

**Building the Strength of Spirit Within
Philadelphia, PA
Saturday, April 29, 2023**

TOOLS FOR BUILDING THE STRENGTH OF SPIRIT

TOOL #1: Key Attributes of the Spiritual Warrior:

- Awareness
- Neutral Observation

TOOL #2: The Qualities of the Spiritual Warrior:

- Intention
- Impeccability
- Ruthlessness

TOOL #3: Spiritual Exercises: The first and last key for building the strength of spirit.

PARTNER PROCESS: Intention, Impeccability and Ruthlessness

1. Briefly state an area that challenges you, where you feel stuck or confused.
2. Now do a couple minutes of SE's (to move to a place of greater spiritual awareness and attunement, observation and acceptance).
3. When you are ready, apply the tools of Intention*, Impeccability and/or Ruthlessness (look for and cut away any illusions/ to your situation and describe your awarenesses (any new perspectives, choices, possibilities available to you)
4. What is the blessing that is present, the opportunity for expansion/upliftment, learning and growth in this situation/challenge?

*If you don't already have an intention, for the purpose of this exercise you can use the intention of using everything for your upliftment, learning and growth.