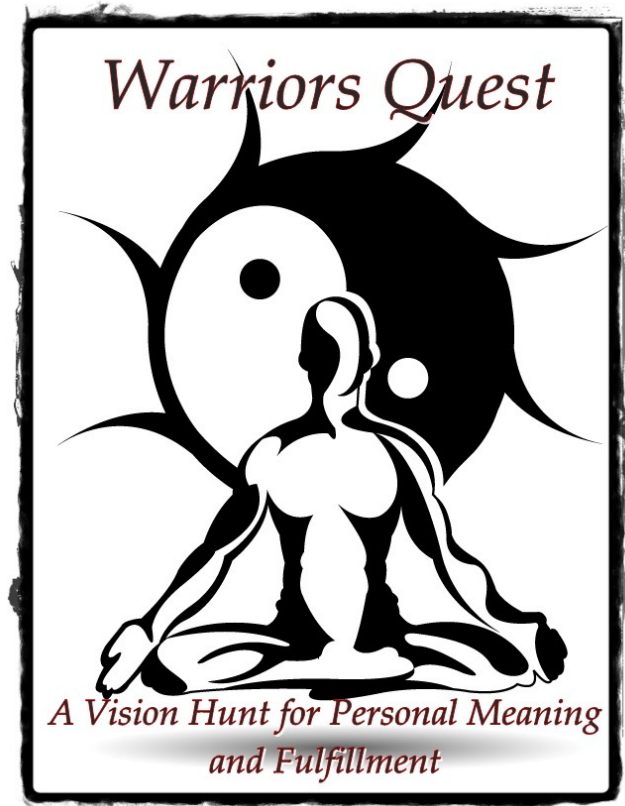


The Warriors Quest



A Vision Hunt for Personal Meaning and Fulfillment

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Your Personal Table of Contents

Because this book is about you and your journey I have left the ‘table of contents’ blank. There are sections in the book to divide up different thoughts, but the intent is for you to create your own personal table of contents.

This can be done by using this page for notes, references anything that comes to mind as you read this book. Please use this section to create your personal table of contents based on what was thought provoking or resonated with you.



Introduction - The Search for “Work-Life” Balance

We are a nation in pain!

According to a recent Gallup Poll, the number of people in this country now classified as "Suffering," has increased by 3 million, just over the past twelve months. Today's top level professionals, executives, managers, CEO's and business owners have experienced this sense of “Loss” of well being to a far greater extent and in much higher proportions, compared to individuals working in other fields of endeavor.

Meanwhile, our society now exists in what can only be referred to as “digital time,” where our rhythms are rushed, rapid-fire and relentless and our days carved up into segmented bits and bytes.

Under these compartmentalized conditions, we tend to develop patterns where we begin to celebrate “breadth” rather than “depth” and habitually respond to events with sudden, knee jerk reactions, rather than more deeply considered, contemplative reflection. In a this high pressure, high tech world, we find ourselves merely skimming across the surface of things, alighting for brief moments here and there at dozens of destinations, but rarely truly digging in and remaining at any of them for very long.

More often than not, we find ourselves racing through the moments of our lives, without really ever taking the time to pause and consider exactly who it is that we really want to be ... and precisely where it is that we truly want to go. While we are most certainly well wired and constantly plugged in, way down inside, behind the goals and objectives, awards and rewards, we feel as if we are in a state of “melting down.”

We're clearly trying to do the best we can, working with the tools and principals handed down to us by our predecessors, but when demand exceeds our capacity, we are forced to start making quick and expedient choices, in hope of successfully getting us through our increasingly longer work days and nights!

But this “Herculean Effort” begins to naturally take its toll. We begin to try to get by on too little sleep, wolfing down more and more “fast food” while always on the run, fueling ourselves up with coffee and energy drinks and then feeling the need to cool ourselves back down with alcohol and sleeping pills at the end of the day, hoping to get at least a few hours of decent sleep!

Faced day in and day out with these increasingly relentless demands at work, we begin to show “tell tale” signs of stress, as we discover that we're experiencing more and more moments of becoming too quickly “short tempered” and too easily “out of sorts” and distracted.

We start to realize that, quite often, when we finally do decide to give in and call it a day, our experience of returning home to see our families is increasingly filled with feelings of exhaustion and emptiness, instead excitement and enthusiasm. Instead of our time spent with our family at the end of the work day being a wonderful source of joy, love, connection and renewal, it starts to feel more like a source of pressure, tension, and ever increasing demands.

Once, your primary purpose behind your dedicated pursuit of prosperous provision ... “your family” is suddenly beginning to feel more and more like just another demanding objective on your increasingly lengthening “To Do” list as their needs seem to pile up higher and higher, filling the entire house up with demands, as the walls continue to close in on you tighter and tighter!

Overworked and Overwhelmed

Totally overworked by our profession, thoroughly overwhelmed by our surprising lack of self satisfaction and tragically overburdened by the expectations placed upon us outside of our career, we spend our day, “plugged into the matrix.” Hooked up to an endlessly electronic existence, intravenously fed by our desk top computers and lap-tops, cell phones, Palm Pilots, instant messengers, Blackberries and electronic day planners with pre-programmed pop-ups, all designed for our convenience and pleasure, helping us better manage our time, day and life!

We take pride in our ability to multitask, and we wear our willingness to put in long hours as a badge of honor. The term 24/7 describes a world in which work never ends. We use words like obsessed, crazed and on-fire, not as negative terms used to describe the insanity of it all, but instead, as playfully motivational “mantras” to drive us onward and characterize the experience of our everyday lives.

Feeling a continuous sense of emptiness and being forever starved for “time,” we assume that we have no choice but to simply try to effectively and efficiently cram as much as possible into every single moment of every single day. But somehow, the plan backfires, and we come to realize that maximum time management is no guarantee that we’ll have necessary internal strength, physical capacity and sufficient energy levels to successfully master whatever it is that we’re frenetically planning on ... desperately hoping on, productively accomplishing.

The Empty Feeling

Have you ever noticed how continuously striving to achieve, conceive and receive more and more, actually most often leaves you feeling totally bloated and over-extended, yet at the very same time, absolutely empty and utterly unsatisfied?

That most certainly was never a part of the game plan that you signed up for! Nobody in their right mind would purposely jump into a quagmire of imbalance, frustration and increasingly deepening exhaustion and potential depression, left at

the end of the day questioning the whole professional / lifestyle choice and wondering to oneself ... "Is this all there is?"

Could it be, that this is simply a commonly shared occupational hazard of the "Big Achievers" of the world, those CEO's, executives and high flying, tenaciously driven individuals who work and play hard and constantly strive with everything they've got ... to successfully accomplish as much as possible, both within and outside of the confines of their career?

"Trying to do it all" can foster a gnawing inner hunger that belies the fact that while our minds and stomachs are full, deep down inside, we're running on empty, trying to do even more, which just knocks our lives further and further out of balance.

What's The Answer?

So if constant striving is not the answer ... then what is?

I suspect that the answer to that question; has a lot more to do with finally devoting what precious time we have left, seeking to discover our "WHY!"

While some folks obsessively check their Blackberries in bed and haul their laptops to their kids' soccer games, there are lots of other people looking for a better way to balance the demands of a high-powered career against those necessities to maintaining a fully fulfilling family life.

Finding their "why" is the first step to achieving and maintaining that previously elusive, but most definitely achievable "Balanced Life!"

Given the difficult economic climate and the number of jobs being lost daily, most of us are feeling the pressure to work harder than ever. But in spite of the increasing intensity of our current economic crisis, it would not only prove to be unfortunate to give in to such pressure, it would truly be unethical.

Many executive's lives, at least from an outside perspective, may appear to be the stuff of glossy-magazine perfection. Those prestigious and big-deal "C" level positions and enviable executive jobs, complete with roomy offices, upbeat assistants and lunch-time indulgences in retail or liquid therapy, may at a distance, appear to be heaven sent.

Lost and Angry

However, usually after a while; many executives begin to feel somewhat lost, frustrated and angry a lot of the time and they begin to ask themselves ..."why?" Some may develop health related issues such as stress disorders, high blood pressure, high blood sugar, heart palpitations, restricted breathing or even tracheitis, while others might experience more non-specifically vague, yet equally dangerous and destructive symptoms, such as sleepless nights, the inability to eat or a continuous sense or fear of impending doom.

Meanwhile, for others, it may be that progressively growing sense of distance, disillusion and detachment they experience at home with their family. Over time, life becomes more and more about snapping at their significant other, falling asleep around the kids, and loathing the dead-end corporate machine that they've become a part of and cog in.

The sad secret is, a significant number of so called "successful" executive's are actually now, or well down the road to becoming some of the unhappiest and unhealthiest people that they've met and that they've ever dreamed of possibly becoming.

For so many Top Level professionals, life is becoming impossible and intolerable, and they honestly have no idea why.

Think about it for a moment. Clearly the most precious commodity that possess is your TIME! Both in your professional and personal life, your time is your most precious, critical, limited and totally "non-renewable" resource.

Fact: more than 2.5 million jobs were lost in 2008, and the losses continue to mount. So what could possibly be wrong with working all the time in such a catastrophic climate, if doing so may mean the difference between loosing or hanging onto your job?

Work-Life Balance

As a matter of fact, speaking of ethics ... isn't there an ethical obligation to do whatever it takes to keep your job? After all, what would be ethical about not paying your bills, your mortgage, or even being able to take care of your family? So we somehow need to develop the ability to work one's job ... without actually "becoming" one's job!

The challenge of finding and effectively implementing "work-life" balance is without question, one of the most significant struggles faced by modern man. In recent surveys that involved literally thousands of participants, when it came to a question of the biggest concerns relating to their greatest challenges, both personal and professional, the problem of achieving some semblance of balance between work and life was always at or very near the top of the list.

The good news is; it's not too late to make a change for the better.

Many people simply conclude that they just aren't disciplined enough. My response to that idea is that it's usually not a discipline problem at all. More often than not, the real problem is that the individual hasn't yet committed the dedicated time, energy and effort to sufficiently doing what it takes ... paying the price, to get "clear" about what truly matters most to them in their lives.

Once you have that true knowing, inner understanding and burning "yes" ignited inside of you, regarding what's truly important, then all of a sudden, it's actually very easy to "just say no" to what's unimportant!

The bottom line is, when people finally do what it takes to become crystal clear about what's truly important, when team members are able to articulate and agree upon precisely what the premier, primary priorities of the company / organization are, they suddenly have the ability to effectively organize and prioritize their actions, becoming far more productive ... and in the process, discovering that they have a lot more free time available to do other important things, besides work!

The purpose of this booklet is to provide you with the precise set of specific, necessary information, questions and internal dialog needed to assist you in discovering exactly what it is that's really, truly important to you?

Exactly “what” IS your uniquely personal Purpose, Vision and Mission?

When you can answer this question from a place of authenticity, then you will be well on your way, down the path of Power, Passion and Purpose, where your perfect “work / life” balance comes to you, completely naturally and totally automatic.



Section 1 - Personal Power Lost

In today's crowded cities and impersonal institutions, where computerized figures keep track of every facet of our lives and corporations, governments, and social networking seem to be assuming more and more responsibility for determining our daily lifestyles, it is excitingly reassuring to encounter the fresh timelessness of the perennial, perpetual path of the “Awakened Warrior.”

From this infinite and everlasting knowledge of the ancient tradition of the Awakened Warrior Mystery Schools, we can derive our own concepts of personal power and direct self control over the quality of our lives.

We can learn to rise above those feelings of helplessness, as we discover how to utilize the techniques for opening our consciousness and attuning our actions to the truth residing in our own hearts.

Thus, we can reacquaint ourselves with the harmony inherent within the way all things unfold. We can then become enlightened to the reality that true happiness, joy and personal fulfillment are the birthright of every individual.

More and more people are searching for that “better way” of living. The problem with this approach is that many of us are only looking at what we perceive “in the moment,” to be important, like what we should do, where we should live and what all we should own or have.

These sets of expectations, coming to us from a source somewhere outside of our true selves, often lead to an empty feelings and a lot of deep questions about our lives, such as:

- Have there been times that I felt a bit lost or out of sync and alignment within my life and career?
- Do I truly enjoy what I'm doing, but for some reason, something just doesn't feel quite right?
- Is this "all" there is ... or is there something important, that I can't quite put my finger on, missing from my life?



Section 2 - The Dilemma

Every moment of your life is filled with a multitude of choices. For any one thing that you think, say or do, there is an infinite array of other possibilities that you DID NOT choose.

We all build our lives up, one choice at a time. So the "you," that over time, you have come to know as your-self, is really a multi-dimensional mosaic, composed of the sum results of all these countless individual choices made in your life, up to this very moment.

As a human being, you can allow these life choices to play themselves out in one of two ways. You can either permit others to make those life choices for you, by means of their environmental influences, subtle suggestions or even direct orders. This is what is called the "Passive Path" through life.

The "passive path" is so easy for us humans to fall into, that this foggy and unexamined life, running as if on "autopilot," with beliefs and actions designed and programmed by a source somewhere outside of your "self" ... is a tragic waste of your true, inherent potential!

Life is meant to be truly lived, fully explored and enjoyably experienced with an absolute sense of purpose. Therefore, "The Second Path," this revitalized journey, forged through life, is the path of authentic awakening ... otherwise known as the path of the Awakened Warrior.

On this path you will learn how to effectively become increasingly alert, fully in touch and totally in charge of your own life, as you begin to willfully activate your deepest and most significant potentials.



Section 3 - No Single Answer

Each of us ... as a single spark of energy moving and interacting with other sparks within this vast eternity of the universe, has some piece of this “greater lesson” that is needed to be mastered and made our own within our lifetime.

Despite the claims and promises of some of the more fundamentalist religions, we are all not here to learn the same identical lessons or gain the exact same insights as everybody else on Planet Earth!

Not all of us are here with the same set of questions and most assuredly, the same answers will certainly not satisfy the specific, personal quest within each of us. Basically, there are three questions that we will all have to honestly ask of ourselves and truthfully answer, at the end of our time here on Earth:

- Did I live?
- Did I Love?
- Did I Matter?

There are many paths of life available to us as individuals, along which, we can progress toward our own unique personal fulfillment. There is the 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 other paths, far too numerous to list here.

In my own life, I have been set forth on the path of the Awakened Warrior; one that lives with power, purpose, passion and presence.



Section 4 - The Crisis in Masculine

It's vital that a man undergo ritual initiation into the structures of manhood in order to be a fully realized mature male. Men who do not have this opportunity seemingly cannot pull all the facets of themselves together in order to live as a full emotional, physical and spiritual man.

The rites of initiation seem to go back all the way to the Cro-Magnon man who drew cave paintings of man hunting and conquering all types of animals and then performing primeval rituals. Anthropologists agree that these cave paintings were created by men to show young men the mysterious world of male responsibility and masculine spirituality.

It is fundamental to human beings to desire to move from a lower form of experience and consciousness to a more consolidated and structured identity. Young men want to move forward into adulthood with the pleasures and responsibilities that accompany it.

The passage into adulthood is typically marked by some rite of passage such as those viewed in movies where a boy is taken into the jungle and forced to endure hardships in order to emerge as a man.

In today's society, the rites of passage can include conscription into the military, gangs and prison systems. With the possible exception of military experience, these other rituals are negative and false because they typically involve unnecessary violence toward others and sometimes to the young man himself.

Real men are generative and nurturing, not irresponsibly violent or hostile so these rites of passage are not true to the male or society.

An important element to any ascendance into fully fledged male spirituality is the necessary death of the immature male ego. The boy's old ways of thinking, acting and being must end in order for the mature male to emerge. The resulting personality then takes on the qualities of calm, compassion, clear vision and generativity.

Modern rites of initiation lack a contained ritual process and the presence of a ritual elder, making the processes less than authentic. Sacred spaces typically separate the boys from others, especially women, in specially constructed huts, caves or temples or other similar structures in order to endure emotional and physical trials to learn submission to the mature male traditions.

The ritual elder is usually the man who holds vast knowledge of both physical and spiritual realms. In today's society, the ritual elder is symbolized by the mature male which is in short supply today forcing the immature male to find his own way.

These deficits for males in today's society can be corrected giving hope to the men who have not experienced the formal ritual and rite of passage. The hope exists in the "hard wiring" or blueprints inside each man that point the way to positive masculine personas. Carl Jung calls these blueprints archetypes.

According to Jung, these archetypes provide each person with a collective unconscious made up of instincts and energy inherited through genetics for many generations.

Archetypes are the foundation for all human behavior--thinking, feeling and reactions.

When archetypes go awry through negative encounters or flawed relationships with parents, the young male is crippled by skewed psychological problems. Archetypes are exhibited as both male and female. Jungians believe that every

man has a feminine sub-personality called the Anima consisting of feminine archetypes and that every woman has a masculine subpersonality called the Animus made up of masculine archetypes.

Therefore, all archetypes are available to men and women alike.

Archetypal psychology is only in its infancy and that as the study moves forward, it will benefit not only men but women too as interactions are hopefully altered to be more positive.

With the prevalence of gangs and the continuing fragmentation of families have probably injured the psyches of young people, especially males, where strong mature male elder figures are diminishing especially in certain economic and cultural strata's.

It is interesting to note that as families are fragmented, young males, and some females, are reverting to initiation rites of their own making without the benefit of the ritual elder, which is counter to psychological advancement.

There has never been a time when the mature male archetypes dominate in human life and that the species has always been forced to live in a state of infantilism. The Kings, Warriors, Magicians and Lovers of ancient times who helped people navigate their lives are not accessible today at a time when they are desperately needed, except for in the 2 ½ day Warrior's Quest.

The four masculine archetypes rise individually during different periods of time when their particular powers were necessary to move civilization forward. The challenge for today's man is to integrate the four types into his own individuality to become fully functioning.

What's important is for the men to conquer the shadow sides of their personalities and integrate fully the four mature male archetypes. Just as personalities do not develop overnight, any modifications will not occur quickly. The move toward the fully functioning mature male is a sometimes long but worthwhile journey for the man who desires fuller consciousness and deeper meaning in his life.

The King

The King is the primal energy in all men and comes first in the integration of the other three archetypes of the mature man. "The good and generative King is also a good Warrior, a positive Magician, and a great Lover." It is The King archetype that allows man to be more Godlike than any of the other archetypes.

There are two functions associated with The King archetype that make the transition from Boy psychology to Man psychology possible: ordering and the providing of fertility and blessing.

Theoretically, The King inhabits the center of the world and provides orderliness and organization to everything within its sphere of influence. In mythology, religion and folk tales, The King energy is represented by those such as the

Biblical Yahweh, mythology's Zeus and the Native American Sioux medicine man, Black Elk, among others. These masculine energies hold important positions of power and are esteemed for their wisdom, blessings and nobility.

It is also the role of The King to bless fertility and perpetuate the kingdom himself and through his blessings on his people. In this way, The King is the tie from the divine world to the physical world. If The King is healthy, his people thrive.

Conversely, if The King is ailing, his people also suffer. The fully functioning King energy exhibits in the mature male in characteristics such as integrity, reason, stability, calm and kindness. While these are highly prized attributes, The King archetype also has two shadow sides, The Tyrant and the Weakling, which most men have either witnessed or contain in themselves.

The Tyrant is ruthless and merciless in the pursuit of his own interests and is not beyond degrading others because he hates beauty, innocence and talent. It is The Tyrant who physically and verbally abuses his family members or ignoring them altogether.

The Tyrant rises to the surface of every man who is fatigued or pushed past his endurance limits but it is most evident in narcissistic personality types who feel they are the center of the universe. There are even certain professions that The Tyrant gravitates toward including drug lords, pimps, mafia bosses and others.

The characteristics of The King archetype render a man extremely sensitive to criticism and he responds with rage which is a cover for his feelings of inadequacy.

This leads to the persona of The Weakling who, in contrast to The Tyrant who demands his rights, feels he cannot measure up and therefore does not deserve any rights associated with The King.

Any man who has the essence of The Weakling is prone to paranoia due to cowardice and insecurity inside himself.

The Warrior

The Warrior is a sometimes repressed archetype because the aggressive behavior associated with it is frightening and antisocial. The history of man, however, is marked by warring behavior and even today, men indulge in corporate games and the combative energies of competitive sports to find outlets for this powerful energy.

"What accounts for the popularity of Rambo, of Arnold Schwarzenegger, of war movies like Apocalypse Now, Platoon, Full-Metal Jacket, and many, many more? We can deplore the violence in these movies, as well as on our television screens, but, obviously, the Warrior still remains very much alive within us." -1

The marked characteristic of The Warrior is aggression; always moving forward to take the offensive against life's challenges. The societal challenge for The

Warrior is discerning what level of aggressive behavior is important, and when to act on it.

The Warrior is always alert, knows what he wants, and even more important, knows how to get it. The Warrior is also very aware of death, especially his own, and understands the vulnerability of life and the purpose of his fighting. To this end, The Warrior is always well trained in both body and mind, letting his aggression out only if it serves a greater purpose.

The Warrior often uses his power for good as in the example of military men but sometimes the shadow side of The Warrior rises as The Sadist and The Masochist.

The Warrior's detachment from human emotions creates the cold and cruel behavior of The Sadist who inflicts humiliation to cover his own insecurities and fears. Men who routinely beat their wives and children practice sadistic behavior and then do not know how to make amends for the hurt they have inflicted.

The Masochist, on the other hand, is the opposite of The Sadist because he feels powerless and acts as a pushover who is defenseless in most situations.

The highest forms of The King and The Warrior archetypes are nobility, generosity, clear thinking, courage, endurance, energy and loyalty. However, most men do not embody the pinnacle of both personas, and have differing degrees of both as well as characteristics of

The challenge for each man is to shed the limiting archetypes of the Boy psychology and embrace the positive characteristics of the mature archetypes. That is a challenge in itself but when the shadow sides of the archetypes are factored in, it is understandable that men live conflicted by their internal wiring and the pressures and influences of society and family structures.

The Magician

Today's man may think his technology is far beyond old myths and stories, but when he accesses technology, he accesses the powers of The Magician. Throughout the ages, The Magician is the keeper of secret knowledge and the power to release it when necessary. "Shamans, medicine men, wizards, witch doctors, brujos, inventors, scientists, doctors, lawyers and technicians all access the same masculine energy" of The Magician - 1

The secret knowledge possessed by The Magician is exhibited by men in these professions whose skills or education allow them to hold unseen power over other men for results that may or may not be favorable.

Although modern man lives in a technology age which advances math and science, there is a marked lack of The Magician in the areas of personal growth and transformation, due in large part to the lack of ritual elders in today's society.

The fully functioning Magician exhibits the characteristics of awareness and insight but he does not have the power to act alone; his is the power of thinking. The Magician usually comes forward in times of crises when innovative thought and creativity are most needed.

The shadow side of The Magician exhibits in The Manipulator and The Denying Innocent One.

The Manipulator maintains a safe distance from his own life because of his cynic detachment and need to manage events instead of live them. The Manipulator also feels the need to withhold the information he has even if he knows it could benefit others. The Denying Innocent One is a more passive form of The Dummy on the shadow side of The Precocious Child, The Magician's predecessor.

The Denying Innocent One wants the status of The Magician but does not want to exert the effort to truly become one by teaching, sharing and helping. The Denying Innocent One delights when others stumble because of help he has withheld.

The Lover

In contrast to this is the energy of The Lover which exhibits in all the primal hungers of human beings for sex, food, well-being, reproduction, creative adaptation to hardships and a sense of meaning. The Lover not only expresses the external experiences such as touch and smells but also the internal sensory impressions.

The Lover is also characterized as being sensual and sensitive, discerning the needs of others and responding with compassion and empathy. The Lover views the entire world aesthetically and is the source of all spirituality. The Lover is able to feel joy for all men and conversely also feels their pain.

The shadow sides of The Lover are represented by The Addicted and The Impotent Lover. The Addicted is a victim of the senses that provide joy because he knows no limits to pleasure, either sensual or spiritual. The Addicted is overly sensitive to all stimuli and he runs from one to the other ultimately ending in chaos.

Those people who become addicted to drugs, alcohol, food and other stimulants are expressing the spirit of The Addicted. When the need for connection with the world is cut off, The Impotent Lover emerges and becomes chronically depressed. In order to protect his feelings, The Impotent Lover may disassociate from his true self which causes the depression. The man's sex life then falters because of the disinterest in all aspects of life which just propagates the cycle of depression.

The Magician and The Lover are the creators of the world and when the attributes are fully realized they are extremely powerful in their life-giving energies. However, when the shadow sides of the archetypes emerge, the consequences can be damaging not only to those around them but also to themselves.

None of the archetypes works well as a single entity. "We need to mix with The Magician the King's concern for generativity and generosity; the Warrior's ability to act decisively and with courage, and The Lover's deep and convinced connectedness to all things." The Magician - 1

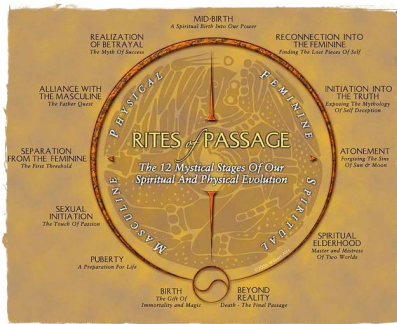
It follows also that The Lover needs the other archetypes to be fully functioning as well. "The Lover without boundaries, in his chaos of feeling and sensuality, needs The King to define limits for hi, to give him structure, to order his chaos so that it can be channeled creatively. Without limits, The Lover energy turns negative and destructive.

The Lover needs The Warrior in order to be able to act decisively, in order to detach, with the clean cut of the sword, from the web of immobilizing sensuality. The Lover needs The Warrior to destroy the Golden Temple, which keeps him fixated.

And The Lover needs The Magician to help him back off from the ensnaring effect of his emotions, in order to reflect, to get a more objective perspective on things, to disconnect--enough at least to see the big picture and to experience the reality beneath the seeming." The Lover - 1

1 - Reference:

King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine - Robert Moore.



Section 5 - The 12 Mystical Stages of Personal Evolution

When we look at “The 12 Mystical Stages of Personal Evolution,” especially for men, one of the first things that someone in the know will immediately notice; is the absolute lack of “Ritual” in today’s life. That dangerously empty, precariously gaping void is precisely what is contributing directly to the current

“epidemic” eating its way through the souls of men.

Stage 1: *Birth:* This is the gift of immortality and magic.

Stage 2: *Puberty:* (approx age 12) This is one’s preparation for life. This is where the initiation into ... and establishment of one’s core belief system happens; where you begin to think for yourself.

The archetype for this stage is “The Lover.” Although the Lover is present in everyone's life to some degree, as a personal archetype; within this stage of life, it needs to play a significant role in the overall design of your life and the development of your self-esteem.

Your self esteem is “The Lover’s” strongest link to your psyche and therefore, it is deeply connected to those issues that lead to the development and expression of self-esteem, as this archetype is so strongly related to one’s attitude about his physical appearance.

The First Gate Initiation Out Of Puberty Fear

Stage 3: *Sexual Initiation:* (approx age 21) This represents the “touch of passion” and leaving home or the “leaving of the mother,” now making one’s own choices, becoming independent and/or rebellious.

The archetype for this stage is the “Warrior Archetype!” The Warrior archetype represents physical strength and the ability to protect, defend, and fight for one's rights.

This also begins “The 1st Passage” ... as referenced in The Heroes Quest.

Stage 4: *Separation from the Feminine:* (approx age 24) At this stage you feel like you can “master the world.” You leave home (mom)... and the world is your oyster.

This is normally an important time of initiation ‘from boy to man.’ This initiation can take place anywhere from, the beginning of Stage 3 to the end of Stage 4.

Unfortunately in western society we don’t have a formal process for this initiation phase, with the closest possible thing being the experiences gained from going into the military.

Stage 5: *Alliance with the Masculine:* (approx age 27-34) This marks the completion of the structural development of the self.

Now that you have all of your buddies well in place, you start your career and begin climbing the corporate ladder. It is at this point that you begin to develop your strong drive and desire to accomplish great things in life and make “your mark” in the world.

The Second Ritual Gate Inauthentic Power Sensing There Is More To Us Than Our Ego

Stage 6: *The Realization Of Betrayal:* (approx age 35-38) This brings on the Myth Of Success. Also a consolidating of core belief systems, as one begins to question the underpinnings of one’s family and cultural belief systems.

A quest for deeper core belief systems is sparked, as ego “de-structuring” commences in preparation for Mid-Birth.

The archetype for this stage is “The King.” The King is a deeply significant archetype of major proportions, representing the height of temporal male power and authority. At this point in the process, one is fully entering the Hero’s Quest and facing the entrance of the 2nd passage or **The Warriors Quest**.

Stage 7: *Mid-Birth*: (approx age 39-44) This is our spiritual birth into our own power and our opening up to our Self. It is a time of “ego liberation” and questing for one’s own Authentic Self.

What was once hidden – now comes out. There is a challenge to honestly face all of the “bullshit” ... both inside and out.

Therefore, this is a period of intense detoxification from, and eventual “death” of your “false self.” This phase of the process involves “ego dissolution,” while looking at levels in a “non-linear” way while enveloped within “The Mystery.”

At this point, your ego needs to surrender the illusion of “being in control.” Here is when and where you come to terms with your dreams, as you begin to realize exactly what you really can truly believe in?

Recognizing that time is disillusionment ... you now **Enter The Warriors Quest**.

The Third Initiation Gate There is More to Life Confession

Realizing now that there is so much more to life, yet still not quite sure exactly how or where to proceed forward from this point, one now begins the “search” for life’s true meaning, purpose, vision and mission.

Stage 8: *Reconnection With The Feminine*: (approx age 44-48) This marks the rediscovering of “The Lost Pieces Of Self” and brings illumination as well as clarity and ego redefinition.

This is a point where one recognized the necessity of developing one’s own sense of “work-life” balance. This stage brings on a deepening of the core belief systems that you have explored over the past 12 years.

Here you take on a deep sense of your own truth as you pass into a state of maturity and refinement. Now you have found your purpose, vision and mission in life are ready to exit **The Warriors Quest** and enter ... **The 3rd Passage**.

Stage 9: *Initiation Into The Truth*: (approx age 50) If all has gone well up to now, this brings on a revelatory state that exposes the mythology of “self deception,” as well as ego “dis-memberment” and “re-memberment.”

Now shape shifting previous wounds into healed strengths, this is a “doorway” into another reality. This is known as **The 3rd Passage** of the Heroes Quest ... the road back, representative of “the resurrection” and “returning with the elixir!”

The Forth Initiation Gate
Soul Fatigue
Weary Of The Battle

Stage 10: *Atonement*: (approx age 58-60) This is where you learn to forgive “The Sins Of Sun And Moon.” You begin to view the larger cycle of the whole life process at the karmic level, with the completion of your emotional tasks, now setting you up for full “Eldership.” This is the Point of being “At One!” Atonement = At-One-Ment.

This brings on the "Age of Philosophy." The archetype for this stage is the Magician. The Magician is the wise man, the sage and knower of secrets. He sees and navigates the inner worlds, he understands the dynamics and energy flows of the outer worlds.

The Fifth Initiation Gate
Void/Harmony
All Is One

Stage 11: *Spiritual Elderhood*: (approx age 74) You are now Master Of Two Worlds. The cycle of development in your lifetime is now fully complete. The opportunity for your final actualization of full spiritual potential now arrives, in a quest to become more than merely human.

Stage 12: *Beyond Reality*: Death. This is the beginning **The 4th Passage**.

With the absence of any traditional “life passage rituals” and the necessary, appointed “space and time” set aside for specific transitions to take place within men’s lives, the males in our society often find themselves getting caught-up and held-down ... in what can only be described as “ruts.”



Section 6: *The Rut*

You’ve heard what the definition of a rut is, right? “A Grave With The Ends Knocked Out”

In the past, part of the human growth process included prescribed times in life when people took time away from the tribe / community and spent time in soul searching isolation, in order to do some deep, inner reflection ... in other words ... they went on a ‘vision quest.’

A 'vision quest' is a period and process of inward reflection, where you reach important decisions about your life ... such as:

- What has brought me to this place in me journey and this moment in my life?
- Whose life have I been living up till this point in time?
- Why, even when things are going well, do things just not feel quite right?

Throughout indigenous North America, the 'vision quest' is among the most sacred of rituals. As vision quest is a means through which your Higher Self contacts and advises you conscious and sub-conscious mind, concerning your true purpose and uniquely personal mission in life.

The vision quest, in the traditional Lakota community, stands out as one of the primary rites of passage. The purpose of a vision quest is for the participant to receive guidance from the Spirit world.

Depending on the images and vision presented, the participant is guided to make important life choices. In many such cases, a person experiencing a vision will receive guidance from their Inner Allies. Nowadays, trusted relatives and friends, as well as coaches, mentors and guides can assist after the quest.

As with all other aspects of indigenous rituals, the vision quest is highly formalized. Unfortunately many of us in Western society don't bother to ever make the time or develop the connections necessary to participate in an authentic "Hanble'ceya" ('vision quest').

However, modern man's ignorance of this profoundly significant process does not, in any way, cast a dispersive or dismissive shadow upon or around the vital importance of the vision quest.

Tecumseh (Shawnee) Vision Statement

"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 bow 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 living thing, For abuse turns the wise ones to fools and robs the spirit of its vision. When it comes to 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."

Now it is time for you to sincerely and honestly ask yourself the following three questions:

- Does your life sometimes feel as if it is a giant disappointment or betrayal and breach of an internally promised and sought out destiny regarding your personal and professional goals and expectations?
- Is the life you're living too small for your soul's desire?
- Do you have the courage to answer the true calling of your soul and accept the invitation to The Warriors Quest, leading to a much larger life?



Section 7: *The Warriors Quest*

The Warriors Quest (A Modern Vision Hunt for Personal Meaning and Fulfillment) represents a time when there's a kind of collision that occurs inside of you, between your 'sense of selves'...:

- (1) The self that you've acquired, taken on and accepted; that was projected toward and into you from a source outside of your authentic and true "self" ... and
- (2) The self that is your inherent and uniquely genuine self, the true inner self that you were born with ... your actual, natural and authentic self.

"Our culture has lost the mythic road map which helps locate a person in a larger context. Without a tribal vision of the gods, and their spiritual network, modern individuals are cut adrift to wander without guidance, without models and without assistance through the various life stages. Thus, the Middle Passage, which calls for death before rebirth, is often experienced in frightening and isolating ways, for there are no rites of passage and little help from one's peers who are equally adrift." (James Hollis: The Middle Passage)



Section 8: *Personal Experience*

My name is Gregg Swanson and I'm speaking to you directly from my own personal experience. I worked as an Executive Sales Professional and Account Manager for over 25 years. I worked for Fortune 100 companies, as well as midsize and start-ups.

Yes, I was successful, at least according to my quota reports and bank accounts. I had a beautiful home in Southern

California, and I traveled to Hawaii every 3 months for business, so on the outside, everything appeared to be going perfectly according to plan.

But that plan, my quest for success, ended up costing me my marriage, splitting up my family of two children and leaving my bank accounts empty.

Never being one to give up and give in, I “pulled myself up by my bootstraps” and made another charge directly to the top of the mountain. Within a few years, I had an even bigger home, bigger bank accounts and an amazingly beautiful fiancé.

Not only that, but this time I was in even greater shape. I climbed mountains for fun and “rock faces” for the adventure, but still, I couldn’t help but notice that somewhere deep down inside, underneath all of stuff and accomplishments, there was still something missing and I just wasn’t able to put my finger on exactly what it was.

However, after a near fatal avalanche accident up on Mt. Rainer, I started actively searching to discover what it was that was missing and figure out as quickly as possible, how I could fix it. You know how it is ...we guys always want to fix the problem and fix it now!

Throughout my life I had studied and been exposed to a wide range of diverse teachings, coming to me from an even wider range of diverse teachers.

From my collegiate studies and corporate schooling, courses, programs and training, to my deep immersion into the world of “extreme sports,” such as martial arts, mountaineering and rock climbing, I simply refused to ever stop learning and seeking to know more and more, at the highest and deepest levels humanly possible.

This led the innermost revelations that can only be found within the teachings of the ancient “Mystery Schools” through the practice of traditional “Shamanism,” as well as many other powerfully effective, modern day teachings, such as “Neuro Linguistic Programming” (NLP), hypnosis and Time Empowerment®.

Well armed with this comprehensive and diverse background in personal development, along with my long, successful career building experiences in sales, extreme sports and mental training, I dedicated my time, energy and effort to cultivate and create my own unique, powerful principals, systematically integrating:

- **Physical Conditioning**
- **Spiritual Development**
- **Emotional Mastery**
- **Mental Strength**

These essential elements were then all effectively tied into a very usable and easy-to-access process for achieving one's personal:

- ***Power***
- ***Purpose***
- ***Passion***
- ***Perseverance***

... all coming together in symbiotic union, to bring about the result of helping one to achieve Peak Personal Performance!

My own personal journey was long and there was no single solution to finding what I had been looking for all those many years. But now I'm able to take my experience and knowledge and use it to help other men who are searching to find out what exactly it is that is still so clearly missing from their life ... and eventually, successfully fill that void to their own, unique, self satisfaction.



Section 9: Know Your Path

Quite logically; the first ... and most difficult step on this path is the process of actually discovering which of the many available paths is the true "way," uniquely appropriate for the "student practitioner" to passionate pursue.

Back in ancient days, it was quite natural and socially supported, to simply accept which ever path one's circumstances of birth delivered.

Today, with the increased freedom that the world allows for individuals to find their own proper life path and purpose, things might logically seem so much easier for the men of our generation to be our own man!

However, we men know that in truth, sometimes the exact opposite is the y case we so often actually face. In truth, finding our own way and setting out on our own, unique, personal path can become a living nightmare of indecisions, filled with an overwhelmingly bewildering array of vast and seemingly endless possibilities.

So why is it that, for some men, discovering their "life path" is something that was rather easily accomplished , effortlessly realized and actively entered into way back in their earliest years of childhood, while most of us weren't quite so lucky about finding our own way?

For the rest of us, the vast majority of men in our culture, this awakening process can much later in life. For most of us, those vitally necessary experiences,

environments and encounters leading us to eventually recognize and initiate our journey down our own “life path” come much later on.

For some, the so called “mid life crises” that commonly occur during what has now come to be referred to as “middle age,” are the beginning signs of approaching that point where one starts to seek a “life” saving reassessment, resulting in a dramatic alteration to one's daily experiences.

For some that call comes even later on within their process of reaching maturity. Everybody's timing and story is unique to their particular circumstances and needs. It's never too late to start, but the earlier that you finally, truly begin to get with “your own” program, the more wonderful, and happy years of success and self satisfaction you get to enjoy!

Sadly, far too many men never get the chance, bother to, or even become aware of the opportunity to dig deep within themselves and find their own path. These poor guys end up, live out their lives in what has commonly come to be know as “quiet desperation” or what we all have observed and experienced as disarrayed frustration, bitterness, and confusion.

This is the purpose of *The Warriors Quest*, to help individuals just like you and I, to find their true path and happiness in life.

Keep in mind, the path itself is not the ultimate lesson, but only the means by which we move ourselves onward and upward, to and through each of our life's most vital and significant lessons.

The necessity of totally surrendering one's “self” to The Path and the ability to learn how to see into the past, present, and future ... all at the same instant of awareness, is what reveals those most important elements of becoming an active participant, practitioner and planner in our own lives, as well as in the total the scheme of the universe as a whole.

When chosen with insight, education, commitment and enthusiasm, one's personal “Path” is the way of attaining meaning and purpose in your life ... far more than the chosen destination that one seeks to arrive at though the process.

Indeed, the eventual destination quite often turns out to be a complementary reflection of what the path surprisingly comes to effectively teach the seeker who often doesn't “truly” know exactly where he is going ... until he has successfully arrived.

In other words, the journey itself is the actual, valuable, life changing goal ... not the chosen destination. Those following the path of healing can discover the power of their own personal will, maintaining their own health along the process of the pathway, while those refusing to be healed ... will not be healed.

Those following a “Path of Service” will 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 individual families.

Those following the “Spiritual Path” will come to discover that the key to understanding the entire scheme of the cosmos can be found in the workings of the mundane.

Those following the “Warrior Path” will ultimately come to know the endless futility of conflict and will develop the strength and invulnerability that permits the freedom to choose gentleness.



Section10: *Complete Emersion*

Diverse factors seem to combine to make “*The Way of the Awakened Warrior*” a difficult task to enter into and follow. Perhaps the greatest impediment is the Western world's inherent and stubborn resistance to focusing, to the exclusion of all other distractions, into a total immersion into a single, individual aspect of one's existence.

No matter how much powerful and valuable, life changing insight that can be gained by such a total immersion into a small portion of our Self, leading us to an eventual unfolding and realization of a fulfilling life, our culture seems to prefer that we dabble and meander, rather than dedicate and master.

In this society, amusement overshadows attainment and entertainment out ranks enlightenment. It's as if we're afraid of becoming truly excellent at any one thing.

Dynamic characteristics such as enthusiasm, commitment, and inspiration are all too often given inflammatory and derogatory labels such as “myopic fanaticism” or “narrow minded narcissism.” It seems so much easier not simply not rock the boat, make waves or demands and just move along societies conveyor belt, staying in place where our culture deems it to be best, most fashionable and easily more comfortable.



Section11: *Separateness*

The enlightened attainment of truth lies dormant within us, just below the surface of conventional consciousness, awaiting its awakening. However as long as the principles of separateness and dualism remain within our belief system, this enlightenment will remain locked away for our entire lifetime.

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 are merely the individual petals of the same blossom, individual facets of the same diamond.



Section 12: *The Way Out*

Historically, following “*The Way of the Awakened Warrior*” usually involves, at some point, setting out on a warrior’s quest... otherwise known as a 2nd Passage.

The Warrior’s Quest is specifically designed to remove the participant far from all of those comfortable, familiar surroundings of one’s home and loved ones, in order to effectively exposes him to experiences that demand his authentic resourcefulness and ingenuity in order to find the key to survival.

One’s personal life experience of a set lifestyle, as well as the habitual reliance on friends and family, not to mention the intellectual comforts of continually being on familiar turf ... and perhaps even one’s own native tongue or language, most all be temporarily left behind and forsaken when this important “rite” is undertaken.

Ironically enough, the very “habit shattering act” of intentionally submitting oneself to such circumstances of potential of frustration is precisely the “essence of growth” needed within *The Way of the Awakened Warrior*.

Because the wandering warrior must face numerous strange and sometimes startling changes, eventualities and drastic differences within his daily living, it is of the utmost importance that all “comfortable habits” and relied upon expectations and “rights” must be given up and walked away from, in order for the more appropriate and necessary behavior of adaptation to ... and mastering of circumstances, can begin to kick fully into gear.

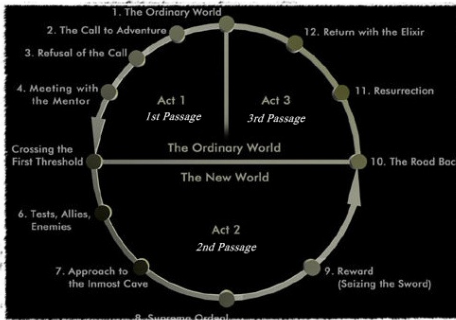
The Warrior Quest forces the hopeful seekers to look at their environment from a totally new perspective while originating brand new ways of doing things. At the point of surrendering our old “limiting ways,” we are now free and open to all sorts of new insights, thoughts, concepts and even more questions!

To try to desperately cling to one's previous set of preconditioned thought processes and accustomed lifestyle, while simultaneously hoping to begin opening up to a whole world of exciting, new discoveries, is completely counterproductive to the purpose and point of pursuing the path!

It is the absolute shedding of, even if just temporarily, “ALL” of these many preconditioned, “set in stone,” thought patterns, conceptual barriers and our long list of personal intellectual and emotional reservations, that finally frees us up to completely dive into the total potential of power awaiting to be discovered upon The Warrior’s Quest.

This is a time for thoroughly releasing and utterly letting go of all constricting beliefs, in order to effectively and authentically gain one's essential freedom, not for reinforcing any pre-conditioned thoughts, responses and behaviors, or even taking on a whole new set of burdens and restrictions.

In today's society this type of intense, secluded quest is not practical, but perhaps the essence of the quest can be incorporated into daily practice or even a finite period of isolation such as is found in *The Warriors Quest*.



Section 13: *Stages of The Way of the Awakened Warrior*

(Based on Joseph Campbell The Heroes Journey)

The 1st Passage:

1. *The Ordinary World:* The Ordinary World allows us to get to know the Hero and identify with him before the Journey begins.

2. *The Call to Adventure:* The Call to Adventure sets the story rolling by disrupting the comfort of the Hero's Ordinary World, presenting a challenge or quest that must be undertaken.

3. *Refusal of the Call:* A Hero Refuses the Journey because of fears and insecurities that have surfaced from the Call to Adventure. The Hero is not willing to make changes, preferring the safe haven of the Ordinary World.

4. *Meeting the Mentor:* The Hero Meets a Mentor to gain confidence, insight, advice, training, or magical gifts to overcome the initial fears and face the threshold of the adventure.

The 2nd Passage - The Warriors Quest:

5. *Crossing the Threshold:* Crossing the Threshold signifies that the Hero has finally committed to the Journey. He is prepared to cross the gateway that separates the Ordinary World from the Special World. The Crossing may require more than accepting one's fears, a map, or a swift kick in the rear from a Mentor. The Hero must confront an event that forces him to commit to entering the Special World, from which there is no turning back.

6. *Tests, Allies and Enemies:* Having crossed the Threshold, the Hero faces Tests, encounters Allies, confronts Enemies, and learns the rules of the Special World.

7. *Approach to the Inmost Cave:* The Hero must make the preparations needed to Approach the Inmost Cave that leads to the Journey's heart, or central Ordeal.

8. ***The Ordeal:*** The Hero engages in the Ordeal, the central life-or-death crisis, during which he faces his greatest fear, confronts this most difficult challenge, and experiences “death”.

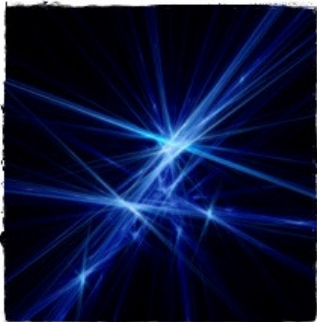
9. ***Reward:*** The Hero has survived death, overcome his greatest fear, slain the dragon, or weathered the Crisis of the Heart, and now earns the Reward that he sought.

The 3rd Passage:

10. ***The Road Back:*** The Hero must finally recommit to completing the Journey and accept the Road Back to the Ordinary World.

11. ***The Resurrection:*** The Hero faces the Resurrection, his most dangerous meeting with death. This final life-and-death Ordeal shows that the Hero has maintained and can apply all that he has brought back to the Ordinary World.

12. ***Return with the Elixir:*** The Return with the Elixir is the final Reward earned on the Hero’s Journey. The Hero has been resurrected, purified and has earned the right to be accepted back into the Ordinary World and share the Elixir of the Journey.



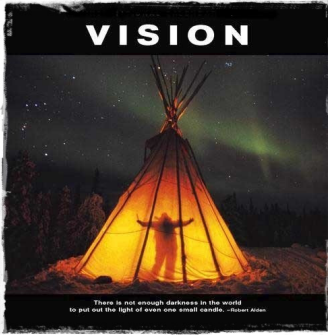
Section 14: *The Pull*

Once you identify with the first feeling, or what on this path is referred to as “The Pull” of a near infinite number of grander possibilities that you have now discovered waiting deep down within yourself, you truly can’t help but be powerfully moved even further onto the path of eventual higher consciousness.

You come to understand that in order to effectively follow this path of your own “awakening,” to the fullest expression of significant and purposeful living; it is utterly incumbent upon the participant to recognize the following vital truths, in order to achieve a successful, life enhancing outcome to the process:

- You must first become a “sincere seeker of advancement; because absolutely **no one else** can motivate you to progress forward, upward and inward.
- It is absolutely **your undeniable birthright** to experience a full, rich and thoroughly rewarding existence, in complete harmony with your inner potentials and “the world” which you currently perceive as being external to yourself.

- You are 100% totally capable of claiming that birthright for yourself, **beginning right now**, regardless of the condition of your life. It is never too late ... or the wrong time to begin.
- Self realization can only be set into motion by **you** yourself. No one else can activate it for you.



Section 15: *Your Vision*

Visions have always played an important part and held a vital role when it comes to truly in living a life with meaning and purpose.

When a person finally “has,” or more accurately, becomes aware of or comes into contact with “their vision,” it’s as if they now have the help of a “wing man”... like in the first episode of Stars Wars.

Remember when the Jedi fighters were in the channels of the Death Star and were being attacked from behind by the evil Empire’s fighters? As one of the Jedi fighters got closer to the air vent he started to get distracted by the Empire’s fighters, as they continued to press on in their defensive strategies, getting closer and closer to being within firing range.

But the pilots “wing man” kept saying “Stay on target...stay on target.”

That’s exactly what happens when you have your Vision. In those times in life, and they will happen, when you start to get distracted and temporarily knocked off track ... you now have your wing man... me (along with you vision and unconsciousness mind) ... to help you stay on target.

When you’re unsure of what actions to take, why it is that you’re taking the actions that you are ... or even where you should be taking these actions, it’s a pretty clear indication that you are experiencing the effects of a lack of vision.

The goods news is; all of this uncertainty will instantly dissolve as soon as you have your vision. As a matter of fact, the concept of having one’s own unique “Vision” was so extremely important to Native American’s, that it was the focus and exclusive intention of one of their most sacred ceremonies, as described in the book “*The Sacred Pipe*” by Black Elk.

The term for this ceremony was “*Hanblecheyapi*,” which is translated into English as “crying for a vision.”

Even back in Biblical times, it was quoted that “*Without Vision... the People Perish.*” I interpret this as not a physical death, but more of an emotional and spiritual death. That is, without a vision, we simply can’t truly live out our own,

unique, personal life mission ... or ever really become who it is that we're actually here to be.

Sure, without your "Vision," you can reach small personal goals. But with your "Vision," you can suddenly, easily, clearly and enjoyably reach the biggest, most audacious personal and professional goals imaginable. Meanwhile, through the process of doing so, you will simultaneously learn how to more fully develop your inner strength and mental abilities to effectively help others.

When your Vision is clear ... everything else just seems to naturally fall into place.

As Joseph Campbell said, "*Follow your bliss and the universe will open doors where there were only walls.*"



Section 16: *Oneness*

The underlying philosophy (of enlightenment) is based on the premise that we "all" have within us, full and open access to the infinite seeds of greatness and endless potential that we need to make our lives precisely as personally perfect as we are willing to endeavor to do so.

Therefore, we must break through that foggy veil of life, so accurately characterized as an experience of dulled sleepwalking. Yes ... we must "wake up" to the bright, shining reality of our inherent enlightenment.

By learning to productively and consistently identify those things that cause us anguish, discomfort, and confusion in our lives, we can then find the key that will allow us to rise up to unimagined new heights of 'mindful' living and transform our life experiences into the opulently rich garden that it was always meant to be.

The philosophy of "The Warrior Mystery Schools" consistently stressed the interrelated oneness of all things in the universe. Since man is not big enough to view the entire universe, the philosophy explains, the infinite number of its parts appear to man, as the "10,000 things" that appear to exist separate from one another and independent of each other, which is simply a limited illusion!

Much more than merely grouping "opposites" together, under a simplistic theory, the mystery teachings efficaciously freed the participant from the limits of viewing things in such "black and white," dichotomous terms as right or wrong, good or bad and fair or unfair. Any perceived quality inherent in a particular thing or situation was based merely on its relationship to other manifestations of the same quality.

The Awakened 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 mere means of attainment alone.

In addition, the journey now moves deeply into realms far beyond the perceivable five (and sometimes six) physical sensations, leading to place relatively few traverse, a dimension of pure personal power, consisting of essential elements of the spirit world, as well as the mind and all encompassing mental training.



Section 17: *Mysticism*

In the mystical teachings of the "Warrior Mystery Schools," the human mind was seen as a treasured and much sought out bridge between one's pure consciousnesses and the physical body in-which that consciousness temporarily resides.

In other words, the mind is, in essence, an impressively powerful interpreting device that is used for the purpose of efficiently organizing or translating all that we encounter in our life experiences, into manageable, memorable images and impressions that are acceptable to, and understood by not just our consciousness, but by our physical selves as well.

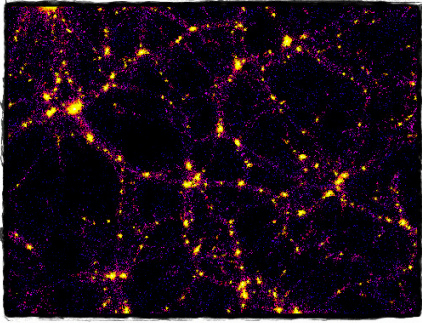
To put all of this into proper context for the sake of this discussion, I would define "mysticism" simply as the study of the various methods utilized in order to directly experience our awareness of natural laws and universal consciousness.

So then ... what exactly is that elusive quality hidden just beyond physical mastery of any given technique, process or awareness? In laymen's terms, this mystically beguiling and ostensibly quixotic essence is what we have come to know as the "sixth sense" ... somehow knowing something that can't "really" be known at all.

These, as well as several other skills used for the purposes of operative detection and heightened awareness of what is actually going on behind the scenes of the illusion, in our moment to moment lives, are best developed by stripping away all of our faulty and clouded perceptions of things and events.

Thus, we come to teach ourselves not to fully trust our impressions, unless they are scientifically verifiable. Far too often, we give credence and control to what we experience as subjective mental impressions, while at other times; we completely disregard and discount them as nothing more than mere useless imagination, thereby robbing ourselves of some valuable source of input.

The truth of the matter lies somewhere in-between the two polar extremities of always right, always true ... and always wrong, always false.



Section 18: *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, which is an awareness of the unity and all-encompassing oneness that ties the entire universe together as a whole.

This essentially greater, “holistic” reality, or what some have come to refer to as “cosmic consciousness,” is first fully filtered through the mind and then defined in ways that are then sensibly understandable and sensually recognized and acceptable to the physical body.

According to the mystical heritage of these “Warrior Mystery Schools, all of the separate, individual things now existent in the universe; once initially began as a single entity of energy or “original thought.”

From this universal beginning, all existence descended into manifestation, divided into the limitless infinity all the many things found all around us and within us. It is crucial to recognize this concept in order to truly understand the basis of what we might call the inherent, “spiritual capabilities” of the original enlightened warrior.



Section 19: *No Division*

Though the grosser physical expressions of all matter appear to be separate, there remains a very subtle, yet palpably powerful interconnectedness that links the essence of all existence... i.e. ... the electrons from a common source group utilized to form seemingly “new” atoms, which then are combined in order to create molecules, which come together to become physical objects.

This is, of course, in direct opposition to such theories that state all things were initially created from the physical form upward and therefore, are in essence, unconnected ... i.e. ... physical objects were originally created, and then electrons and mock molecules were simply brought into use, in order to give objects a structure.

Though there is a common tendency to classify some things as being either physical or spiritual, there is actually no such dividing line between the two.

Acknowledging the physical body and its spiritual connection with all things ... and the mind, our mental interpreter, is not a theoretical hypothesis regarding a thesis on the nature of reality ... but rather a reflection of our human

consciousness and the way that we tend to look at and understand what we witness in the world.

In truth, there is no such thing as spirit, as opposed to the physical, in the sense that anything we would choose to call spiritual, actually has a physical reality as its base. Much in the same way that light is both essentially “wave” and particle at its most basic and fundamental expression, so is our world both physical and spiritual at its elemental core.

It may be true, however, that we are currently unable to envision, grasp and understand how certain phenomena operate or come about into manifestation ... and that until our physical science is capable of explaining it completely, we will very likely simply dismiss its mystery as simply being of “the Spirit.”

Today, even the most down to earth and unmatched individuals can now wholeheartedly accept the concepts of radio and television broadcasts being totally within the range of physical reality.

Keep in mind that a few generations ago; however, the ability to send and receive sounds and images sent electronically, across miles of empty space would have been considered to be as mystically otherworldly or magically occult in nature as ESP or the transmutation of matter.

Natural laws are constantly in operation all around us. Our ability to use these laws to our benefit depends on our sensitivity to and awareness of their existence, respecting the natural law set into motion, as well as our willingness to accept the existence of and further, ability to effectively work what might seem to many to be “less than tangible” phenomenon.

This acute awareness of seemingly hidden and mysteriously invisible natural forces and phenomena, along with the ability to create tangible works of manifestation with these unseen ‘building blocks, can understandably be the very same “unexplained” events and experiences that over the centuries, have come to be filed away in the minds of certain unknowing individuals, as occult or supernatural powers.



Section 20: *All Is Natural*

The historical “Warrior Mystery Schools” were world renowned for their teachings and knowledge about what most people would simply refer to as the mysterious realm of the “supernatural.”

Although most powerful practitioners of these sciences would quite openly and whole-heartedly acknowledge that everything that we experience, is in fact, perfectly “natural” and that there actually is no such thing as, “the supernatural,” there have always been certain

individuals willing to manipulate the “appearances of things” for their own self-centered gains.

However, since the vast majority of individuals who have such abilities to pull off such a farce, also have the innate ability to easily detect such inappropriate usage of this energy, thus allowing the positive intentions of the vast majority to effectively keep the selfish intentions of the add and occasional rogue element well in line, if and when a powerful practitioner misuses their gifts and abilities.

Those, historical images and tales of mystery and intrigue abound, due to these partial depictions of trained individuals, well practiced and fully capable of detecting any misuse of such power, including the seemingly cryptically covert and curiously cabalistic ability of detecting and locating at great distances, the threatening presence or bad intentions people manipulating energy and thought patterns from a tremendous distance.

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



Section 21: *The Seventh Plateau*

This seventh plateau of consciousness is an acknowledgment of the subtle effects that 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 are free to choose for ourselves, by the power of our own free-will, whether we decide to either:

(A) Openly accept, wisely understand, thoroughly enjoy and enthusiastically relish the experiences continuously going on all around us ...

or

(B) Callously harden our minds, hearts and souls to the truth, and effectively dissipate our energy and ourselves by resisting to accept what is; selfishly demanding that the universe conform to the small-scale ignorance of our own imagining or the dogmatically rigid creeds and beliefs perpetrated upon us by others.

It's totally up to us!

This is the ultimate joyous lesson to be learned, the total freedom that formed in the injured shadow of the warrior's code of life, as it evolves and expands into the tenets of the philosophy of “winning naturally.” through the art of understanding.



Section 22: *All Consuming*

The warrior way 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 that is so sincerely sought.

The dabbler is most certainly not to be confused with the seeker on this a path. *The Way of the Awakened Warrior* is an all-consuming, all illuminating, lifelong commitment felt strongly at the very heart, soul and center of the seeker, and absolutely no diversions or distractions will be tolerated. This is “not” merely some sort of playful hobby!

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

We take to the road with certainty and a strong resolve to reach the goal. As we proceed, however, other roads may come along that intersect our chosen path and some of them may appear to be more attractive, or possibly more enjoyable, or perhaps a shorter, more direct route to our intended destination.

In our confusion, it can soon appear to us that these other attractive, easier roads might better match the superficial image of what we have come to “think” that our chosen path probably “ought” to look like.

Instead of following the true route to the shrine that we originally set out to visit, we find our selves wandering around in circles, going in all directions and with our energies now totally scattered, racing after the things that capture our eye or interests, perusing and pursuing that which entertains us at the moment, forever losing out on the possibility of actually ever reaching the treasured shrine.

In other words, we got distracted and unwittingly took a dangerous detour down a rabid, rabbit hole and now we very well may never find our way home.



Section 23: The Practice

The first requirement of an Awakened Warrior is to do **what ever is necessary** to live an authentic life! Why? Because a life that is lived and ruled by half-guided fantasies, half-realized dreams and half-assed actions is only a life that has been half-lived, with its true potential never fully 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 several other centered orientations, far too many to mention now.

The challenge is to see all these viewpoints as nothing more than part and parcel of a single total overall realization of reality. Don't confuse any one single part of the totality, as actually being the entire "whole."

Also never mistake any one part of the totality of existence as being a contradiction to another fragmented segment of the whole, or in confrontation and conflict with anyone other wayfarer who is traveling the path of existence.

One is only "one" – Totality is "Total!" All is "ALL!"

The Warriors Quest 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.



Section 24: *Self-Actualization*

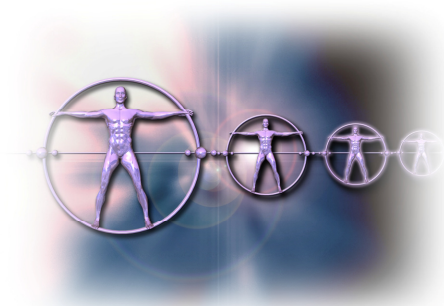
This total system of self-actualization is made up of various methods for:

- 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 come to realize is actually nothing more or less than the product of our consciousness.

Therefore, our own personal experience of life is thoroughly determined by that upon which we choose to focus our attention, consciousness and energy ... and the attitude with which we choose to apply that 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 exactly what we in turn choose to do with and / or about it.



Section 25: *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 of 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 become.

In effect, rituals answer questions that we have not even yet thought to ask of ourselves and others. From our very earliest childhood, our daily routine has always been totally filled with meaningful elements of ritual.

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 the blandest of gruel, pretty from ugly, and what is appealing from what is annoying.

There either is or is not love, wealth, safety, happiness, security, health, satisfaction in the world ... all 100% totally based on the rituals to which we have constantly been subjected to our have intentionally surrounded ourselves with.

The words and actions of parents, teachers, preachers, cultural idols and outlaws have worked consistently over the years, to shape our view of what is real and what is not.



Chapter 25: *The Subconscious*

The subconscious mind is like an audience that may or may not be pulled in by the performance of the play put on by the actors on a stage. The more convincing the performance, the more deeply the audience is deeply and fully drawn in, to feel and believe in the truth, accuracy, story and message of the play itself.

If we are healthy and wealthy and well loved, it is because we believed in those aspects of the daily ritual that specifically addressed those particular possibilities. On the other hand, if we are weak, destitute and utterly detested by others, it is because we chose to focus on those aspects of the daily ritual, thereby reinforcing such negative perspectives and views as our foreshadowing of our future potential.

We are what we are, due to the genetic and “karmic” programming, coupled with the effects of the various “day in and day out” subconscious programming that we have ingested, regarding those aspects of our lives, based on the experiences, perceptions and projections so very effectively invested into us by our environmental surroundings, now having made deeply penetrating impressions 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 our reality.

In other words, we must change the structure of our subconscious. To do that, we must once again go through the same process that produced the current running programs that have been files into our memory banks, thus creating the conditions that we currently experience and subconsciously seek and promote.

We must consciously select the ritual statements of reality to which we will purposefully choose to subject our unconscious levels of mind to, in order to efficiently “rebuild reality” precisely as we now want to know it, both consciously and physically.

This practice is the willful adoption of ritual processes through which we can train ourselves to come to a much 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 completely transform our very being into one a higher realization. We can therefore, lift / raise our worldly-limitations of the body and mind to the realms of enlightened vision and maximum capacity.

Through this process we can forever leave behind a life of anguish, confusion and suffering and begin to consistently live a life of the highest and ultimate truth.



Section 26: *Act As If*

Through ritual, we pretend to be living our “ultimate” life long enough to actually attain our “ultimate” life. It’s the same idea as today’s popular success strategy ... “Fake It Till You Make It!”

By skillfully overlaying faulty habits, we can allow ourselves to forget the obstacles we created that have thus far, kept us from truly reaching our desired vision of life.

Thus, 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 the life that we truly want into manifestation, by, just like the actors on the stage of our favorite play, effectively act and play the part until we eventually really start living it.



Section 27: *Contemplation*

The practices of meditating, contemplating and seeking understanding of the essence of the Material World and the Spiritual World must complement each other and never come at the exclusion of the other, for an authentically true, harmonic balance to occur within our personal development.

Overemphasis on either one of these two realms, either the Physical or the Spiritual, will quite naturally produce a warped and distorted personality. Those who concentrate exclusively on the material realm will either become overly mechanical and technical in their outlooks or inordinately sensual and potentially licentious in nature.

This material obsession will create a life that is nothing more than a robotic existence tied to the material and mechanistic systems of physicality, utterly empty and devoid of morality, spirit, and life.



Section 28: *The Vibration of Things*

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

Above physical matter, at a much faster rate of vibration, is sound. Faster wavelengths than those of sound bring us the experience of heat. Beyond heat is the vibratory impression of light.

These concepts of vibratory speeds could equally be extended to the subject of thoughts, at wavelengths or a vibration rate even faster than that of electricity or light.

Within each relative classification of sensations (solid matter, sound, light, etc.) found all along the broad scale spectrum of vibratory rates experienced by us or manifested all around us, are these varying rates of oscillating wave-form patterns registering at specific speeds and equally widely varying amplitudes.

For example, within the classification of light, for instance, are slower waves which appear to the human eye to be the color red, while faster waves visually appear to us as the color blue.

Meanwhile, within the classification of sound, the slower waves are heard by our ears to be low rumbling tones while the faster waves are heard to be higher pitched, shrill and screeching sounds.



Section 29: *Be the Cause*

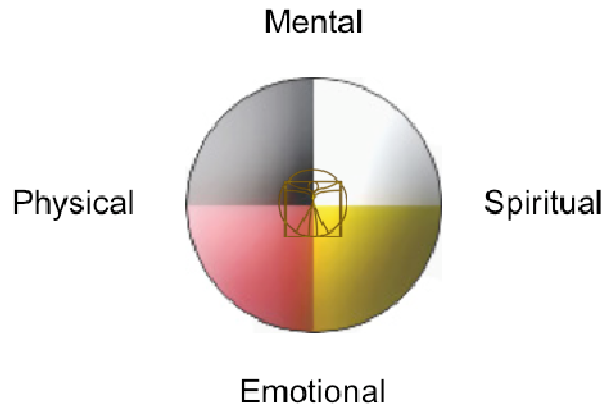
The Awakened Warrior of old used his mind to observe, visualize and affect his surroundings by harmonizing the vibration of his thoughts within the varying wave-lengths of the environmental aspects that he wished to alter. In other words, the warrior was the “cause” of the change ... not the effect!

Beginning with these 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 with out actual, physical action.

In the Lakota Medicine Wheel, this idea is represented by the Four Directions:

- **East – Spiritual**
- **South – Emotional**
- **West – Physical**
- **North – Mental**

It was believed that we are in the center of the wheel and we are in control of these four energies ... instead of these four energies controlling us.



The Warriors Quest was created so that you can work more effectively, personally and in greater breadth and depth, in your four directions and thereby come to live a life of pure *Power, Purpose, Passion & Perseverance!*

In “*The Warriors Quest*” you can expect to learn to control:

- **The Purpose of the Spiritual:**
 - Identify your vision and create your mission
 - Connect with your trusted adviser’s (allies)
 - Unleash your creativity
- **The Passion of the Emotional**
 - Release “black bags” of negative emotions of anger, sadness, fear and guilt
 - Neutralize past limiting decisions
 - Transform disempowering beliefs into amazing empowering beliefs

- **The Power of the Physical:**
 - Discover exactly how “strong” you really are
 - Understand how physical fitness determines your level of physical success
 - Realize how the foods you are eating might be sickening and possibly even killing you

- **The Perseverance of the Mental**
 - Learn to manage and control your monkey brain
 - Develop the courage start strong and finish stronger
 - Instill determination for lasting persistence



Section 30: *Beware Aware*

As an initial step, students of “*The Way of the Awakened 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 to 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 our getting over or transcending them. Wholesome food, sexuality and emotional richness are deemed as limiting, and are to be sacrificed for enlightenment. The more perverted, out of touch and harmonically deranged the system is, the more our “human” qualities are looked upon as being flaws, imperfections or simply “sins” that need to be washed away from the personality and humble apologized for.



Section 31: The Body

As a comprehensive lifestyle, the Awakened Warrior regards his body and its natural 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 by it's very self imposed limitations, serious and great states of imbalance that will eventually have to be dealt with before any true spiritual advancement can be possibly be obtained.

The teachings of “*The Way of the Awakened Warrior*” advocate the development of the total entity, with all its naturally-endowed balances and polarities and this path logically rejects as senseless and needlessly brutal, any methodology, path, system, be it 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.



Section 32: The Mind

For the warrior student, understanding the mind and its workings is crucial to the development of a competent and self fulfilling life path. The brain is a valuable tool that is far too often overlooked in many enlightenment systems.

The truth is physical conditioning, sophisticated techniques and precise execution can take the practitioner only so far and the advanced adventurer must go on to develop the qualities of awareness and detachment.

Successful and exciting living depends on 100% involvement in whatever it is that you are doing at any given moment. When the mind begins to wander, drifting away to other times, places or all sorts of imaginary and conjured up, totally nonexistent situations, such as most worries and regrets, the quality of the body's activities naturally decrease and the total potential of the moment is robbed.

Becoming totally involved in the very real intensity of what it is that you're doing in the moment will automatically lead to your full enjoyment, interaction with and complete capture of the moment in it's entirety.



Section 33: *Take Refuge*

As an anchor intended to prevent himself from aimlessly drifting along with the passing currents of illusion, the “warrior to be” must learn to take refuge in the “three-fold” power of the quest tradition.

- The **First Refuge** is that of the historical journey itself. Simply knowing that others have successfully made this journey before you is enough to keep you moving forward without ever giving up on your “self” or the path!
- The **Second Refuge** is that of the community of followers. Whether we like it or not, others ARE waiting for us to “show” them the way. The journeyer has an innate responsibility and ethical obligation to directly and / or indirectly, show the way to the other “followers” of the path.
- The **Third Refuge** is the knowledge that there are even greater / deeper / more powerfully life changing truths embodied in the sojourn. The journey itself is the teaching, not the destination.

Anything less than a total **three-part commitment** to the self and to the path, reduces the journeyman warrior’s experience to that of the level of a mere hobby or past and now lost moment in time and can actually create a dangerous imbalance in the practitioner’s life.



Section 34: The Guide

Without help and accompaniment of a trained Guide, one who has successfully been the path and back enough times to know the way by heart and who has the experience and training in the pragmatic techniques and most efficient approaches providing the tried and true, proven track record of consistently

positive results, the desired “mastery” of the warrior way is simply impossible to reach.

The intellectual mind can create so many alluringly tempting delusions, all of them, so very attractively and neatly packaged, though sadly incomplete and unsatisfying. Our minds, without the guidance of a mentor, tend to create all sorts of easy excuses, endless explanations, conspicuously comfortable confrontations, shady shortcuts and a regatta of regrettably reasonable rationalizations.

In truth, it seems to require superhuman effort to resist the detrimental diversions and dangerous distractions all the other “life enrichment” processes and entertaining play-toys that are lying in wait to knock us far off our intended warrior path and down that slippery slope of illusion and deceit.

To be totally fulfilled and effectively live out your “True Life Purpose” (enlightenment) you must openly, honestly, courageously and directly face your fears and find your inner strength and power to adequately apply these truths **with a vision** and deal with your problems head-on!



Section 35: *The Path*

Our awakening, or what is sometimes thought of as enlightenment, is a very heavily loaded word in our Western culture. It is so easily bantered and bandied about ... yet so difficult to actually “pin down” with a specific definition.

Quite often, enlightenment is thought to be a feeling or kind of super-understanding ... or a state of solemnity and holiness, but at its truest and most essential level, the quality of enlightenment is none of these lesser states.

In truth ... Enlightenment is not the result of emotional, intellectual, or even most religious / spiritual processes. It is not possible to “figure out” enlightenment, as words so often come nowhere near the actual, factual experience ... and in many cases, inadvertently blocks the seeker from the very enlightened consciousness that he most desperately desire.



Section 36: *The Spirit*

Awakening and enlightenment can be pursued and does occasionally surprise the pursuer by actually taking hold and expansively blossoming within him.

However, more often than not, the keys to the enlightened state lie in ability of “letting go” of this ambiguously ambitious struggle for the capture the prize and grows out of the process of authentically losing oneself in an all consuming activity or situation.

This awesome sense and feeling of selfishness can be the product of merging with one’s glorious surroundings or the experience of a highly meaningful event, or possibly even be the result of simply letting go from all restraints, flexibly emerging with a simple activity in a balanced and pressure releasing way.

At first, one seems to observe one's own participation in an activity or task, perhaps even to the level of merely acknowledging the enjoyment that is being experienced. Then, as the clarity and connection of the observation deepens, there eventually is no longer any sense of self or separation existing between the practitioner (you) ... the observer (you) ... and that which is being observed (you).

When one recalls such a moment, it is remembered as being one of awe, joy, total involvement and aliveness. At the time of the experience, however, the merging is so total and complete and the mind is so relaxed, that the descriptive thought process is temporarily transcended.

This state of “Awakening” is an inner phenomenon that comes when all the unnatural darkness and heaviness that commonly come to cloud our way through life, are finally cast off and entirely shed.

This produces an altered view of things that can also cause an elevated mood in our demeanor and experience, once clarity is finally attained.

For the warrior mystic, enlightenment is the realization of one's ability to see through the illusionary surface of things as they appear from without.

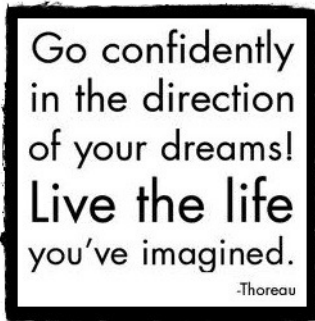
This aspect of enlightenment often includes the startling perception that everything, no matter how “evil” or “good” they may seem to be according to conventional labels, is actually the *right, appropriate* and *perfect* outcome for the universe, as a whole.

In fact, there is great comfort and power in this breakthrough of understanding. Before the enlightened experience, of course, this concept is perceived and felt to be impossibly confusing and absurdly contradictory to everything that we have come to know as REAL in our world!

To find one's own “Awakening” requires a complete and total dedication to walking YOUR Life's Purpose path. The path may appear to be difficult and even unbearable, but it should be of assurance and comfort to you, knowing that you are not the only who has, is and will be walking their path.

Keep in mind that the responsibility to ensure that you follow through on your journey until you reach it's optimum conclusion and arrival at your designated destination ... is all yours and absolutely no one else's responsibility!

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 that first step.



Section 37: *You Truly Can Have It All*

The truth is ... you really can have absolutely anything your want; wealth, health, meaningful, personal relationships ... whatever you want, but only if you seriously apply the principles and processes of the enlightened warrior to your life.

There is no higher power than the actualized human being who is the balanced meeting place of both the

material and the divine.

If you are facing internal challenges, doubts and distractions, I can assist you.

I can help you heal and silence those internal and often invisible obstacles ... these derelictions of the mind, so that you can live your purposeful life unbridled, uninhibited and with full-blown authority.



At The Warriors Quest You Will:

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

- Obtain crystal clear thinking
- Take inspired action
- Take back YOUR personal **power**

The Design of The Warriors Quest

This program is designed to deliver:

- A step-by-step plan to assist you aligning you physically, mentally, emotionally and spiritually
- Create power, purpose, passion with perseverance in your life
- Develop a specific one year personal success plan and the exact steps to take to make it a reality
- A high level of support, accountability, coaching, guiding, mentoring and

With “*The Warriors Quest*” and the one year of follow-up support you can expect:

* **Guiding:** Providing the necessary support, with respect to the *environment* in which your change will take place. As your guide, I will *direct you along the path leading from some your present state to a desired state.*

* **Coaching:** Focused at a behavioral level, involving the process of helping you to achieve or improve a particular behavioral performance. As your coach I will *observe your behaviors and then provide tips and guidance on how to improve in specific contexts and situations to achieve your personal success.*

* **Teaching:** In relation to helping you develop *cognitive skills and capabilities.* As your “teacher” I’ll help you develop new strategies for thinking and acting. *The emphasis of teaching is more on new learning than on refining previous performances, so that you will reach NEW heights of personal performance*

* **Mentoring:** Guiding you through all of the various methods and modalities necessary to most effectively discover, honestly come to terms with and powerfully overcome your own inadequate, subconscious programming and overcome your internal resistances and interferences.

* **Aligning:** As your Guide, I will *help you to shape or influence your beliefs and values in a positive way by aligning your values with your vision and mission, by releasing negative and disempowering beliefs and unveiling your own inner wisdom.*

* **Sponsoring:** Sponsorship is the process of recognizing and acknowledging the *essence or identity* of you. *As you sponsor I be actively involved in seeking and safeguarding your potential personal power, focusing on the development of identity and of your core values and strengths.*

* **Awakening:** Awakening goes beyond coaching, teaching, mentoring and sponsorship to include the level of *vision, mission* and spirit. *As your “awakener” I will support you by providing contexts and experiences which bring out the best of your understanding of power, passion and purpose and as well as love, self, and spirit.*

“Awakening goes beyond coaching, teaching, mentoring and sponsorship to include the level of vision, mission and spirit. An awakener supports another person by providing contexts and experiences which bring out the best of that person’s understanding of love, self, and spirit. An awakener “awakens” others through his or her own integrity and congruence. An awakener puts other people in touch with their own missions and visions by being in full contact with his or her own vision and mission.”



Conclusion

The Warriors Quest: A Vision Hunt for Personal Meaning and Fulfillment

If you're frustrated, tired and fed up with feeling lost, empty, confused or even apathetic towards life, this quest is for you!

The Warriors Quest is designed to give you the skills that you'll need to productively manage your emotions, focus your attention and motivate yourself to take the deliberate actions that will be necessary to "live your mission" into your Vision.

As your Warrior Coach, I will assist you with specific mental training techniques and processes that will cause a dramatic shift in your personal and professional perspective and disintegrate any potential barriers now standing between you and your perfect personal power.

When you're finished with the session, you'll have created the inner strength and personal power to take on any challenge facing you! You'll feel the exhilaration of peak personal performance that is so closely associated with setting achievable goals and then efficiently and successfully reaching them with pinnacle performance power!!

By the end of *The Warriors Quest*, you'll experience one or more of the following life changing effects:

- Finally removing any obstacle's that have held you back from achieving your personal goals and living the life you desire and deserve!
- Realizing your true potential, personally, professionally and financially!
- Making quantum leaps in personal performance!
- Having the personal power and motivation to achieve all of your goals!
- Experiencing immediate and lasting changes, without having to follow a specific program for months on end.
- Finally having the power to negate all of those negative thoughts and doubting voices in your head that tell you can't do it or that you're just not good enough.
- Releasing the negative emotions stored up in your body, mind and emotions, such as anger, sadness, fear and guilt.

- Erasing those self-limiting beliefs that have prevented you from realizing your true personal power.
- Reprogramming your past and personal history in order to thoroughly eliminate unsupportive thoughts and behaviors that have held you back from reaching your dreams.
- Integrating any conflicting parts of your consciousness that are causing you to want to one thing ... but actually do another.
- Aligning your mental, physical, emotional and spiritual aspects of your “self” so that you can finally live in your own true power, purpose and passion!

... Plus Much, Much more!



This is About You

Because this is YOUR vision quest, the 2 ½ days are designed around your “flow” and not a predetermined program.

There is structure designed into the program, in order to most efficaciously assist you in your awakening process and will this will all be revealed and explained in detail both before and during the session itself.

In other words, you will begin the journey long before actually even getting here!

You’ll have some valuable and highly helpful assessment sheets and questionnaires to complete in advance, so that we both have a good understanding of precisely where you currently are now.

Then when you get here, we’ll start working on your vision, mission and purpose.

We’ll release negative past emotions, find your “trusted source,” create a compelling future and design a plan to make it all happen!

**What's Included:**

The following items are included in the 2 ½ Day long *Warriors Quest – A Vision Hunt for Personal Meaning and Fulfillment*:

- Lodging at a secluded and very peaceful retreat (specific location dependent on availability and time of year)
 - 3 Meals per day, snacks, water, coffee and tea
 - 3 personal assessments
 - Values
 - Personality
 - Values in Action
 - Transportation to and from airport
 - Two (2) Audio Programs – Custom, personalized audio programs featuring the exclusive Meta-Sync© sound process. Incorporating carefully selected sounds, brainwave hemisphere synchronization and empowering self-development messages, these programs are an easy-to-use meditation that will help facilitate your desired outcome. They are designed to empower, entertain and enlighten.
 - Multiple Breakthrough Experiences
 - Personal Journal
 - Your Vision and Vision Statement
 - Your Mission and Mission Statement
 - Freedom from past negative experiences
 - Power, purpose, passion and presence
 - A clear bright future
 - One year of coaching (12 live calls) with unlimited e-support
- ... And many more exciting surprises!



By The End Of Our Time Together You Will:

- Have a **clear vision** of your future
 - Uncover **your mission** so that you WILL live into your vision
 - Have established **empowering beliefs and values** that will support you on your journey
-
- **Specific strategies and tactics** and the courage to action on them
 - Have **released negative emotions** like anger, sadness, fear and guilt that have been holding you back
 - Placed **your mission and vision** into your future to ensure its fruition
 - Have aligned your **power, purpose and passion** to live a life full of meaning with **perseverance**

As you contemplate what the rest of your life holds for you, if “*The Warriors Quest*” sounds like something that you’d like to learn more about, consider these words from actor Kevin Spacey, who said:

To ‘want’ and to be ambitious and to want to be successful is not enough. That's just desire. To know what you want, to understand why you're doing it, to dedicate every breath in your body, to achieve . . . If you feel that you have something to give, if you feel that your particular talent is worth developing, is worth caring for, then there's nothing you can't achieve.



Questions and Answers about The Warriors Quest

Q: *How is “The Warriors Quest” conducted?*

A: The session will be conducted in person and I’ll be with you the entire 2 ½ days.

Q: *Are there any other people there?*

A: No - The 2 ½ Day ***The Warriors Quest*** is a **private one-on-one “vision quest”** that is guaranteed to blow you away! It will take you places that you’ve been before and show you truths that you previously have never experienced.

You’ll most definitely come back a completely new person. We take care of all of the lodging and food, as well as airport transportation. You just have to get to the location.

Locations vary depending on the time of the year, and include Los Gatos, CA, Kona, HI, and Bend, OR.

Q: *What happens before?*

A: After you make your reservations, you’ll receive a questionnaire and a couple of assessment sheets that you’ll need to finish and deliver back to me at least 5 business days before ***The Warriors Quest***. I’ll be available via e-mail and phone should any questions or concerns come up.

Q: *What happens during the session?*

A: You’ll have one of the most outstanding experiences ever! You’ll notice yourself getting enhanced at an unbelievable rate and you’ll see the changes right happen in front of your eyes like magic!

Q: *What happens after the session?*

A: Integration! Give the experience some time to sink in. Then when you’re ready you’ll have a “debriefing” follow up call where we’ll do any necessary fine tuning. Then we will set you up for ***The 3rd Passage***, one full year of follow-up, action creating - results driven coaching calls. You’ll also have unlimited e-mail and emergency phone support.

Q: *What should I bring*

A: Comfortable clothes (prepare for a variety of temperatures) light hiking boots or sneakers. Favorite snacks, supplements, etc. If you forget anything we’ll only be a few minutes from town.

Q: How much is the investment?

A: *To find you vision, mission and life’s purpose...priceless!* And for this event ... it’s actually only \$3,700.00 (including the one year follow-up coaching)



***Remember: results are 100% guaranteed,
But as everything else in life,
You are responsible for taking the action.***

Because of the highly personal nature of *The Warriors Quest*, I can only accept 15 clients per year. If you'd like more information about the 2 ½ day *The Warriors Quest – A Vision Hunt of Personal Meaning and Fulfillment*, with a one year of coaching, or discuss it to see if it's right for you, feel free to send me an [e-mail](#) in order to receive the information and application and we can then set-up a time to talk.

I'd like to leave you with the following poem by Patrick Kavanagh.

From Failure Up

*Can a man grow from the dead clod of failure
Some consoling flower
Something humble as a dandelion or a daisy,
Something to wear as a buttonhole in Heaven?
Under that flat, flat grief of defeat maybe
Hope is a seed.
Maybe this is what he was born for, this hour
Of hopelessness.
Maybe it is here he must search
In this hell of unfaith
Where no one has a purpose
Where the web of Meaning is broken threads
And one man looks at another in fear.
O God can a man find You when he lies with his face downwards
And his nose in the rubble that was his achievements?
Is the music playing behind the door of despair?
O God give us purpose*

I look forward to connecting with and helping you on your *Warriors Quest*.

To Your Inner Strength,

A handwritten signature in red ink that reads "Gregg Swanson".

Gregg Swanson
Warrior Quest Coach, Guide, Teacher, Mentor and Awakener
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408-871-8364