waste filled blood back up to the heart and lungs is the job of the leg muscles. If we are not moving, our blood flow is seriously restricted and always filled with toxicity. I try to walk and or stand at least eight hours per day

and that is probably not enough. Walking is the greatest exercise to actively engage in on a daily basis not just for our bodies, but for the mind and soul.

3. **Hinging**- Hinging is the act of isolating and flexing the hip complex only, with a braced spine position. Think of an athletic position we see in all sports such as a linebacker in football or how a baseball player might stand waiting for a ball to be hit in their direction. Examples of hinging are: Romanian Deadlift, Bent row, good morning. These are extremely effective posterior chain exercises and should be a central component of all strength training sessions.
4. **Squatting** – Outside of walking, squatting is absolutely the most important exercise anyone can do. Squatting is ancient in its history and traces back to our primate cousins. It is the active/rest position, which is also used to give birth, relieve ourselves, eating, hunting, gathering, and socializing. Most westerners have completely lost their mobility to engage in a full squat position and lack the hip and core stability strength to stand back up properly. It is the very first exercise I teach and constantly reinforce both personally and professionally. Perfection of the squat to include increased range of motion and cyclic loads (heavy and light) of the exercise is critical to the tactical athlete. Examples and progression of squats are: Bodyweight squat, Goblet squat, Front squat (barbell), Low bar back squat (barbell).
5. **Lunging** – Lunging is a necessary exercise due to its functional nature. The squat takes place in an axial load meaning the weight of the body and load is split in half then dispersed equally through both feet. While the squat restores primordial movement patterns, the human body does not move in this fashion. We walk or run on one foot and then the other.

As the foot strikes the ground, energy is received through the body which moves up through the knee, into the hip and across the core musculature to the opposite side causing the arm to swing forward (anterior and posterior oblique sling). This contralateral motion is the root source of locomotion for the body and therefore must be practiced considerably. The progression for lunging should be stationary first followed by lunging forward, backward, laterally, and then if stability allows single leg lunging exercises. Lunging exercises include: Bodyweight, Goblet, Dumbbells, Barbells in front, high or low bar positions, sled training.

6. **Pushing** – The act of pushing and pulling with either the upper or lower torsos is a comprehensive movement which includes considerable neuromuscular facilitation, large muscle groups and coordination of the practitioner. For these reasons it is clear to see how the inclusion of pushing/pulling exercises is extremely beneficial in terms of both efficiency of time and maximal effectiveness of exercise choices. Pushing Exercises include: Pushups, Bench press variations, Overhead press, chest press with dumbbells or cable, squats, Olympic lift variations and leg press variations.
7. **Pulling** Exercises include Pullups, pulldowns with cable, row variations, Deadlift variations, Olympic lift variations, sled training, rope pulls.
8. **Throwing** – The act of throwing ensures athletic development from a concentrated focus on the transverse plane. This range of motion is often neglected in strength training and is critical in weaponizing strength and to increase athleticism. Throwing exercises include Landmine variations, Sandbag or med-ball throws and slams, Chops with cables, bands or bells.
9. **Carrying** – Without carrying heavy objects we never link up the upper and lower torsos. The functionality and comprehensive benefits of carrying heavy objects include increased hypertrophy (muscle size), functional strength, lumbopelvic hip, shoulder, knee, and ankle stability. Carrying heavy objects increases grip strength critical to all warrior skillset development. Examples of carrying exercises include Sled training, farmer carries with barbell, dumbbell, kettlebell or specifically designed strongman equipment such as a yoke.

2. Ten-point fitness training

Over the years a large part of my career has been dedicated to research and the complexities of programing for our special operations groups and elite law enforcement. There is simply no occupation nor athlete in the world who is forced to develop such a broad level of fitness combined with the constant, looming shadow of life or death if they should fail to express it. The tactical athlete must be good at everything, not great, just good. They must be a generalist in fitness with a broad base of training, endless work capacity and mental/physical resiliency. Therefore, a comprehensive system and subsequent programing is a prerequisite for anyone considering the warrior path. This

includes civilian sentinels, military, and law enforcement. So, from this point forward consider yourself a Tactical Athlete and your fitness regimen must include:

General Fitness Development

- Strength
- Muscle Endurance
- Body Composition
- Cardio-Vascular endurance
- Flexibility

Performance variables

- Speed
- Reaction time
- Balance
- Power
- Agility

There are ten dimensions to fitness. Strength is only one. There is no doubt that strength is the absolute, most important fitness modality for not only the tactical athlete but the general fitness enthusiast as well. Strength is the only category of fitness which improves all other nine variables. Strength simply makes all work easier and in and of itself leverages the constant increase in work capacity required by the tactical athlete. Since 9/11 strength training has become more popular with Special Operations and now is being instituted as a fundamental component for the training of the regular Army.

Due to an increase in popularity amongst the troops and a serious need to strengthen soldiers readying for deployment and rehabilitate the ones returning, the military has sought out the help of many popular strength coaches and organizations such as the National Strength and Conditioning Association (NSCA). The NSCA's CSCS (certified strength and conditioning specialist) has been the gold standard certification amongst collegiate strength coaches for the last twenty years. The NSCA has also started a Tactical Strength and Conditioning conference which conducts annual education conferences for coaches and trainers alongside scientific research. As of today, the military requires its

strength coaches and fitness specialist to be CSCS certified and affiliates itself with NSCA guidelines in consideration of programing for special operations as well as regular infantry units.

Problem is, the NSCA's background is largely based in programing for collegiate athletes, especially football. We have all seen the highlights on ESPN with the University of Alabama or Clemson's strength coach barking and screaming in the background at countless dozens of young aspiring players doing squats, presses and cleans for 3-5 reps followed by five-minute rest breaks. College strength coaches have the benefit of preparing for the season in the summer months and utilize periodization programing which is a means of systematic progressive over-load to increase strength levels and muscle size of their athletes. They also have the benefit of knowing how long the game is going to last. Where it is going to be. What the weather will be like. How long their athletes will be on the field and how long they can rest before the next game. Unfortunately, none of this is relevant to the tactical athlete.

Training a tactical athlete using periodized methodologies of any kind such as linear, undulating or block designs will fall on its face. Training a tactical athlete using basic, sagittal plane compound exercises such as squats, deadlifts and presses primarily with barbells in axial loaded positions will increase maximal strength but also exacerbate muscular instabilities. The objective increase in strength pertaining to pounds lifted will also not translate to the battlefield, which is kinetic, chaotic, and occurring in all three planes of motion at one time.

I am not saying we should not use barbells or incorporate these incredible compound lifts into our programing, we should. But they should only be roughly thirty to forty percent of the totality of programing required by the tactical athlete. The absolute most critical element to the tactical athlete is a "Mindbody" approach to training which is NOT currently mass produced nor even considered by the NSCA or any other strength training organizations.

3. *Mindbody/Mind muscle Connection*

The Mindbody or "MindMuscle" connection is the absolute most important modality to fitness and strength development. This is, bar none, the single greatest resource

for consciously achieving the Flow State. During physical training we can multiply not only the physical benefits of exercise exponentially but practice the holistic inclusion of the mental, emotional, and spiritual energies as well by following the exact same protocol mentioned previously in chapter IV “The Warrior Spirit” regarding the practice of meditation. I refer to this as “Meditraining”. Its basic components are:

- **Mindfulness** of breath and the tactical manipulation of exhaling, inhaling, and bracing consciously to maximize the effects of the exercise, decrease stress and increase recovery time.
- **Attention** on the spine and posture during exercise.
- **Awareness** of internal cues, where our bodies are in space at all times, thoughts, feelings, or stress and appropriate self-talk strategies to address them as they arise. Also, external cues from a coach, sounds, distractions and self-talk strategies to address them as they arise.
- Complete and total **focus** on the task at hand. All effort should be made to hyper-focus on the exercise, the movement, the muscle, the breath all happening right here, right now. No consideration should be paid to a clock, repetitions, sets or time spent in the gym. We have objective data technologies and clocks which can do this for us. Do not allow the monkey mind to manifest itself during training especially during high levels of suck.

Pour yourself into the process of Meditraining with each session. You should be exhausted not only physically but also mentally from the sheer effort of maintaining your focused intent. As we advance our practice of Meditraining, a natural tendency to fall into a state of Flow will almost always occur. I have performed countless strength and fitness tests on clients during the Flow phenomena and I am always blown away. Much of our energy during training is bled out by our minds and the constant negative self-talk offered by our egos. Meditraining prevents this occurrence from happening entirely and the Flow experience increases the potential for superhuman capacities by aligning all four energies (mental, emotional, physical, and spiritual) we simply do not have access to in dual states of consciousness.

4. Accommodating Resistance

I am one to give credit where credit is due. Louie Simmons is arguably the greatest strength coach ever to live. Louie is the owner/operator of Westside Barbell in Columbus, Ohio with over 140 world records to his name. Over the years, Simmons has developed his own strength training philosophies and influenced the strength community through his countless inventions and methodologies. In my humble opinion, the single greatest contribution Louie has made is the use of accommodating resistance. Accommodating resistance is the process of using bands or chains in addition to a barbell or weighted device. This allows the strength curve to be reversed, a full contraction of the muscle throughout the entire range of motion and development of speed and power through the end range of the exercise. For example, if you were to place 50lbs of bands over a two-hundred-pound weighted bar and perform a low bar back squat, the bar would be 250lbs at the top (end range) of the exercise and 200lbs at the bottom. This allows progressive overload and time under tension of the lifter without the weight altering the mechanics at the bottom of the exercise, which is always the most difficult. This allows the lifter to experience the FULL range of motion with decreased load at the bottom, the most precarious moment of the exercise and then to explode into a standing position. This builds “speed strength”, power and weaponizes the standing position. It also forces the glutes and posterior chain to contract more intensely to stand up with a heavier load. I use bands and chains any and everywhere possible in my training. The continued use of accommodating strength will not only increase maximal speed, stability, and general strength capacities, but it will prolong the lifter’s career, minimize injury, and kill many a bird with one stone.

5. Professional Coaching

There is no way around it. If you want to excel at fitness/strength training (or any skill for that matter) hiring a professional can save you massive amounts of time, frustration and possibly career ending injuries. I am not going to spend a lot of time on this subject matter because it speaks for itself. I completely understand the financial constraints regarding working with an expert worthy of your time, but I promise you if you find the right coach, the money you spend will be paid back threefold in terms of progress,

education, and consistency “which is where goals become reality”. If you are serious about strength training and learning the intricacies of kettlebell or the power/Olympic lifts, it is a forgone conclusion you **MUST** hire a solid coach first!

6. **Hormones and Recovery**

There is simply no way around it, our physical bodies are completely reliant on healthy hormone production. For men, that means testosterone. Without adequate levels of testosterone, it will be virtually impossible to lose body fat, build muscle or recover from tough workouts. I recommend all my male clients see a hormone specialist first, before beginning a fitness/strength regimen to assess current testosterone levels and possible solutions for hormone therapy. There are dozens of over-the-counter testosterone enhancement ergogenics available on the market today. It is quite possible a natural solution will work for you, but this should be a conversation between you and your physician. Proper nutrition and sleep are critical to maintaining proper levels of testosterone and help decrease potentially harmful hormones like cortisol.

7. **Nutrition**

These days there are more diet trends than there are types of food. So much so, discussing them would require another chapter of this book which will probably only aid in confusing you further. Everyone needs all three macronutrients in a well-balanced “clean” diet especially if you are fueling performance. This includes carbohydrates... No two people are remotely the same, and nowhere is this truer than with nutrition programing. Without proper fueling, workouts are almost pointless. I highly recommend a macro-based nutrition program. The problem with “macros” is to adhere to this approach can either be quite a learning curve required on your part, or quite expensive to have a professional do it for you. Until then, let me share with you what I call the **Survivor Diet**.

A. Throughout the week (6 days) only eat fresh, whole foods you would find in the wild.

- Red meat, poultry, fish, eggs
- Berries, seasonal fruits, and Vegetables

- Nuts
- Tubers
- Grains such as steel cut oats, quinoa, brown rice

B. Eat 3 meals per day, cooking and prepping each meal. Try to place your meals 6 hours apart. If your workload is high, put in two snacks 3 hours after breakfast and again after lunch. This will keep your body's glucose levels balanced and prevent bonking. It will also keep you in a high level of fat metabolism if your workload is consistent.

C. On the 7th day of each week is cheat day. Pretend you have made it out of the woods and stumbled on a Dairy Queen. Eat whatever you like (within reason), and chances are you will not be too fond of fast food or alcohol after a week of clean eating.

Fasting: Significant research has been conducted over the last ten years about fasting and its effects on performance. Suffice it to say, fasting can indeed be beneficial to your overall physical and spiritual health to include:

- Healthier body-composition
- Detox of organs and tissue
- Reduces insulin resistance lowers inflammation
- Improves blood pressure and cholesterol levels Increases growth hormone
- Delays aging and degeneration

Fasting can be done daily through intermittent fasting (a 4-5 hour eating window) or periodically with the inclusion of a 3-7 day fast ingesting only water or adding juices and broth. Never forget, your true self is the face of God. He is always there it's just layers of muck and filth which cover the mirror blocking his reflection. Fasting, eating clean and removing toxins out of our blood stream and brain are not meant to be punishment. There is a much greater experience waiting for us on the other side. Greater than any day of couch riding with a 12-pack, bag of Fritos and Netflix will ever provide. Living clean is like riding a bike. It is going to take a while to get your balance. Stay objective. Stay honest. Stay the course.

8. **Supplementation & Recovery**

Supplementation is also a very confusing subject. For me, supplementation is just that, supplementation. I only supplement what I feel my body is not getting from proper nutrition. Daily, I take **Vitamin D, C & B12, Quercetin, zinc, echinacea and fish oil**. I take these to maximize my immune system and to add an extra layer of protection. I highly recommend you follow suit and check with your physician about appropriate levels of each vitamin. I only supplement with protein powders or bars if my daily protein intake is low. I recommend approximately 1gram of protein per pound if you are actively performing a basic strength training program and 1.5 grams if activity level is high or volume from strength training is considerable.

Creatine is another commonly used and scientifically verified supplement which can aid in Hypertrophy (increased muscle size), recovery and even strength. Remember K.I.S.S “keep it simple stupid” when it comes to hormone therapy, nutrition, recovery, and supplementation. Without a doubt an optimal testosterone level is critical for not only performance-based training but also for cognitive function, emotional stability, and energy. Do not for any reason forgo an objective assessment of T-levels and therapies required to maintain them. Once we have checked this box, keep your immune system cranking with the cocktail I mentioned above. If you find a nutrition program that is working for you, stick with it. If its short term, dump it in favor of something you like and can maintain for your whole life. Sleep as much as you possibly can and if you need massage or any healing therapies (such as hot and cold treatments), get it...Remember, just like fitness, progress with nutrition and recovery strategies is about consistency, discipline, and effort. Not short-term fixes!

9. **Objective Volume vs Subjective Volume**

Fitness is predicated on the overall **summation**, or additive effects of training over a certain amount of time. Summation is calculated by the amount of **volume** an athlete accrues over a training cycle. Volume is the total of every rep, set, exercise, and bouts of exercise per week, month, and year. All fitness and strength progression are based on volume. Not enough volume, no need for physiological adaptations. Too much volume and the system will collapse from mental, neurological, and physical fatigue often with

accompanying injury. This is especially true for first time exercisers, folks with orthopedic or medical considerations and age-related restrictions.

Objective volume is simply a mathematical calculation, a multiplication problem. For example, say you did five sets of bench press at two hundred pounds per set for 5 reps or as written by a strength coach (5x5x200). The total volume for that bout of exercise would be 5000lbs of volume. Tracking objective volume is the central ingredient for programing and a practical approach for increasing intensity levels. We must include objective volume tracking into our fitness/strength regimen. However, we should not become addicted to this process or think we are now a math problem and no longer a human being subject to many disturbances in training. These disturbances could be illness, injury, fatigue, work, stress, wrong exercise choices or mistakes in programing. For this reason, a more accurate means of programing is **combining objective tracking alongside subjective volume or the use of RPE or Rating of Perceived Exertion.**

RPE is how a weight *feels* given a certain rep range or how intense a bout of exercise may seem, subjectively. RPE allows us to adjust our objective programing in real time to either increase or decrease volume given the subjective experience of the exerciser. A good way to begin using RPE is to grade an exercise set or rep in terms of work expenditure or how heavy a weight feels using a scale of 1-10. For example: If you do a set of bench press for 5 reps with 200lbs and you could have done 7 reps with that same weight, the RPE would be roughly an 8 out of 10. If you did 5 reps with 200lbs and could not do 6 reps, the weight is a 10RPE. So, a strength coach might want to leave some room in the tank and write a workout which looks like this: (5x5x7 RPE) Instead of saying 5x5x200lbs, using a 7 RPE gives the lifter the opportunity to increase the weight if the weight feels light that day and decrease the weight if the weight feels heavy. Learning the use, a sliding RPE scale alongside objective volume tracking, is the absolute best way to work alongside a coach so that he may more accurately program and to keep you from overreaching and the catastrophe of overtraining.

10. Integrating Objective technologies with Ratings of Perceived Exertion

The advances in objective technologies to aid in fitness programing and recovery are simply astonishing and continue to be updated almost daily. These days, there is an app

or wearable for almost anything fitness-related you can think of. I do not suggest investing thousands of dollars on gear you likely do not need and probably cannot even figure out how to use, but here are a couple of suggestions for how to apply objective data to your programing for greater results.

- Use Body composition analysis such as the Inbody or BodPod as opposed to scales which only show total body weight, not composition. We do not care about bodyweight. We care how much muscle you have and how much fat in terms of pounds. There is absolutely no reason for a man to be more than 13% bodyfat.

FULL STOP

- Apps which calculate objective volume and produce spreadsheets for more effective programing.
- Wearables which track recovery such as the Oura™ ring or the Whoop™
- Video analysis of movement patterns during exercise for evaluation by a coach and corrective exercise strategies
- Heart rate trackers

I have spent considerable time over the last decade combining heart rate training technologies with my clients' subjective perceived ranges of exertion (see my 2nd book The BioHacker). The benefits of objective data (for example, current heart rate during exercise) combined with real-time RPE levels experienced by my clients is priceless. Most people when they begin training do not have a good understanding of their potential exertion levels or how hard they can push themselves. Many either quit before reaching effective exertion levels or continue to train at inappropriately high heart rate levels for prolonged periods of time. The latter leading to injury or overtraining in time. Performing an objective VO₂ test or a subjective rating of perceived exertion test using a bike or treadmill can help to determine **individualized max heart rate and training zone**. Once you have established your individual training zones, this can be paired with **individualized RPE** which reinforces incredibly accurate perceptions of the clients HR and intensity levels. This allows the exerciser to work without objective technologies and still accurately record HR if necessary. It will also show fluctuations in HR. As the HR goes down over time from the

exerciser's cardiovascular system becoming accommodated to training and equally will go back up if the exerciser down-trains.

11. The Amish WOD (workout design)

I in no way mean for this to be misconstrued as derogatory in any way...Quite the opposite. I have nothing but respect for my Amish and Mennonite brothers and sisters and their way of life. To me, they got it right and we should all be figuring out how to sell all our "shit" and move to the farm (full stop). I call this WOD, the Amish WOD because it is so damn hard, requires massive work capacity, makes you stronger than hell and promises to put a slab of dense muscle on your frame without spending countless hours in the gym.



(The author, Stewart Breeding age 50)

The Amish WOD is a circuit, which without getting into the science of it, is the absolute best way to increase all ten dimensions of fitness, general physical preparedness (GPP), all nine movement patterns and once again, build massive work capacity. The Amish WOD does require some gear, but over time you can add to your garage gym as needed and make do until then. It is a combination of 5-6 exercises (with at least 3 compound lifts, all three planes of motion, all 9 movement patterns, and at least one maximal lift) performed in a circuit for repetitions (not time) with as much rest needed in between sets so as to complete the next exercise with maximal effort (think farm work) and done for a total of anywhere between 40-60 full circuits. Total time 1-2 hours to be performed 1-3 times per week. It looks something like this:

- Exercise #1 Deadlift with bands – Maximal Strength, Posterior chain, speed Strength, whole body, sagittal plane, standing, hinging, pulling
- Exercise #2 Chops with sandbag – Whole body, core-centric, transverse plane, hinging, squatting, throwing, carrying
- Exercise #3 Kettlebell Turkish getups – Whole body, all 3 planes of motion, extremely functional, hinging, lunging, pushing, carrying
- Exercise #4 Split Jerk (barbell) – Whole body, Power production, stability strength, frontal and sagittal plane
- Exercise #5 Navy seals with band – Whole body, core-centric, frontal and transverse plane, pushing, standing, hinging, squatting
- Exercise #6 Single leg Bent row (landmine barbell) – Posterior chain, contralateral, all 3 planes of motion, standing, hinging, lunging, pulling

12. Entering the Suck

There is no way around it. For the tactical athlete, time spent in the suck is a prerequisite. A personal quote I am guilty of saying to often is: “Strength wins battles. Endurance and stamina allow you the ability to get up the next day and do it all over again”. Tactical athletes must utilize fitness training not only as a means of attaining holistic energy integration, but it must also become a means of stress inoculation. Therefore, the tactical athlete should integrate moments in which absolute failure and anerobic (without oxygen) threshold are not only reached but maintained. As lactic acid is being dumped into the

muscle, neural drive and conscious control of the body begins to break down. The mind begins to slip into the “black” where negative self-talk and quitting become overwhelming options. This is an incredible training opportunity to keep the Meditraining process and focus all your conscious intent on the experience at hand. Stay objective during this process. Remove yourself by “watching” your mind and body fail as opposed to being the “victim” of it. Training in the suck is essential to increasing your tolerance levels of lactic acid, psychological impacts of being in the black and the physiological impediments which follow. DO NOT, spend too much time in the suck or overtraining will occur and cessation of exercise will follow. Learning how to implement brief moments of suck into weekly sessions utilizing smart exercise choices and incorporating the RPE scale is one of the greatest tools a warrior can have.

Train smarter and harder, over time. Learn to listen to the wisdom of your body. Often, it knows better than your fancy heart rate tracker or any app you can download. Stick to the exercises you can perform with perfect range of motion and postural integrity. NEVER progress into a movement or a weight in which you fail for a single repetition. Practice does not make perfect. Perfect practice makes perfect. Never forget progress in strength and fitness training is reliant on all the boring words most folks cannot stand: Discipline, Dedication, Internal fortitude, Humbleness, Drive, and Dedication.

Slow is smooth and smooth is fast. Each session in the gym should be a learning experience through which the warrior continues to learn about the depth of his spirit, heart, and body. Never, dismiss or disrespect this process. The gym is a “Dojo” or training hall where we look in the mirror at ourselves and are always studying, perfecting technique. Stay objective as ego and moments of your false self, show up for a training session. Never judge yourself too harshly. Always leave room for improvement and never forget your body, just like the universe around you, is always in constant flux. For more advanced training strategies please consider my book *Biohacker* or any of these amazing texts: *Supertraining* by Mel Siff *Serious Strength Training* by Tudor Bampa, *Special Strength Development for all Sports* by Louie Simmons.

13. Scheduling

Without a doubt, one of the simplest and most effective means of transformation is scheduling your most valuable commodity, time. Be honest with your time, especially if

you have a family. Family always comes first, but many times you can find clever ways of including your wife or children into your training schedule. Make no exceptions or EXCUSES. Make your schedule for the week every Sunday and do your best to adhere to what is written. I will not lie and say it is easy to fit it all in, it is not. My 52-year-old body is constantly sore, and every minute of every day is accounted for. Welcome to the world of warrior training...**Remember!** Nothing worth having ever comes easily.

QUESTIONS FOR REFLECTION

1. *Film yourself doing five bodyweight squats. Notice how you stand? Are you able to squat below parallel and stand back up with spinal integrity? How can you begin to make incremental changes to your effect healthy posture? Why is it important?*
2. *Are you currently exercising? If not, how can you begin? Create a doable plan and schedule appropriately. If so, how can you work on weakness and areas of concern? What are your likes and dislikes? List them. Focus on your dislikes and fit them into your current fitness program.*
3. *How is physical health associated with mental, emotional and spiritual health? What are the addictions of the five senses or Earthly possessions which interfere with your pursuit of physical health?*

CHAPTER SEVEN WARRIOR SKILLSET

“It’s better to be a warrior in a garden than a gardener in a war”

Ancient Samurai saying



Bill of Rights

Amendment 1

- Freedom of Religion, Speech, and the Press

Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof or abridging the freedom of speech or of the press, or the right of the people peaceably to assemble and to petition the government for a redress of grievances.

Amendment 2

- The Right to Bear Arms

A well-regulated Militia being necessary to the security of a free State, the right of the people to keep and bear Arms shall not be infringed.

Amendment 3

- The Housing of Soldiers

No soldier shall, in time of peace, be quartered in any house without the consent of the owner, nor in time of war but in a manner to be prescribed by law.

Amendment 4

- Protection from Unreasonable Searches and Seizures

The right of the people to be secure in their persons; houses, papers, and effects against unreasonable searches and seizures shall not be violated, and no warrants shall issue but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched and the persons or things to be seized.

Amendment 5

- Protection of Rights to Life, Liberty, and Property

No person shall be held to answer for a capital or otherwise infamous crime unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property without due process of law; nor shall private property be taken for public use without just compensation.

Amendment

6

- *Rights of Accused Persons in Criminal Cases*

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial by an impartial jury of the state and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor; and to have the assistance of counsel for his defense.

Amendment

7

- Rights in Civil Cases

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury shall be otherwise reexamined in any court of the United States than according to the rules of the common law.

Amendment

8

- Excessive Bail, Fines, and Punishments Forbidden

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Amendment

9

- Other Rights Kept by the People

The enumeration in the Constitution of certain rights shall not be construed to deny or disparage others retained by the people.

Amendment

10

- Undelegated Powers Kept by the States and the People

The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

Sons of Liberty

“Give me liberty or give me death”

Patrick Henry

In my most humble opinion, outside of the Holy Bible, the words penned in the Declaration of Independence and the Constitution of the United States of America by our founding fathers, are the most divinely inspired documents in existence. These documents solidify the Great Commission (Mathew 28:16-20) which states Jesus is the Sovereign lord, and that our Rights come directly from Him. Not, a government of Men.

If followed as written, the absolute brilliance of our separate, three-tiered Federal government system, Judicial, Legislative and Executive branches, makes it virtually impossible for any individual branch to exceed its powers which are granted by the peoples

and clearly defined in the Constitution. As opposed to the common terminology frequently used to describe our country's government, **we are not a Democracy**. Careful consideration was paid by our Founding Fathers to deny a populace majority "which is a Democracy", the ability to overwhelm a minority whose voice otherwise would be stifled by said system.

So that all peoples had an equal voice and vote, our Founding Fathers created a Constitutional Republic. This Republic recognized an electoral system which evened out large populaces of citizens located in cities and towns, with less populated rural areas and States. This form of Government also placed the majority of power NOT within the Federal government but the individual States, local municipalities and the elected officials who serve the wishes of their constituents.

At the cornerstone of our rule of law, as drafted in the Declaration of Independence, and then ten years later in the US Constitution, lies the most enlightened, spiritually inspired passage to ever be drafted as the basis for a newly developed Nation and its free peoples.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness..."

It may seem ridiculous to many who do not know their history, but before our Founding Fathers put pen to paper, this concept of "Unalienable Rights", never existed. The United States was a colony of Great Britain and a possession of its King. The monarchy was not only the entire government, but it also owned all property, monies, commodities, and all peoples under its rule. Never, in the history of the world had a document been drafted which formed a nation of free peoples whose "Rights" of life, liberty, property, and the pursuit of happiness were granted to them by the Almighty, and therefore cannot be appointed nor stripped away by any government, foreign or domestic.

Our forefathers intuitively drew from their combined experiences with tyrannical governments and monarchies to form the Bill of Rights which detail each citizens civil liberties and the core of our rule of law. They also intuitively knew their hope for a free Republic would not survive its infancy without the thoughtful consideration of the 2nd amendment. It is my personal belief, (which is based on our Founding Fathers deep

convictions as Christians and followers of Jesus Christ) that they knew the moment these immortal words came into existence, the newly born Republic would be under constant attack by the forces of Evil itself.

Sure enough, from the moment the Declaration of Independence was signed, our country has been under a constant, massive spiritual attack. As of today, that attack has never been so transparent. Astonishingly, not just by the barbarian horde at the gate, but from within.

An Army of One

Out of every one hundred men, ten shouldn't even be there. Eighty are just targets. Nine are the real fighters. And we are lucky to have them, for they make the battle. Ah, but the one, one is the warrior, and he will bring the others back"

Spartan Warrior saying

It is one thing to be granted the tremendous responsibility to keep and bear arms, it is yet another to accept the inherent responsibility of becoming highly capable of manipulating those arms in a very proficient manner. To be clear, the 2nd Amendment states: "A *well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.*" I am obviously not a constitutional scholar, but the 2nd amendment clearly outlines the intentions of the Founders. Not only is it abundantly clear that the right to keep and bear arms **shall not be infringed**, but the 2nd amendment also goes a step further. "A **well-regulated Militia**, being necessary to the security of a free State" clearly implies that as free men, we share the immense responsibility of becoming tactically skilled with those firearms we bare, especially if needed to fight for a common cause. The 2nd Amendment was drafted after the Revolution while America still had a Continental Army, but not under Federal control. Massive debate among the Founders circulated for two years before the standing Federal Army was created September 29th, 1789. Even with the creation of the Federal Army, no attempt was made, nor debate heard to remove the 2nd Amendment simply due to the existence of a standing Army. The Founding Fathers held onto a shared, sincere distrust of government (for good reason) and many "to include Madison and Jefferson" fought tooth

and nail to deny our fledgling nation its own standing Army for fear it be turned against its own peoples.

To clarify, from inception, the Founders NEVER intended for power to be held in the centralized halls of the Federal Government. The 2nd Amendment to the Constitution of the United States of America assures that power ALWAYS stays with the people, for the people and by the people, period.

It is OUR responsibility as free men to defend our Republic "from enemies both foreign and domestic" including defense of our Civil liberties. To live up to that standard requires extensive education in the art of warfare, not as a means of destruction but as a deterrent to those with evil intentions bent on the demise of God, country and liberty.

Skillset Development

COMBATIVES

“When somebody challenges you fight back! Be brutal, be tough”

Donald Trump

Walking the warrior path requires daily practice of our martial skills. Those skills include proficiency with armed (bladed weapons/firearms) and unarmed combatives, to include urban and outdoor survival.

These days, there are countless martial arts available to the consumer. With the popularity of MMA, learning the basics of unarmed combat are more convenient than ever before. Every warrior must learn to proficiently strike with:

- Fingers
- Hands
- Elbows
- Shoulders
- Head
- Hip
- Knees
- Feet

The best martial arts to learn effective striking are Western boxing, Muay Thai boxing, Tae Kwon Do, and various forms of Karate and Wing Chun.

Everyone should learn the basics of offensive and defensive grappling and ground fighting found in martial arts such as wrestling, Jiu-Jitsu, Sambo, and Judo. While sporting martial arts are excellent at developing skill and gameness, one must be mindful to not become addicted to the “rules” found in sporting martial arts, and always train in a realistic manner so as not to develop life threatening habits. Always train as though there are multiple attackers who may also possess a bladed weapon, blunt instrument, or firearm. Never let down your guard, always remain vigilant and never forget the true enemy is the one within.

The same rules apply to weapon’s manipulation. Just because you have a gun and a license to carry it, does not mean you know how to kinetically use it in a defensive or offensive manner. Massive amounts of technology and skillset development of both handgun and rifle (long and short range) have accelerated exponentially since the attacks of September 11th. The marketplace is filled with former Special Forces operators who are highly skilled and more than willing to offer their services in person or even online. While it is not recommended, if money becomes an obstacle, there is a massive amount of education and training to be found on social media platforms and the internet. Pursuing your training will undoubtedly cost you both in terms of dollars and time spent, but if you are to carry a firearm, or plan to defend your home, training and proficiency with that firearm is not an option.

LIVELIHOOD

“Entrepreneurship is about turning what excites you in life into capitol, so that you can do more of it and move forward with it” Richard Branson

Our constitution which allows us life, liberty and pursuit of happiness also implies our abilities to manifest that happiness. It is not the responsibility of the government to carry us through life. It is up to us, and us alone. If we are not actively pursuing our entrepreneurial dreams, then we are merely existing, not living. We should always be striving to achieve our utmost potential and create a better life for ourselves and loved ones no matter our race, gender, or religious beliefs. This process which is afforded us by our Constitution is like any other. Small, incremental changes and calculated risks can and will

lead to incredible opportunities. Many times, this means starting a “side gig”. Side gigs offer us two opportunities. 1), the opportunity to start a new business without potential risk and investment. 2), added cash flow which means “redundancy”.

Redundancy must become front and center in our planning and execution for **everything** we do. Redundancy means “one is none, and two is one”. For example, I have a great job but what happens if I get injured or terminated? I personally have a freezer filled with a six-month supply of meat. That is awesome, but what happens if the electricity is cut off? I have a basement filled with a six-month supply of canned meats and vegetables. But what do I do when that runs out? I keep my truck topped off with gasoline and a 50gallon drum filled with extra petrol. But what do I do when that is burned up and gas stations are shut down? I have thousands of rounds of ammunition, firearms, bulletproof armor chest rig, and the ability to use them. But what if they are somehow stolen or destroyed in a fire?

True preparation includes all contingencies in every area of our lives. We need to become true Renaissance men like our Founding Fathers who spoke multiple languages, understood business and commerce, were master statesmen, writers, speakers, thinkers, expert farmers and tactically proficient with weaponry and self-defense. We should all take a lesson from these amazing men and constantly educate ourselves on both urban and outdoor survival skills to include:

Outdoor Survival

Land navigation

Fishing, hunting to include preparation and storage

Weather prediction

First aid

Primitive weapons and tool making

Primitive shelter assembly

Snares and traps

Flora, Fauna for possible foods or medicine

Urban Survival

Threat assessment

How to pack a go bag
Emergency food, fuel, and water
Weapons and ammunition
Survival hacks (think MacGyver)
Storage, clothing, batteries, miscellaneous supplies
First aid
Transportation

Undaunted Courage

“Hardships often prepare ordinary people for an extraordinary destiny”

C.S Lewis



One of my all-time favorite books is *Undaunted Courage* by Steven Ambrose. The book details the incredible saga of the 1803 expedition of Captain Meriwether Lewis and Captain William Clark, to lead a voyage up the Missouri River to the Rockies, over the mountains, down the Columbia River to the Pacific Ocean, and back. Hand-picked by Thomas Jefferson, Lewis, and Clark, made the first map of the trans-Mississippi West,

provided invaluable scientific data on the flora and fauna of the Louisiana Purchase territory, and established the American claim to Oregon, Washington, and Idaho.

I have spent many waking hours contemplating the magnitude and audacity of Jefferson's request for thirty-three incredibly capable young men to venture into the unknown, hostile wilderness of the great American west and risk life and limb for little more in trade than the experience of having done such an impossible task. I am even more flabbergasted that not one of them refuted Jefferson's challenge. For more than three years these hardened men canoed, hiked, walked, dragged, lifted, and hauled twelve tons of gear over 7,690 miles. They did this while under constant threat of attack from Native Americans and across the most inhospitable environment imaginable. Just to give you some depth of understanding for how gargantuan this task was, here is a packing list written from Lewis's own hand (Misspellings and all).

Lewis & Clark Expedition Packing List

Mathematical Instruments

- 1 Hadley's Quadrant
- 1 Mariner's Compas & 2 pole chain
- 1 Set of plotting instruments
- 3 Thermometers
- 1 Cheap portable Microscope
- 1 Pocket Compass
- 1 brass Scale one foot in length
- 6 Magnetic needles in small straight silver or brass cases opening on the side with hinges.
- 1 Instrument for measuring made of tape with feet & inches mark'd on it, ...
- 2 Hydrometers
 - 1 Theodolite
 - 1 Sett of planespheres
 - 2 Artificial Horizons
 - 1 Patent log
 - 6 papers of Ink powder
 - 4 Metal Pens brass or silver

- 1 Set of Small Slates & pencils
- 2 Crayons
- Sealing wax one bundle
- 1 Miller's edition of Lineus in 2 Vol:
- Books
- Maps
- Charts
- Blank Vocabularies
- Writing paper
- 1 Pair large brass money scales with two sets of weights.

Arms & Accoutrements

- 15 Rifle
- 15 Powder Horns & pouches complete
- 15 Pairs of Bullet Molds
- 15 do. (ditto) Of Wipers or Gun worms
- 15 Ball Screws
- 24 Pipe Tomahawks
- 24 large knives
- Extra parts of Locks & tools for repairing arms
- 15 Gun Slings
- 500 best Flints

Ammunition

- 200 Lbs. Best rifle powder
- 400 lbs. Lead

Clothing

- 15 3 pt. Blankets
- 15 Watch Coats with Hoods & belts
- 15 Woolen Overalls
- 15 Rifle Frocks of waterproof Cloth if possible
- 30 Pairs of Socks or half Stockings
- 20 Fatigue Frocks or hunting shirts
- 30 Shirts of Strong linen

30 yds. Common flannel.

Camp Equipage

- 6 Copper kettles (1 of 5 Gallons, 1 of 3, 2 of 2, & 2 of 1)
- 35 falling Axes.
- 4 Drawing Knives, short & strong
- 2 Augers of the patent kind.
- 1 Small permanent Vice
- 1 Hand Vice
- 36 Gimblets assorted
- 24 Files do. (ditto)
- 12 Chisels do. (ditto)
- 10 Nails do. (ditto)
- 2 Steel plate hand saws
- 2 Vials of Phosforus
- 1 do. (ditto) Of Phosforus made of allum & sugar
- 4 Groce fishing Hooks assorted
- 12 Bunches of Drum Line
- 2 Foot Adzes
- 12 Bunches of Small cord
- 2 Pick Axes
- 3 Coils of rope
- 2 Spades
- 12 Bunches Small fishing line assorted
- 1 lb. Turkey or Oil Stone
- 1 Iron Mill for Grinding Corn
- 20 yds. Oil linnen for wrapping & securing Articles
- 10 yds do. do. (ditto) Of thicker quality for covering and lining boxes. &c 40
yds Do. Do. (ditto) To form two half faced Tents or Shelters.
- 4 Tin blowing Trumpets
- 2 hand or spiral spring Steelyards
- 20 yds Strong Oznaburgs (strong cloth)

- 24 Iron Spoons
- 24 Pint Tin Cups (without handles)
- 30 Steels for striking or making fire
- 100 Flints for do. do. do. (ditto)
- 2 Frows
- 6 Saddlers large Needles
- 6 Do. (ditto) Large Awls
- Muscatoe Curtains
- 2 patent chamber lamps & wicks
- 15 Oil Cloth Bags for securing provision
- 1 Sea Grass Hammock

Provisions and Means of Subsistence

- 150 lbs. Portable Soup.
- 3 bushels of Allum or Rock Salt Spicies assorted
- 6 Kegs of 5 Gallons each making 30 Gallons of rectified spirits such as is used for the Indian trade
- 6 Kegs bound with iron Hoops

Indian Presents

- 5 lbs. White Wampum
- 5 lbs. White Glass Beads mostly small
- 20 lbs. Red Do. Do. (ditto) Assorted
- 5 lbs. Yellow or Orange Do. Do. (ditto) Assorted
- 30 Calico Shirts
- 12 Pieces of East India muslin Hanckerchiefs striped or check'd with brilliant Colours.
- 12 Red Silk Hanckerchiefs
- 144 Small cheap looking Glasses
- 100 Burning Glasses
- 4 Vials of Phosforus
- 288 Steels for striking fire
- 144 Small cheap Scizors
- 20 Pair large Do. (ditto)
- 12 Groces Needles Assorted No. 1 to 8 Common points

	12	Groces Do. (ditto) Assorted with points for sewing leather
	288	Common brass thimbles – part W. office
	10	lbs. Sewing Thread assorted
	24	Hanks Sewing Silk
	8	lbs. Red Lead
	2	lbs. Vermillion – at War Office
I	288	Knives Small such as are generally used for the Indian trade, with fix'd blades & handles inlaid with brass
	36	Large knives
	36	Pipe Tomahawks – at H. Ferry
	12	lbs. Brass wire Assorted
	12	lbs. Iron do. Do. (ditto) generally large
6		Belts of narrow Ribbons colours assorted
50		lbs. Spun Tobacco.
	20	Small falling axes to be obtained in Tennessee
	40	fish Griggs such as the Indians use with a single barbed point – at Harper's ferry
	3	Groce fishing Hooks assorted
	3	Groce Mockerson awls assorted
	50	lbs. Powder secured in a Keg covered with oil Cloth
	24	Belts of Worsted feiret (woven wool tape) or Gartering Colours brilliant and Assorted
	15	Sheets of Copper Cut into strips of an inch in width & a foot long
	20	Sheets of Tin
	12	lbs. Strips of Sheet iron 1 In. wide 1 foot long
1		Pc. Red Cloth second quality
	1	Nest of 8 or 9 small copper kettles
	100	Block-tin rings cheap kind ornamented with Colour'd Glass or Mock-Stone
2		Groces of brass Curtain Rings & sufficently large for the Finger
	1	Groce Cast Iron Combs
	18	Cheap brass Combs
	24	Blankets.
	12	Arm Bands Silver at War Office

- 12 Wrist do. do. Do. (ditto)
- 36 Ear Trinkets Do. Part do. (ditto)
- 6 Groces Drops of Do. Part Do. (ditto)
- 4 doz Rings for Fingers of do. (ditto)
- 4 Groces Broaches of do. (ditto)
- 12 Small Medals do. (ditto)

Means of Transportation

- 1 Keeled Boat light strong at least 60 feet in length her burthen equal to 8 Tons
- 1 Iron frame of Canoe 40 feet long
- 1 Large Wooden Canoe
- 12 Spikes for Setting-Poles
- 4 Boat Hooks & points Complete
- 2 Chains & Pad-Locks for confining the Boat & Canoes &c.

Medicine

- 15 lbs. Best powder's Bark
- 10 lbs. Epsom or Glauber Salts
- 4 oz. Calomel
- 12 oz. Opium
- oz. Tarter emetic
- 8 oz. Borax
- 4 oz. Powder'd Ipecacuana
- 8 oz. Powder Jalap
- 8 oz. Powdered Rhubarb
- 6 Best lancets
- 2 oz. White Vitriol
- 4 oz. Lacteaum Saturni
- 4 Pewter Penis syringes
- 1 Flour of Sulphur
- 3 Clyster pipes
- 4 oz. Turlingtons Balsam
- 2 lbs. Yellow Bascilicum

- 2 Sticks of Symple Diachylon
- 1 lb. Blistering Ointments
- 2 lbs. Nitre
- 2 lbs. Coperas

One of my most beloved places on Earth is the Front Range Mountains located around Boulder, Colorado. Atop this vantage point you can see hundreds of miles to the East across the golden, waving fields of the great plains. Behind you to the West, the jagged, white snow-capped mountains of the Continental Divide and the beginning of the seemingly insurmountable Rocky Mountain range. I have yet to make it to Lewis and Clark's infamous portage site located about 700 miles to the North, over the Great Falls of the Bitter Root Mountain Range in Montana, but it is on my bucket list.

When you stand on any summit along the precipice of the Rocky Mountain Range which stretches from the North to South Pole, you just cannot fathom how intimidating crossing this impenetrable wall must have seemed to thirty guys, carrying tons and tons of gear.

Picture how breathtaking it must have been to experience this untamed landscape before its Native peoples were driven from it. One of several, sinful mistakes made by our great nation and peoples. Nostalgia fills my soul to imagine the sight of a Native American warrior riding solo across the plains, feathers blowing in his hair, bow and spear at his side, riding bareback on a horse whose ancestors belonged to Spanish conquistadors more than three hundred years prior. How incredible it must have been to sleep under the star-filled night sky and to waken by the crack of dawn appearing over the ominous sight of the Rocky Mountains and the beginning of another brutal day. What I would not give to trade places with anyone of those thirty-three men.

I am woken out of this recurring daydream by a great sense of remorse and foreboding. Thoughts invading my serene dream of impending doom. I begin to wonder, does today's modern man possess the hardness, internal fortitude, hunger, and drive of our Founding Fathers and the thirty-three men of the Lewis and Clark expedition, or are those qualities now extinct? Do we as modern men have within us the wherewithal to sustain the fires of Passion and level of sacrifice exhibited by Jesus Christ and "Follow" him wherever

it may lead? Can we learn to forgo our hatred, fear, and resentment of those who have done us harm and instead harness the weaponry of non-violent love as taught by O'sensei, Gandhi and Martin Luther King? Do we still have the Heart of our Templar brothers who were so willing to lay down their lives for their faith? Will any of us ever be bold enough to shine through the shadow cast by the Ancient Saints and walk the Razors Edge as they did, or are our best days behind us? Is there any left amongst us willing to stare our ultimate foe, "Death" squarely in the face and defeat this dragon once and for all as demonstrated by the ancient Samurai and today's Flow addicted daredevils? These are questions we should all be asking ourselves and the answer should keep us pacing the floors at night.

As men, we each have within us the infinite, untapped potential of the Cosmos. We are the children of God and brothers to our Lord and Savior Jesus Christ. Are you willing to take up your sword and shield and join in the greatest adventure of your life or will you sit on the sidelines? Will you lay your life down to protect the sanctity of all God's creatures or abstain from action? Will you rise above your selfish ego, your five senses and the addiction to Earthly things or live out your days as a slave to darkness? Will you vow to live your life by the code of the Warrior and to honor your ancestors with the blood, sweat and tears of your endless pursuit or succumb to the endless beratement of your tattered mind and broken body?

Darkness and Evil is upon us brothers, make no mistake about it. The greatest battle of all time is right here, right now as predicted in the Book of Daniel, written one hundred and sixty-five years before the birth of Jesus Christ. Only the truest of us are willing and capable of donning the armor of God, even fewer may serve. Your journey begins now, in this very moment and the attacks from Lucifer himself will most certainly follow. I leave you now, with great anticipation and a full heart alongside the most divine words possibly ever articulated into written language. Read it for the first time, through the reborn vision of the Ancient Saints, in which you are now apart. Let it guide and protect you on the tumultuous path which leads to union with our Father. May it comfort you in times of strife and be a beacon of light leading you to the Kingdom of God, on Earth and Heaven.

God Speed my brothers and may we all live out our days as free men, never veering from the Razors Edge and the pursuit of the Total Warrior.

Psalm:23 *The*

LORD is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

Amen

[THE END]

QUESTIONS FOR REFLECTION

1. *How can the study of self-defense and martial arts benefit you? What are the obstacles to begin training? How can you overcome those obstacles and what would that act imply?*

2. *How can you better prepare for an emergency situation both short and long term? Make a list of all basic essentials (food, water, shelter, self-defense, transportation, energy or fuel, communication, etc.) Grade yourself A-F in each category and make a plan for how to remedy each situation.*
3. *What does the Constitution of the United States mean to you? How important is your personal freedom and a free Republic? How can you take part in becoming an activist for Freedom of all peoples? What would happen to the world if the United States were to fail as a free Republic?*
4. *What has this book taught you? How will it affect your life? What do you need to change to become all God intended you to be? How are you going to get there? How much does it mean to reach your full potential?*
5. *How can you help a friend, family or loved one realize their own personal Christ Consciousness and why is it important?*

About the Author



Stewart Breeding is a master trainer, performance coach and former National Champion Powerlifter residing in Nashville TN. He is a Combat Veteran of the 82nd Airborne and devout Christian greatly influenced by the works of St. John of the Cross, Thomas Merton, Alan Watts, D.T Suzuki, Father Thomas Keating, Father Richard Rohr, James Finley, and master Theologians Dr. Chuck Missler and RC Sproul.

Stewart has also worked extensively with Zen Master Dennis Merzel (Genpo Roshi) and Yogi Jaggi Vasudev (Sadhguru) founder of Isha Yoga. Stewart is the Author of three books (Limitless) written in 2010, the (Biohacker) written in 2017 and (The Total Warrior) written in 2021. Stewart is available for public speaking engagements or absolutely any questions or comments concerning the Total Warrior via email to Stewart@S2humanperformance.com Please join the Total Warrior [Youtube](#) page here and also follow us on Instagram at S2 Human Performance.

THE TOTAL WARRIOR

