



WARRIOR MIND TRAINING

A PERSON CANNOT BE CONQUERED FROM THE OUTSIDE
UNLESS THEY ARE DEFEATED FROM THE INSIDE

The Warrior Mind Scroll

**Ancient Teachings and Wisdom from Enlightened Warriors, Sages and
Mystery Schools**

*(NOTE: For the sake of this discussion “enlightenment” can be thought of as being on ones True Purpose
Path in life.)*

The Quandary

Every moment of your life is filled with a swirl of choices. For any one thing that you do, think or say there is an infinite array of other possibilities that you DID NOT choose. You build your life one choice at a time. The “you” that you know is really a mosaic composed of the results of these countless individual choices in life up to this moment.

As a human being, you can allow these life choices to play themselves out into one or two ways. You can permit others to make the choices for you, by means of their environmental influences, subtle suggestions or even direct orders. This is the passive path through life. This path is so easy to fall into and such a life of foggy an unexamined autopilot beliefs and actions is a tragic waste of your potential!

Life is meant to be lived, explored, and utilized with purpose. Therefore the second possible path in life is the path of awakening. Ever increasingly alert, in touch, and in charge, you can willfully activate your deepest and most significant potentials.

Personal Power Lost

In today’s crowded cities and impersonal institutions, were computerized figures keep track of our personal lives, and corporations, governments, and social networking seem to be assuming more and more responsibility for determining or daily lifestyles, it is exciting reassurance to encounter the fresh timelessness of the timeless way’s of the enlightened warriors life. From the knowledge of the ancient enlightened warriors and mystery schools, we can derive our own concepts of personal power and control over the quality of our lives.

We can rise above the feelings of helplessness. We can discover techniques for opening our consciousness an attuning our actions to the truth in our hearts. We can reacquaint ourselves with the harmony inherent in the way all things unfold. We can become

enlightened to the reality that happiness, joy and personal fulfillment or the birthright of every individual.

No Single Answer

Each of us as a single spark of energy in the vast eternity of the universe has some piece of the greater lesson to be mastered and made our own in this lifetime. Despite the claims and promises of some of the more fundamentalist religions, we are all not here to gain the same insights. We are not all cheer up with the same questions, and most certainly, the same answers will not satisfy the quest in all of us.

There are many paths of life available to us as individuals, along which we can progress toward personal fulfillment and in light at. There is a spiritual path, the healing path, the path of trade, the path of the artist, the path of the ruler, and the path of the server, as well as many more to numerous to list here. In my own life, I have been set forth on the path of the Triune Warrior, one of Mind, Body and Spirit.

Know Your Path

The first, and the most difficult, step on the way or path is the discovery of the appropriate path itself. In ancient days, it was natural to simply accept which ever path circumstances of birth delivered.

Today with the increased freedom that the world allows individuals, finding the proper life path and purpose can sometimes seem easier, or conversely, it can become a nightmare of indecisions in the bewildering array of possibilities. For some, a life path is something realized and actively entered in childhood.

For others, the experiences and environments encountered in later youth provide the means for recognizing and initiating a life path. Even middle or "old" age can be the period during which the path is discovered, resulting in a dramatic alteration to one's daily life. Some never find their path, and live out their lives in quiet desperation or disarrayed frustration, bitterness, and confusion.

It helps to remember that the path itself is not the ultimate lesson, but only the means of carrying ourselves to the significance of the lesson. The necessity of totally surrendering one's self to The Path and the ability to see into the past, present, and future all at the same instant of awareness - reveals the importance of becoming an active element in our lives and in the total the scheme of the universe. The path is the way of life purpose attainment and not the destination itself when chosen with commitment and enthusiasm.

Indeed, the eventual destination often turns out to be a complementary or reflection of what the path was once thought to teach, much to the surprise of the seeker. Those following the path of healing can discover the power of the personal will and maintaining one's own health; in truth, those refusing to be healed cannot be healed.

Those following the path of servers can discover that for a community and a world to move in harmony, each individual must develop his or her own powers to serve and to sustain their own families. Those following the spiritual path can discover the key to understanding the scheme of the cosmos can be found in the workings of the mundane.

Those following the warrior path can ultimately come to know the endless futility of conflict, and can develop the strength and invulnerability that permits the freedom to choose gentleness.

Complete Emersion

Diverse factors seem to combine to make the warrior way of enlightenment is difficult task to enter and follow. Perhaps the greatest impediment is the Western world's inherent resistance to the total immersion in one single aspect of existence, the matter how much insight that immersion may provide toward the unfolding of a fulfilling life. We seem to be a culture that prefers dabbling over mastering. Amusement overshadows attainment. It is as if we are afraid of the coming chew good at one thing. Dynamic characteristics such as enthusiasm, commitment, and inspiration are all too often given derogatory labels like "fanaticism" or "narcissism." It seems so much easier not to make demands and simply move along in place were society deems it fashionable and comfortable.

Separateness

The enlightened attainment of truth lies dormant within us, awaiting awakening. However as long as the principles of separateness and dualism remain this enlightenment will remain locked away for lifetimes. We must strive to break through to the truth of unity. We must wake up to our inherent totality. We must realize that all the apparent opposites or but individual petals of the same blossom, individual facets of the same diamond.

The Way Out

Historically, following the warrior path of enlightenment usually involves, at some point, setting out on a warrior's quest. The warrior's quest takes the participant far from the comfortable, familiar surroundings of home and loved ones, and exposes him or her to experiences that demand resourcefulness and ingenuity in order to find the key to survival. A set lifestyle, reliance on friends and family, the intellectual comfort of being on familiar turf, perhaps even one's native language, are all forsaken and left behind when this way is undertaken.

Ironically enough, submitting a one's self to the potential of frustration is the essence of growth in the warrior way of enlightenment. Because the wandering warrior must face strange and sometimes startling differences in daily living, all comfortable habits and rights must be given up for more appropriate behavior under the circumstances.

The warrior quest forces the hopeful to look at new ways of doing things. At the point of surrendering our old limiting ways, we are free and open to new insights. To cling to one's previous style in hopes of adding on new discoveries defeats the purpose of the time spent on the path.

It is the shedding of all of our barriers and reservations and diving into the total potential of power that is the warrior's goal during this quest. The warrior's quest is a time of letting go of constricting beliefs to gain freedom, not for taking new burdens and restrictions.

In today's society this type of quest is not practical, but perhaps the essence of the quest can be incorporated into daily practice or even a finite period of isolation.

The Tingle

Once you identify with the first feeling, a tingle if you will, of the grander possibilities that lie in the within you, you cannot help but be pulled into the path of higher consciousness. To follow the path of your "awakening" to the fullest significance and purposeful living, it is important right to recognize the truth that:

- You must first become a seeker of advancement; **no one else** can motivate you.
- It is **your birthright** to experience a full, rich, and rewarding existence, in harmony with your inner potentials in the world you perceive as external to yourself.
- You are capable of claiming that birthright for yourself, **beginning right now**, regardless of the condition of your life. It is never the wrong time to begin.
- Self realization can only be set into motion by **you** yourself. No one else can activate it for you.

Oneness

The underlying philosophy (of enlightenment) is based on the premise that we have within us to all the seeds of greatness, all the potential that we need. We must then break through the foggy veil of life characterized by dull sleepwalking. We must "wake up" to the reality our inherent enlightenment. By learning to identify that which causes us and anguish, and discomfort, and confusion in life, we find the key that allows us to rise to new heights of mindful living and transform life into rich garden it was meant to be.

The philosophy of the warrior mystery schools stressed the interrelated oneness of all things in the universe. Since man is not big enough to view to view the entire universe, the philosophy explains, the infinite number of its parts appears to man as the "10,000 things," or something that seems to exist independently.

More than merely grouping opposites under a simplistic theory, the mystery teachings freed the participant from the limits of viewing things as right or wrong, good or bad, or fair or unfair. Any quality inherent in a thing or situation was based merely on its relationship to other manifestations of the same quality.

The enlightened warrior's mystical outlook on his purpose in life places major emphasis on the total picture. The ever-changing results are far more significant than their means of attainment alone. In addition, the journey knew that beyond the five (and sometimes six) physical sensations lie the second major realm of personal power, the mind and mental processes.

Mysticism

In the mystical teachings of warrior mystery schools, was that the mind was seen as a bridge between pure consciousnesses in the body in which the consciousness temporarily resides. The mind is, in essence, an interpreting device organizing or translating all we encounter into images and impressions that are acceptable to, and understood by, our physical selves.

To put in context for this discussion I will define mysticism as simply the study of methods used in order to directly experience an awareness of natural laws and universal consciousness.

What is that elusive quality beyond physical mastery of any given technique, process or awareness? The laymen term is the “sixth sense” - somehow knowing something they can't really be known.

These and other skills of detection and awareness are developed by stripping away our faulty and clouded perceptions of things and events. We teach ourselves not to trust our impressions unless they are scientifically verifiable. All too often we up for our subjective mental impressions or discount them as useless imagination, thereby robbing ourselves a valuable source of input.

The Third Realm

Beyond the five levels of physical consciousness, and the consciousness of the mind and its processes, lies a third realm of reality - an awareness of the unity and all-encompassing oneness that ties the universe together. This greater reality, or cosmic consciousness, is filtered through the mind and defined in ways that are understandable and acceptable to the physical body.

According to the mystical heritage of warrior mystery schools, all individual things in the universe began as a single entity or thought. From this universal beginning, all existence dissented and divided into the limitless infinity of all things around us. It is crucial to recognize this concept in order to understand the basis of what we might call the spiritual capabilities of the original enlightened warrior.

No Division

Though the grosser physical manifestations of all matter appear to be separate, there remains a subtle connection that links the essence of all existence i.e. electrons from a common source group to form atoms, which became molecules, which became physical objects. This is in direct opposition to theories that state all things were created from the physical form upward, and are therefore unconnected i.e. physical objects were created, and electrons and mock molecules were merely used to give objects or structure.

Though there is a common tendency to classify some things as being either physical or spiritual, there is actually no such dividing line. Acknowledging the body, its spiritual connection with all things, and its mental interpreter, is not a statement of reality, but rather a reflection of our total human way of looking at things. There is no such thing as spirit as opposed to physical, in that anything we would call spiritual has physical reality as its base.

It may be true, however, that we are not unable to understand how certain phenomenon operate or come about, and until our physical science is capable of explaining it completely, we dismiss its mystery as being of “the Spirit.”

Today, even the most down to earth an unmatched and individuals can wholeheartedly except the concept of radio and television broadcasts as being totally within the range of physical reality. A few generations ago, however, the ability to send and receive words and news and images across miles of empty space would have been considered to be as otherworldly as ESP or transmutation of matter is today.

Natural laws are constantly in operation around us. Our ability to use these laws to our benefit depends on our sensitivity to their existence, respecting the law and our willingness to work with less than tangible phenomenon. Awareness of seemingly hidden the natural forces can give the impression of supernatural powers.

All Is Natural

The historical warrior mystery schools were famous for their teachings and knowledge of what we would call the realm of the “supernatural.” Although most practitioners would acknowledge that everything and experience is “natural” and there is no “supernatural.” Abilities taught practiced where the capability of detecting the threatening presence of others, read the intentions of people, and visualizing distance places or persons.

There are still many schools that teach this type of sensory awareness and many individuals that practice specific exercises for the development of the finer senses, an awareness of the seventh level of consciousness.

The Seventh Plateau

This seventh plateau of consciousness is an acknowledgment of the subtle effects we feel from the electromagnetic force field influences (aura’s) of others.

The world continues to spin into days and nights, winters and springs, and we can accept, understand, and relish the experience, or dissipate ourselves by resisting and demanding that the universe conform to the small-scale ignorance of some rigid creed or list of beliefs. This is the ultimate joyous lesson to be learned, the total freedom that formed in the injured shadow warrior’s code of life, and it expanded into the tenets of the philosophy winning naturally through the art of understanding.

All Consuming

The warrior way he is exactly what the name implies; a *way* of directing the days of one’s life to better produce the likelihood of encountering those experiences that will lead to the Enlightenment sought.

The dabbler is not to be confused with the seeker on a path. The warrior way is an all-consuming, all illuminating, lifelong commitment felt tolerate no diversions. It is not a hobby!

The warrior’s quest could be compared with the journey to a holy shrine. As the trip begins, we hold our hearts the knowledge that there is one true and appropriate route to

the destination, and we take to the road with certainty and a strong resolve to reach the goal. As we proceed, however, other roads that seem to be more attractive, more enjoyable, or shorter, become apparent.

In our confusion, it can soon appear that these 10 gentle roads better match the superficial appearance of what we think the path “ought” to look like. Instead of following the true route to the shrine, we find her cells wandered in all directions with our energies scattered, racing after what entertains us at the moment and for ever losing the possibility of reaching the shrine. We never find our way home.

The Practice

First requirement of a spiritual or self-actualized warrior is to do **what ever is necessary** to live an authentic life! Why? Because a life lived with half-guided fantasies, half-realized dreams, and half-actions is only life half-lived, with its true potential never realized.

Your first objective is to understand that we humans have a variety of viewpoints from which we can choose to perceive life at any moment. We have an inner orientation, an emotional orientation, an intellectual orientation, a physical orientation, a cultural orientation, a time continuum orientation, and other centered orientations. The challenge is to see all these viewpoints as but part of a single total overall realization. Do not confuse any one part with the whole. Do not mistake any one part as a contradiction to anyone other. One is one. Totality is total.

The Triune Warrior program provides a structured way to begin to explore the highly personal world of the mind, body and spirit. And enlightened perspective on your life, the universe the synergy of both, is the goal of the practice. The direct experience of the divine nature of the universe totality is the end result of the work.

Self-Actualization

This total system of self-actualization is made up of methods for:

- Quieting and centering the mind
- Following an investigating thought processes and patterns
- Exploring of emotional biases that hinder healthy living
- Identifying with visualized forces and desired outcomes
- Guiding the aspirations for the direct experience of life significance

A reality that we might realize is the product of our consciousness. Therefore, our experience of life is determined by that upon which we choose to focus, and the attitude with which we choose to apply our focus. For that reason, it is necessary to cultivate an awakened sense of purpose, direction, and awareness. From such an awakened sense of perception at all levels, we can then be in charge of what comes into our consciousness, and what we in turn do about it.

Ritual

Logically, it makes sense to surround yourself with reminders of your positive potential. It is also a beneficial practice to develop the habit of reorienting yourself to the noble goals of enlightened living to which you originally pledged yourself. Such re-orienting, re-aligning, re-affirming, and re-pledging is the objective of the daily service ritual.

The subconscious mind loves ritual. Ritual is the means by which the mind comes to know and recognize consistent reality. The more frequently and reliably we are exposed to the process of ritualistic verification of what is real, the more ingrained all are our views of that reality. In effect, rituals answer questions that we have not even thought to ask. From earliest childhood, our daily routine has been filled with rituals.

We in turn have been molded by the continuous rerunning of ritualistic communication between our conscious awareness and the unconscious levels of our mind. Through ritual, we have learned to tell tasty food from not tasty, pretty from ugly, and good from evil. There is or is not wealth, and love in the world, based on the rituals to which we have constantly subjected ourselves. The words and actions of parents, teachers, preachers, cultural idols and outlaws have worked to shape our view of what is real and what is not.

The Subconscious

The subconscious mind is like an audience that may or may not be pulled in by the performance of actors on a stage. The more convincing the performance, the more deeply the audience is drawn to feel and believe in the message of the play. If we are healthy and wealthy and well loved, it is because we believed in those aspects of the daily ritual that address those possibilities. If we are weak and destitute and detested, it is because we chose to focus on those aspects of the daily ritual that encouraged such views of a potential.

We are what we are, due to the genetic “karmic” programming coupled with the effects of the day in and day out subconscious programming from those aspects of our surroundings that have made their impression on us. Our subconscious holds the patterns and filters through which we judge all of life's encounters. It must therefore be true that to change what we are at this moment, we must change the filters through which we judge and create reality. We must change the structure of our subconscious. To do that, we must once again go through the same process that produced the current conditions. We must consciously select the ritual statements of reality to which we will subject our unconscious levels of mind in order to “rebuild reality” as we want to know it consciously and physically.

This practice is the willful adoption of ritual processes through which we can train ourselves to come to a broader, brighter, and more universal view of our role in the cosmos. Through consistent repetition of visualized possibilities, spoken truths, and enacted realities, we can transform our very being into one highest realization. We can lift our worldly-limitations of body and mind to the realms of enlightened vision and capacity. Through this process we can forever leave behind a life of anguish, confusion and suffering and live a life of the highest and ultimate truth.

Act As If

Through ritual, we pretend to be living our “ultimate” live long enough to actually attain our “ultimate” life. By skillfully overlaying faulty habits, we can allow ourselves to forget the obstacles we created that keep us from reaching our desired vision of life. We willfully align:

- Our inner **visions** with those of our ideal life
- Our spoken **words** with those of our ideal life
- Our body **actions** with those of our ideal life

Through careful attention to living these “three secrets” we can come to a point where we think, speak and act like the life we want to live that we start living it.

Contemplation

The practices of meditating, contemplating and understanding the essence of the material world and the essence of the Spiritual world must complement each other for balance personal development.

Overemphasis on either of the two realms will produce a warped personality. Those who concentrate exclusively on the material realm will become overly mechanical and technical in their outlooks, and their living will become nothing more than a mere mechanistic system, devoid of morality, spirit, and life.

Vibration of Things

Everything in the universe is made up of, and manifested as, very in rates of vibrations or wavelengths. At the bottom of the spectrum, with the slowest vibration rate, is solid physical matter. The vibration rates in the atoms that make up the molecules are not readily perceivable to us.

Above physical matter, at a faster rate of vibration, is sound. Faster wavelengths than sound become the sensation of heat. Beyond heat is the impression of light. The observation could be extended to include thoughts, at wavelengths or vibration rate faster than electricity or light.

Within each relative classification of sensations in the broad scale of vibratory rates or manifestations vary and with speed of the waves. Within the classification of light, for instance, are slower waves which appear red and faster waves which appear blue. Within the classification of sound, are slower waves that are heard at low rumbling tones and faster ways that are heard at higher shrill pitches.

Be the Cause

The enlightened warriors of old used his/her mind to observe, visualize, and affect his surroundings by harmonizing the vibration of his/her thoughts within varying wavelengths of the environmental aspects he/she wished to alter. The warrior was the ‘cause’ ...not the effect!

Beginning with simple exercises that teach the effectiveness of this method, the enlightened warrior initiate was encouraged to develop the power of the mind to clarify his intention and work his will without actions.

Beware Aware

As an initial step, students of *the way of the enlightened warrior* are admonished to become actively aware of the ease with which the senses become dull and numb over the years. Stripping away the impediments and sharpening the senses is a crucial beginning to the task of learning to perceive and interact with outside forces in a purer and direct manner.

The first step toward personal control in exercising the power in one's world is to merely be aware of one's body in the effects of its surroundings.

The awareness-development exercises are complementary to the overall attitude of complete growth and realization that are inherent in this path. Various other practices, religions, or exercise and enlightenment systems insist that the practitioner give up his humanness in order to attain the desired goals.

The senses and corporeality seem to be regarded as embarrassments or evil tricks of the universe, created for the sole purpose of being over, or transcended. Wholesome food, sexuality, and emotional richness are deemed as limiting, and are to be sacrificed for enlightenment. The more perverted systems, the human qualities are looked upon as sins to be washed from the personality and apologize for.

The Body

As a comprehensive lifestyle, the enlightened warrior regards the body and its sensual capabilities as tools for the accomplishment of life's purpose. As such, they are to be acknowledged for their value, well-cared for, and fine tuned. Any spiritual system that denies or represses the natural physical requirements and proclivities of the body will create great state of imbalance that must be dealt with eventually be for any true spiritual advancement can be obtained.

The teachings of *the way of the enlightened warrior* advocate the development of the total entity, with all its naturally-endowed balances and polarities, and they reject as senseless and needlessly brutal any system, martial or religious, that demands suffering, repression, self-debasement, or the abdication of joy in life for the sake of attaining transcendent consciousness or so-called salvation.

The Mind

For the warrior student, understanding the mind and its workings is crucial to the development as a competent life path. The brain is a valuable tool that is often overlooked in many enlightenment systems. Physical conditioning, sophisticated techniques and precise execution can take the practitioner only so far, and advanced adventurer must go on to develop the qualities of awareness and detachment.

Successful and exciting living depends on 100% involvement in whatever you are doing at any given moment. When the mind begins to wander, drifting to other times or

conjured up all sorts of nonexistent situations like worries and regrets, the quality of the body's activities decreases and the total potential of the moment is robbed. Becoming totally involved, however, and the very intensity of what you're doing and thinking will capture the moment entirely.

Take Refuge

As an anchor to prevent drifting along with the currents of illusion, the warrior hopeful must take refuge in the three full power of the quest tradition.

- The first refuge is the historical journey itself. Knowing others have made this journey before you and succeeded
- The second refuge is the community of followers. Whether we like it or not others ARE waiting for us to “show” them the way. And the journeyer has an innate responsibility to directly or indirectly, shows the way to the “followers.”
- The third refuge is there greater truths embodied in the sojourn. The journey itself is the teaching, not the destination.

Anything less than a total three-part commitment reduces the warrior hopeful's experience to the level of a mere hobby or past time, it can actually create a dangerous imbalance in the practitioner's life.

The Guide

Without being in the company of a Guide, those who have been along the path and who have experience training in the pragmatic techniques and approaches that have a proven record of results, mastery of the warrior way is impossible to reach. The intellectual mind can create so many tempting delusions - neatly packaged - (yet incomplete) explanations, or comfortable shortcut rationalizations - it seems to require superhuman effort to resist all the other “life enrichment” process and toys that are lying in wait to divert the potential warrior from the truth.

To be fulfilled and to live your True Life Purpose (enlightenment) you must face your fears, find your inner strength and power, apply this power **with a vision** and deal with our problems head-on!

The Path

Enlightenment is a heavily loaded word in our Western culture. It is so easily bandied about and yet so difficult to pin down with a definition. Often, enlightenment is thought to be a feeling, or kind of super-understanding, or a state of solemnity and holiness, but as truest and most essential level, the quality of enlightenment is none of these lesser states. Enlightenment is not the result of emotional, intellectual, or even most religious processes. It is not possible to “figure out” enlightenment, as words come nowhere near the experience, and in many cases actually block the seeker from the enlightened consciousness and sought.

The Spirit

Enlightenment can be pursued, and does occasionally surprise the pursuer by actually blossoming in him or her. More often, however, the keys to the enlightened state lie in letting go of this ambitious struggle for the prize, and losing oneself in an all consuming activity or situation. This feeling of selfishness can be the product of merging with glorious surroundings or highly meaningful events, or to result of letting go from all restraints emerging with a simple activity in a minor releasing way.

At first, one seems to observe one's own participation, perhaps even to the level of acknowledging the enjoyment experienced, but then the observation deepens, until there is no longer any feeling of separateness between the observer and that which is observed. When one recalls such a moment is remembered as one of awe, joy, total involvement and aliveness. At the time of experience, however, the merging is so total and the mind is so relaxed that descriptive thoughts is temporarily transcended.

The state of enlightenment is an inner phenomenon that comes when all the unnatural darkness and heaviness that cloud and way down life or shed. It produces an altered view of things that can also cause an altered mood of living or behaving, once clear site is attained. For the warrior mystic, enlightenment is the realization of one's ability to see through the allusion hairy surface of things.

This aspect of enlightenment often includes the startling perception that everything, no matter how "evil" or "good" by conventional labels, is *right and appropriate* for the universe at all therein. There's great comfort and power in this breakthrough of understanding. Before the enlightened experience, of course, this thought is felt to be impossibly confusing and contradictory, even absurd.

To find one's own "enlightenment" requires a complete and total dedication to walking YOUR Life's Purpose path. The path may appear to be difficult and even unbearable, and it should be of assurance and comfort that you are not the only who has, is and will be walking their path. The responsibility is yours and no one else's. By utilizing the teachings and wisdom of the ages you will be able to see through the veil of illusion, recognize YOUR path and command the courage to take the first step.

You can have anything your want; wealth, health, meaningful personal relationships, if you only apply to your life the principles and process of the enlightened warrior.

There is no higher power than the actualized human being who is the meeting place of the material and the divine.

If you're on your Purpose Path as an Agent of Change and facing internal challenges, doubts and distractions, I can assist you. I can help you heal and silence these invisible obstacles...these derelicts of the mind, so that you can live your purposeful life unbridled, uninhabited and with full-blown authority.

With this "clearing" you'll:

- Confirm you are on YOUR purpose path
- Receive permission from your ego to follow your path
- Align your physical, mental and spiritual into a singular purposeful force
- Attain a 100% focused state of mind

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- Obtain crystal clear thinking
- Take inspired action
- Attract YOUR perfect client's
- Take back YOUR personal power

To Your Inner Strength,



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