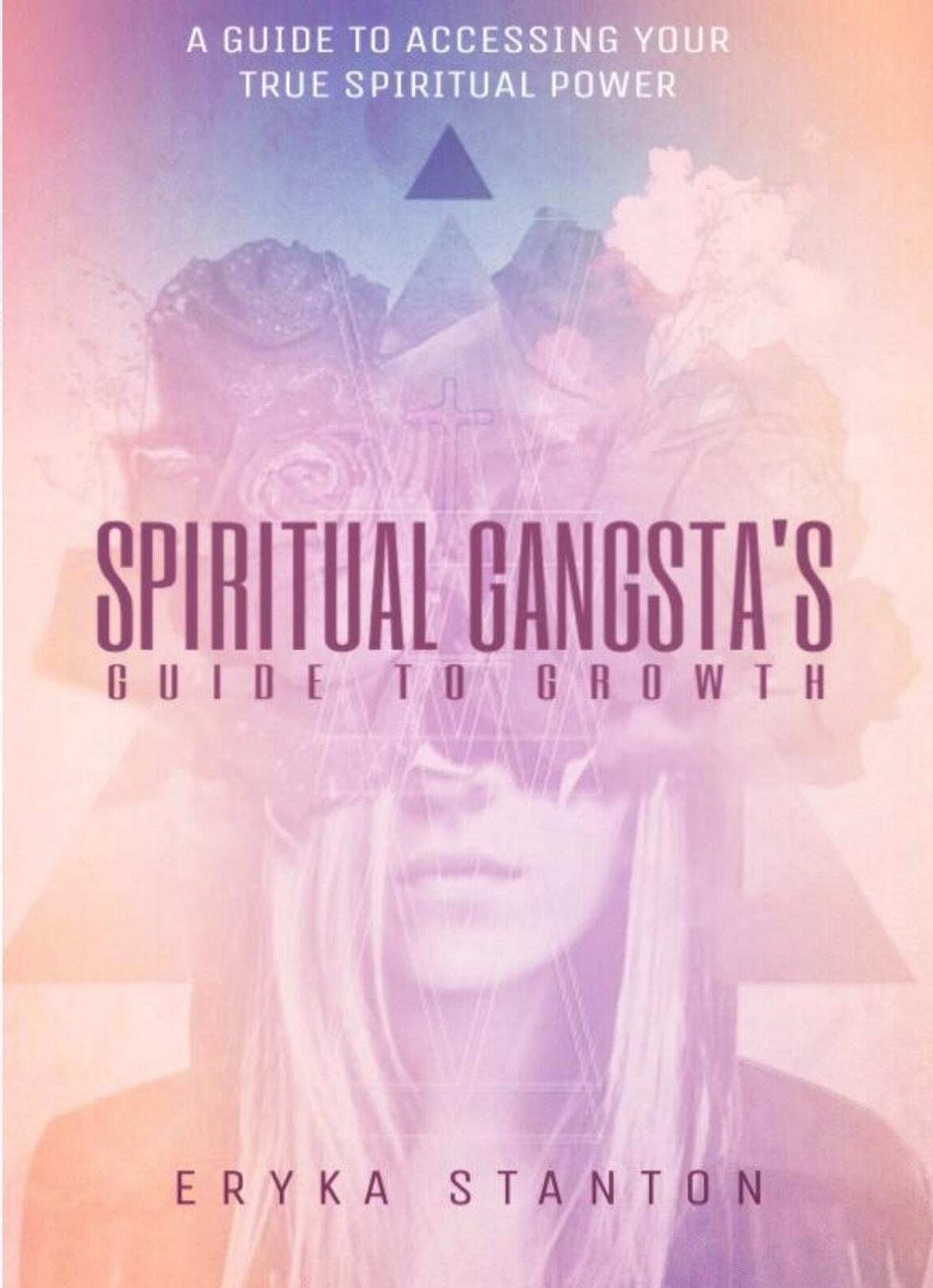
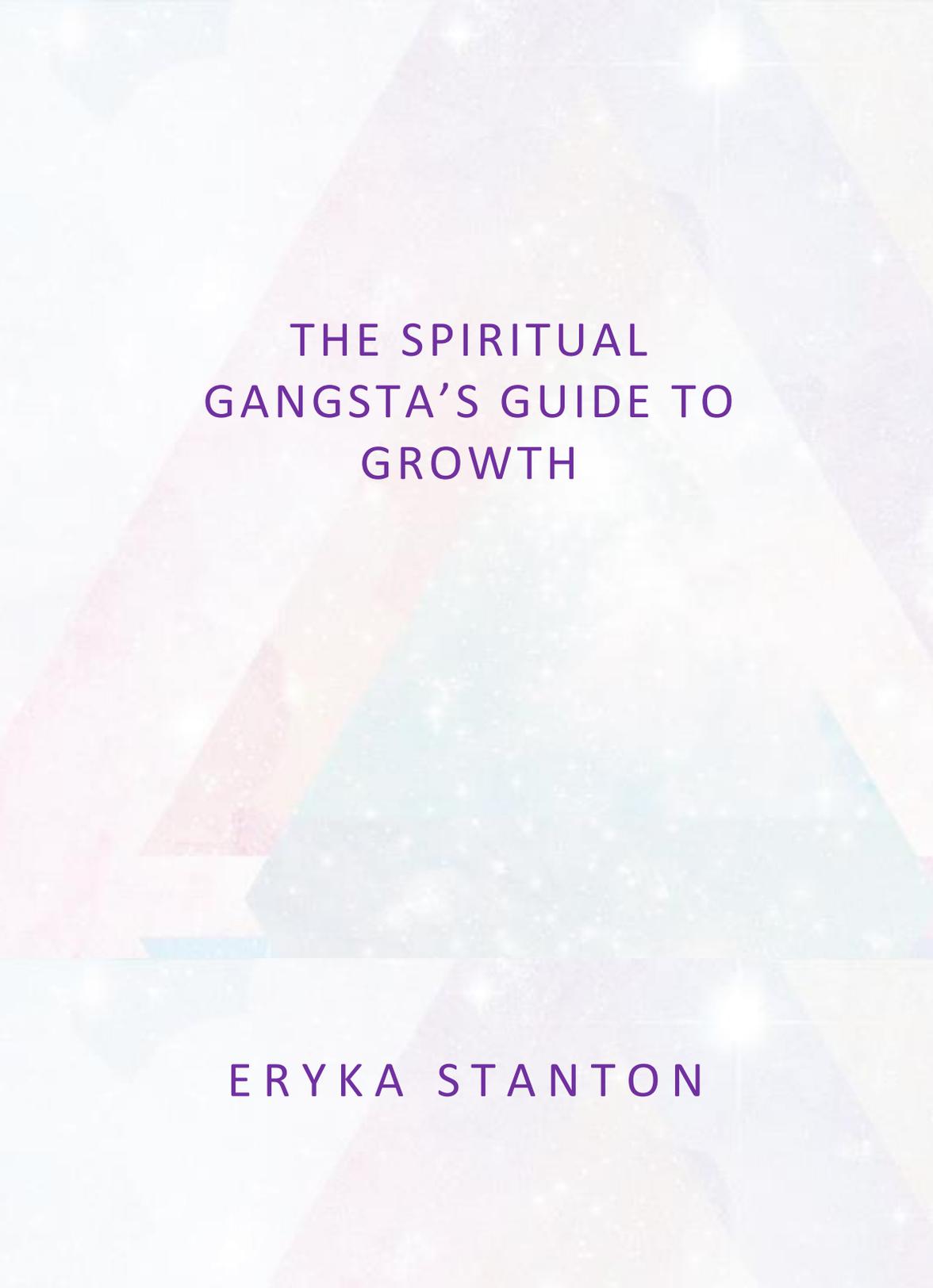


A GUIDE TO ACCESSING YOUR
TRUE SPIRITUAL POWER

The background of the cover features a woman's face with long, light-colored hair. Overlaid on her face and the background are various spiritual and geometric symbols. At the top center is a solid black triangle pointing upwards. Below it is a faint pyramid. A cross is visible in the center of the woman's forehead. The background is a mix of warm orange and purple tones with some abstract, ethereal patterns.

SPIRITUAL GANGSTA'S
GUIDE TO GROWTH

ERYKA STANTON



THE SPIRITUAL
GANGSTA'S GUIDE TO
GROWTH

ERYKA STANTON

Copyright © 2017 Eryka Stanton
All rights reserved. This book or any portion thereof
may not be reproduced or used in any manner whatsoever
without the express written permission of the author.

ISBN 978-194417150-06
Second Edition.
www.empoweredliving.com.au

CONTENTS

A Letter for You	7
Turn Your Magic On	14
Chapter 1 Getting to Know the Spiritual Gangsta	
<i>Your Inner Gangsta</i>	29
<i>Developing Spiritual Swag</i>	32
<i>It Ain't Rescue Remedy</i>	36
Chapter 2 Walking the Sacred Way	
<i>Being a Soul Powered Ego-Slayer</i>	43
<i>Soul Alchemy</i>	46
Chapter 3 Living the Spiritual Gangsta Life	
<i>The 7 Virtues of a Spiritual Gangsta</i>	53
Chapter 4 The Perfection of Your Design	
<i>Your Soul's Companion</i>	63
<i>You are Power-Full</i>	65
<i>Cultivate Soul Confidence</i>	68
Chapter 5 Passion, Purpose and Presence	
<i>The Cosmic Web of Destiny</i>	74
<i>Wake up! The Divine is Calling</i>	76
<i>Call in Your Tribe</i>	80

Chapter 6 The Power of the Heart	
<i>Prayer and Gratitude</i>	83
<i>Gift Yourself Forgiveness</i>	88
Chapter 7 11 ways to Expand Your Consciousness	
<i>Consciousness Detox</i>	93
<i>Intentional Living</i>	96
<i>Review Your Beliefs</i>	98
<i>The Power of Silence</i>	100
<i>Clear out the Cobwebs</i>	102
<i>Be in Awe of the Wonder</i>	104
<i>Respect Your Mother</i>	106
<i>Cut the Crap</i>	108
<i>Keep Moving</i>	112
<i>Breathe in the Light</i>	114
<i>Clear the Muck</i>	118
Chapter 8 The Final Chapter	
<i>Parting Words</i>	123
<i>The Spiritual Gangsta's Oath</i>	125
<i>A Concluding Prayer</i>	128
Chapter 9 Library of Inspiration	
Worldwide Wisdom	131
Acknowledgements	144
About Eryka Stanton	146

A LETTER FOR YOU

Think of this book as your companion as you navigate through the amazing spiritual quest that is your life.

I wrote this book to help you put an end to the soul searching and light chasing. You do not need to search for the light outside of you. Everything you need is inside of you in this very moment.

I hope my words help you realise soul surrendering will fast-track your spiritual development and consciousness expansion. The pages in this book are designed to help guide you through a simple process of surrendering to BEING THE LIGHT.

The first thing that must be accepted is that your outer life is merely a reflection of your inner world. There is no point in tirelessly scrabbling to manage things beyond your control. I encourage you to opt for the empowered path instead by taking control of yourself. By taking responsibility of your inner world of thoughts, emotions and actions you can create the life you desire and overcome the workings of your ego.

My hope is that this book will help you take a peak through the lens of love instead of fear. Get ready to see yourself and your entire life through an entirely different perspective.

Clear your lack mentality and get out of poverty consciousness. It does nothing to serve the world. In fact it does more damage if anything, so open up to receiving!

Don't let fear hold you back from unleashing your power. You were built to be authentically and uniquely you. Spread your mind and heart wide open and learn the mechanics of your own being so you can finally improve your life and spiritually unlock your potential. Create from your soul- centred self.

I have used the term '*Spiritual Gangsta*' to identify those that are ready to embrace their spiritual power but are also humble enough to realise they serve a very powerful infinite, invisible, sacred force. You may have an edge about you. You may do spirituality different to others. You may not be a stereotypical 'hippie'. I know that many are shocked to learn who I am and what I do because I do not look the part – as though all spiritualists walk around in robes!

The point is, embrace your own spiritual swag! Do spirituality in a way that feels right to you. You do not need to follow a tribe or embody the typical lingo or look of a spiritualist in order to feel accepted. This is the one thing that really helped fire up the power of my soul to step into a leadership role. I realised that I did not fit into a box. I melted in and out of practices and traditions. And that's ok.

This book has been written in the hope that it will awaken a dormant spiritual knowing and power in you. It is part book, part workbook so that you have some practical guidance. My hope is that the pages ahead will gently instigate an update in your consciousness and help you get back to listening to your conscience.

You and I are living at a very interesting time in history. There are many people in a state of unnecessary suffering in the world. We are all thirsty for more joy, peace and love but many people are misguided in their search for fulfilment and aim to quench their thirst with worldly transient pleasures.

I am deeply passionate about helping people realise they need to be the change in the world. It is important to understand that everything is by divine design. Our lives are run by a plethora of soul contracts and sacred encounters, each designed to serve the evolution of humanity.

As such, the struggle you have endured in life has helped you move into a higher state of awareness. It has made you wiser and stronger in spirit. Consider it free training for your soul.

Take a look around. We are constantly 'buying' ourselves self-esteem. The irony is that our ego is insatiable in its quest to be fulfilled. This is what leads us to get trapped into the rat race of always wanting more, buying more, owning more.

The truth is no amount of 'stuff' will ever quench that thirst. What we really need is for our soul to be nourished from the inside. Our soul can only be quenched by delving deep into connecting with our true self and activating the divine potential that sits within our soul.

We humans create wars, perpetuate greed, abuse, violence, engage in corruption and live in hypocrisy. We behave the way we do as a species not because we are inherently bad but because fear strips us away from our light and gives birth to shadows within us. We are in fact innately good. Our essence is goodness-or God-ness.

However, when we slipped through the veil of forgetfulness and took human form, we forgot our Divine power and submitted to the power of our survival instincts instead. Hence we are all deeply yearning to reconnect with this knowing.

Fear began to dominate our consciousness and we have been battling ever since to find a way out of the darkness, and back into the light.

The world needs an interdimensional spiritual intervention and that can only happen if we take the pledge to fight against our hive consciousness of fear and become containers of love and light.

We need warrior hearts and rebel spirits that instigate a consciousness shift by having the courage to change themselves. That is the definition of a '*Spiritual Gangsta*'.

Each member of your soul family have taken a spiritual pledge to willingly serve the GodFather (aka the Divine Great Spirit, Source, whatever you want to call it). You do this by directing love to all things, all beings, animals, nature and even to your own shadows.

I have dedicated my life to guiding people to expand and update their consciousness. I consider you a firefly. You all have the potential to spark an inner revolution both within yourselves and the people around you if you so choose.

So take the call. Set off on the mission to BE THE LIGHT in the darkness. The fact that you are reading this book tells me you have experienced some form of pain, fear or challenge in life that has made you want to journey deeper into yourself. Your ego has responded to a wake-up call. You are clearly in training for something extraordinary.

Pain may seem like the enemy but it is in fact a blessing in disguise. We are all wired to do more to avoid pain than to gain pleasure, and it is for that reason that our desire to change, grow and aspire for something more fulfilling is usually triggered from a negative place.

*"Sometimes we have to bump into things so we
can change directions."*

So thank God for fear, thank God for our shadows! It is the darkness that makes us run towards the light. Fear becomes the very energy that pushes us to expand our awareness and be inspired to seek out answers, to seek out healing and to finally surrender to the infinite power of the Divine.

It is this journey that ultimately leads us to invite the sacred to ignite the spark of LIGHT-LOVE energy and transform it into a constant burning flame within. That flame will set your mind, body and soul alight and fuel you to take inspired action. This is how you will discover the life you were created to live and the magic you were born to share with the world.

As you move through this guide, you will notice 'Gangsta Workout' signposts which indicate it is time for you to stop reading, reflect on the learning, take a breather and turn inwards. These exercises will help you convert your intentions into inspired action that will ignite your spirit. Get ready gangsta, you're about to get to know more about your sacred mission and how to fulfil it. Get ready to turn your MAGIC on!

ERYKA Δ STANTON

Turn Your Magic On

INTRODUCTION

*"Now it was me, with nothing but one bag of undies, flat on my back,
unable to do much at all...except pray."*

You, your life and everyone in it has been perfectly designed to help you unveil your divine destiny and fulfil your infinite potential. You signed up for this a very long time ago.

So are you obeying the signposts, or are you struggling, pushing and exhausting yourself trying to 'control' everything and everyone in life?

If only you knew how powerful you really are. You have truly been designed for greatness but sadly, you may not realise this divine truth.

Everything you need is inside of you in this very moment. You merely need to strip back the layers of fear and conditioning of the ego that prevent you from connecting to your soul power within.

From one soul to another, I want you to know that you are not alone in your struggles. There is nothing 'wrong' with you. This is all part of the human experience. You are being directed and redirected over and over again until you live a soul aligned life.

The only way to access your inner power is to experience a series of consciousness shifts that will lead you to unlock a deeper place within yourself.

In this very moment you are being called to elevate your thoughts, emotions and actions so they fall in line with your soul rather than your reactionary and fearful ego. You are being asked to expand your awareness, reboot your mental power and recalibrate your soul.

When life is just ticking along just fine, we have no need to seek out anything deeper. At this stage we are generally fulfilled with the worldly pleasures. Ego is totally pleased with itself and therefore you will not consider personal development, spirituality or reviewing beliefs and habits.

Inevitably however, a time comes when our ego needs to be shaken up and brought into balance. Sometimes we respond to small shake-ups and decide to make a change, and other times the universe decides to help us along by delivering a huge brick of “wake the F*!#@ up” through the window of our superficial life.

The sudden change or ‘crisis’ ends up being a huge turning point in your life, a huge catalyst and a divine invitation to go deeper.

What was the plot twist in your life that set you off on a spiritual journey? There were many for me but I *properly* arrived at God at about 29 -by then I was pretty much broken with nothing else to do but look within.

I will not bore you with the details of my victim story. Let's just say I was in no way aligned with my inner truth. I was processing the energy of a divorce, abandonment, heartbreak, abuse, betrayal, disconnection, depression, anxiety, hopelessness and confusion. My work, my marriage, my friendships, my body, my career, even my faith- all of it was about to get an overhaul.

The cherry on the cake was a health crisis that literally brought me to my knees - time and time again, year upon year, I struggled to function. I developed a condition that puts my whole being into a state of paralysis. My body was shutting down and there were times that I thought I would not get through, yet this proved to be the biggest of all blessings.

Losing the grip on my health put all the other perceived 'losses' in my life into perspective. It was then that I truly surrendered to the Divine.

Even though I 'thought' I was spiritual and had faith before 'the crisis', I was fooling myself. Now it was me, with nothing but one bag of undies, flat on my back, unable to do much at all...except pray. So pray I did.

A lot of volatile conversations took place inside my mind and heart!. My faith was totally schizophrenic. One minute I was in such a grateful place to be breathing, the next minute the reality of the destructive mess this life crisis left behind made me violently angry. I felt abandoned by God and punished.

The inner warfare that was going on between my ego and my soul was insanely entertaining. The reality show playing out in my consciousness was like a Jeckyll and Hyde show.

Ego was very dominant and persuasive in convincing me that 'my life was over, that I will never recover, I would never be functional again, that I was nothing to nobody, I was now totally useless, I am weak and life was not worth living anymore'.

Soul would gently make an appearance and dismiss all that by saying 'everything happens for a reason, you can overcome this, this is happening to help you grow, this is helping your spirit expand, you have incredible gifts to offer the world, you are loved and purposeful'.

"I learnt the power of inner watchfulness."

Prior to the proverbial hitting the fan, life was way too distracting and busy for me to pay attention to my soul so of course I had no need, time or interest in having deep conversation with an invisible God.

Things changed shiftily however. I had nothing to do, nowhere to be and quite simply did not have the energy to even do anything even if I desired to. So after much struggle and denial, I just accepted the situation. I accepted instead of resisted. I realised that I could choose to wallow in deep misery or choose to direct my

will and spirit towards elevating my thoughts, emotions and intentions towards the light.

I prayed and prayed. I started to ask for guidance. I did not demand how or in what form the answers would come. I just let it go and as soon as I did it seems the answers started to come in thick and fast. Sometimes the answers came in the form of absolute deafening silence. So I took that as a sign to just keep on doing what I was doing.

I took note of many signs, visions, insights, dreams and intuitions. I learned to discern between what was coming in to serve my higher self and what was tempting me to slip back into darkness.

It's a long story and too much to divulge here, however the blessing of this inner warfare helped bring into my awareness the reality of the inner civil war we are all battling in every moment of our life.

We are all guided in one way or another face our own personal tower card. We have to be broken open in order to contain more LOVE-LIGHT in our soul.

I faced the dark night of the soul head on. I learned to slow down, face my shadows, and concentrate on my inner world instead of the outer one. I learned what it meant to find strength in vulnerability and to let go of false perceptions and attachments.

I embraced the scars and allowed the light to creep through the cracks. I was broken together better than ever before. The Divine was whispering to me all along but my ego never let the power of those words find their way into my consciousness. I had to confront the truth in a way that would see me weave it into my soul.

"I had to tattoo the reality that I am infinite into my skin."

After that showdown, I no longer applied the same importance to what people thought of me, said about me, perceived of me. I didn't care about my belongings, my home, my car, my clothes, my 'stuff'. I didn't care about my career, my projects, not even the people that broke my heart.

Nothing really mattered anymore other than the fact that I had discovered inside of me a sacred space- a place inside the closet of my heart where I could have a mystical encounter. This holy place would allow me to be filled with infinite love, energy and courage.

I remember lying in bed contemplating all I had. On one hand I felt so rich with 'stuff' but instead of feeling an attachment to it, I used to imagine it all going up in flames. I felt total freedom. Complete non-attachment. I cared for nothing material or temporary.

This was the turning point. My body was weak but my spirit was being strengthened. My diligence in prayer and attention to my inner world slowly payed off.

I reached a point inside myself I let go of fear, of the need to belong, of the need for approval. I let go of my attachment to my physical form. My identity as a human dissolved and I was left with a powerful awareness that we are all just pure light energy.

My body was finally revealed to be a purposeful life-giving temple that contained the Divine spark of creation and nothing could compete with this. Beyond this, I realised it was not even 'my' body. It was a borrowed energy and costume, given to me so I could walk upon this earth and do something magnificent with my time here.

It was no longer about *me*, but about what was working *through* me. I started to recognise we all have a divine purpose. We are all servants for the divine.

"Choosing to love and be loved is a rebellious act these days."

I was going through a rebirth and like all new born, I had to learn to walk again. It was the tough-mudder of spiritual boot camps.

I thank God for that plot twist. I would not be who I am today had I not graduated from that training. I certainly would not be writing this book or helping people step out of their shadows and into their light.

Instead of post-traumatic stress, I was experiencing post-traumatic growth. I opened the window of my heart for the holy flame to finally enter and take residence in my soul.

The one thing I have learnt and continue to learn is that choosing to *give* and *receive* love is not so easy at times, but it is the most courageous thing we can do.

Expressing love is a rebellious act these days. It takes great strength to love yourself or another, especially in the face of fear, anger, shame, guilt, hurt or pain. The same applies for receiving it when you are so shit scared of trusting it or believing you are worthy of it.

All of us are in a state of suffering in some way, shape or form. When you accept this, you can move yourself to have compassion for the part of people that is so in fear that they have no clue how to climb out of the darkness of their own shadows.

Rather than choosing to focus on the darkness, choose to look for the light in others. It is always there. I call it 'looking into people' rather than *at* them.

By working with people at a soul-based level all around the world, I have realised that our questions, fears and challenges are the same. Our greatest fear is being unloved and our greatest aspiration is to be loved.

We perceive we are in pursuit of something other than love, however when you break it down it always comes back to love.

Our desire for acceptance, approval and connection is weaved into the primal fabric of our being. Whether we are aware of it or not, love is a life force. We are always seeking love.

We seek love through our work, our relationships, our community, our belongings, our titles, our projects or family and if this is not experienced in its fullness we carry wounds within that limit our own ability to fully love and accept and approve of ourselves. This can sometimes trigger self-sabotaging or self-destructive behaviour.

However, if our need for love is met, we feel nourished in the depths of our very soul, like we have been injected with life force energy. When we do not feel or experience love in the way we need, we compensate by wearing a mask of self-defence and self-protection but in truth we all crave to feel safe, valued and accepted.

Love is the answer to what our purpose is. Love is the answer to what the Divine is and Love is the answer to what WE are in our very essence. The more love we experience within, the deeper the union we experience with the Divine.

We are all forever seeking a connection but we are misguided in our pursuit. Although we seek it through other people or things outside of ourselves, our soul is actually seeking love within ourselves. We are yearning to be spiritually reunited with the Divine within.

Cultivating a spiritual connection begins with the idea that we are separate from God, but as you strengthen this connection, it takes you back to connecting with you own heart and realising God has always been loving you from within the secret closet of your own soul.

We have always been united with God, and in this union, there is a passion and depth of belonging and love that can only be dreamed of in human relationships. By stripping away our perception that we are not loved, not enough, not accepted, we move closer to realising there is no separation.

The love you will experience from this connection will fill every cell of your being with love like nothing else can. It meets all your needs. Your heart is the gateway to all the magic you ever imagined. It is the golden gate of creation.

The oneness of divine love fills everything. It is present within everything and everyone. It is in your every breath and in every cell of your being. It is in every leaf and rock, it is in every animal and person.

Yet, like a fish in water, we seek what is all around us. Divine love is within your own soul. Your soul has been called to go deeper. So dive deeper into yourself through your heart. Pull back the veil of your fearful perceptions and realise we are all love seeking love.

"It doesn't matter what your ego wants to call the Divine
as it is indescribable."

Through love and compassion you will learn how to gently dissolve your incessant "not enough" mentality and learn how tap into the unconditional, unfathomable, infinite pool of Divine Love that is all around you and within you.

It doesn't matter what your ego wants to call the Divine because technically the GodFather is indescribable, indefinable, unfathomable. Call it Spirit, the Divine, Universe, the Absolute, Source, God, Light, Great Spirit or Creator. It is irrelevant. Your soul knows this so do not be fooled into the first ego trap of worrying about the label.

As a spiritual gangsta, it is important that you avoid passing judgements on people's values and beliefs, nor should we feel the need to impose our own beliefs on others. Attach yourself to whatever feels right for you.

Peace, love, understanding and compassion is all we are here to share. So let us now focus on contemplating that *truth is truth* and it cannot be contained in one word.

The Spiritual Gangsta's Guide to Growth will help you catalyse spiritual evolution both within yourself and the world around you by helping you break through your inner glass prison of fear and conquer the great deceiver that is the ego.

The intention of this book is to help you orientate your intention and awareness to help you empower yourself spiritually.

Tap into your innate wisdom and allow your mind to open to the direction, support and confirmation in the following pages. The universe is conspiring to help you turn your magic on!

GANGSTA NOTES



**UNLEASH
YOUR INNER
SPIRITUAL
BADASS
SUPERNOVA
STYLE**

CHAPTER 1

*Getting to know the
Spiritual Gangsta*

*"She lights up the stage of life with the radiance
of her heart and soul."*

Your inner spiritual gangsta loves fiercely and lives fearlessly. She brings LOVE-LIGHT to all situations and is not just the master of her mind, she is also an obedient servant to her soul.

She is incredibly intuitive and lets no one and nothing turn down the light within her beaming soul. She is intimately connected to the Divine within her and around her. She is magnetic, strong, and innately powerful. She is resilient and honours her body as her sacred temple.

She serves the GodFather of cosmic creation by honouring the divine spark within her. Her only mission is in disarming her ego and empowering her luminescent spirit through the power of love.

She is always grateful, compassionate and committed to her path. She does not care to impress the world with her outer beauty. She is more interested in lighting up the stage of life with the radiance of her heart than the sensual power of her body.

A true spiritual gangsta is a warrior of the light. She endures setbacks, struggle and challenge knowing that it is all helping her unlock her soul power.

She understands that there are no real enemies in life, just teachers. Her greatest mission is to tame the only nemesis within – fear.

She is an ego slayer and shadow fighter! She cuts away the reptiles that consume her inner spiritual power by conquering everything through the power of Divine Love.

She is a new breed of hero, she is a soul-powered ego-slayer. Love is her weapon and faith is her shield.



- *What characteristics does your inner spiritual gangsta embody?*
- *In what way can you start to reveal her to the world?*
- *What challenges have helped you unlock your soul power?*
- *Consider making a shrine for this part of you to be reminded of your sacred journey.*



**DISARM YOUR EGO
EMPOWER YOUR
SOUL**

DEVELOPING SPIRITUAL SWAG

*"See yourself and all things with the spiritual eyes
of your heart"*

Embrace your unique spiritual swag. Walk and talk authentically. Do not feel the need to blend with the masses to feel that you are part of a tribe. Spiritual gangsta's are rebels and individualists in their spiritual pursuits after all. They do not bow to the physical world, nor do they crave worldly approval.

It is important that you decide for yourself what belief system and philosophy to live by in life. Compassion, loyalty, fearlessness, discipline, perseverance, gratitude and love are what spiritual swag is all about. Own it!

You have an eternal spiritual well inside of you that is the source of your creativity, energy and power. It will drive you to create the most beautiful and inspirational things in your life.

A spiritual gangsta's life is not a thing of passive luxury but of actively fighting the many faces of fear using your armour of faith. Be strong in your belief. Do not waver and be tossed around by people's judgements or life's challenges.

The good news is that moments of challenge, lack of purpose, clarity, direction, also brings you a gift. Take comfort in the fact that chaos precedes clarity. Those inner and outer storms are purposeful. Ego will be very eager to get you out of that place fast. It will entice you to want to run about looking for a solution to reclaim comfort and calmness. This is another ego trap. Notice how you dislike discomfort.

It is important to not try and rush through the chaos. Try to avoid rationalising or trying to find a solution too soon. It is in the moments that you feel least sure, least inspired or least clear that something brilliantly new will be able to drop into your consciousness. Before things make sense, they will be muddy and confusing. So do not be frightened by the unknown. Trust that a solution and an answer will always be revealed to you in divine timing.

'When you believe, it is then that you will see'

Spread ripples of love, compassion and positivity across the universe with humility and boundless joy - but do it *your way!* You do not have to conform to how everyone else does it. This is your unique way of loving and there are no two people that love the same so get creative about how you are going to leave your unique imprint on the world.

Notice and respect the spark of divinity present in all things. You can make a huge difference in the world simply by choosing to look *into* people instead of *at*

them. Do not demand to see it to believe it- instead believe it and you will see it.

Look at life through the lens of love instead of fear and see yourself and all things with the spiritual eyes of your heart. Choose what to focus on as you will always see what you are looking for.

"When you see life through the lens of love, you will be revealed the mysteries and magic of existence."

What you do with this new perspective is up to you. You may wish to share it, preach about it or perhaps silently keep it to yourself. What does matter is that you stay true to your new awareness and live it.

You may have started out a seeker or perhaps have found a path – regardless of where you are at, you must accept that you are being guided, supported and unconditionally loved.

Your life is a beautiful co-creative process with the Divine. It is a holy process of creation that serves to light the flame of other people's souls. If you limit yourself you are refusing to allow Great Spirit to work through you and others. Allow sacred energy to move through you and remain an open vessel for the Divine to reveal itself in the world.

*"Be bold, and walk your talk. Do love. Be love.
Be authentically you."*

Be authentically you as you walk the sacred path. The spiritual path is a personal journey. Do not sell yourself short, nor doubt yourself. Just step up and out and be the best radiant version of yourself. Light up the world with your unique light.



- In what aspect of your life are you selling yourself short?
- Say out loud that you surrender to being a divine instrument of Great Spirit. Then take one action to demonstrate your willingness to allow the creator's divine inspiration to work through you instead of blocking it.

IT AIN'T RESCUE REMEDY

"Being a spiritual person is not a 'get of jail free' card."

When life is going well we tend to forget God. The ego is too preoccupied by everyday life to listen to the whispers of the soul.

Spiritual connection oftentimes is only thought about in the midst of a crisis because it is then we recognise how powerless we are in our humanness. It's interesting isn't it. Every other time in our life we have a false sense of power, a false sense of grandeur.

That is why moments of struggle serve as blessings that they remind us to call on the infinite power of the Divine to help empower us. When our ego admits defeat we can start to allow the magic of the holy to weave its way into our consciousness.

Although calling on God in an emergency is a wonderful way to help you find your way through a dark time and can offer an abundance of strength and healing, it is important to connect and cultivate a relationship during ALL stages of life.

Try not to connect spiritually on a needs basis alone as this is what I call practicing 'reactionary faith'.

Spirituality is not a rescue remedy. Like any relationship, we must nurture a connection continually and consistently to keep it blossoming.

Like water we drink, that is a life force, we must walk to the well often and spiritually connect in good and bad times to keep thriving. Give thanks and bless all things in life always and use it as your healer when you need to find a way through the dark.

Being spiritual does not entitle you to an easy road. In fact the spiritual road is the warrior's path. Although having strong faith and a higher perspective in life helps you emotionally untangle from situations and offers a path to peace and happiness, it is not your ticket out of life's trials and tribulations. It helps offer you the tools to remain emotionally buoyant at these times however.

Be careful to not fall trap to the belief that bad things do not happen to good people. Being a spiritual person is not your get of jail free card in life. It does not guarantee you physical protection, less troubles or challenges. In fact, in some ways the spiritual path means your soul signed up for tougher challenges, more sacrifices and tests to disarm the ego and empower your soul.

Your title of *spiritual gangsta* shouts bad-ass soul powered ego-slayer! Be prepared to embrace the intense training of your spirit. Be aware of the divine assignments you are being presented along the way. Each one will reveal an inner vice you need to wage

your virtuous sword of your soul to conquer. Getting results does not come easy. You must be willing to take on some difficult challenges in order to advance and go deeper within.

Choose to look at everything with spiritual sight. Look at life symbolically and always come back home to your heart knowing that you are one step closer and clearer on being intimately connected to the source of LIGHT-LOVE within you. What symbolic messages are being presented to you?

Even in the face of very difficult times, you must always be curious about the blessing every situation brings. Get curious about the lessons your soul is learning. What is hunting you down to get your attention?

Discover the deeper spiritual blessing and higher purpose for all things including seemingly negative events. Do not take things too placidly but instead, see each moment as an opportunity to have a spiritual gangsta workout! Take it on with a sense of spiritual purpose rather than feeling defeated by fear.

Be glad to take on another divine challenge – that is what sets your soul on fire!”

You can let your life challenges crush you or build you. Choose spiritual victory over ego's love of victim mentality! Have unshakeable faith and intense appreciation for all that is. Be confident and purposeful

in your words and actions. No matter what happens in life, faith it 'till you make it!

Consciously choose to coat your words, thoughts and actions in hope, love and faith. Your actions will then be inspired by the grace within and be fuelled by passion and exuberance.

Your body is the sacred instrument for the Divine. Feed it the energy and nourishment it needs to be fired up to maximise the sacred juice you have been given!

"Remember to remain mindfully in the space of your heart through conscious self-awareness and inner discipline."

You may forget time to time that your soul's companion is on a mission so perhaps write this up somewhere to serve as a little course corrector when you need. Soul companions will come in to offer you the support, resources and encouragement you need throughout life, so reach out and call for backup when you need it.

You will recognise your fellow gangsta not by their looks but by their vibes. They have a certain spiritual swag. They beam from the heart. Your souls will magnetise even if you are working in different capacities because you have a similar soul mission.

Remember you are not competing but working together and have much to learn from each other. Lift each other up. Celebrate and support each other.

GANGSTA NOTES

CHAPTER 2

*Walking the Sacred
Path*

BEING A SOUL POWERED EGO-SLAYER

"Reign in your ego and ramp up the power of your soul."

Walking the sacred way of a true spiritual gangsta requires you to be dedicated to your personal spiritual practice and be willing to wage the sword of awareness on the lustful, greedy, prideful, arrogant and superficial ways of the ego.

You must be aware of how the passions of your ego are hampering your spiritual development. Be on guard to the ego's tricks and traps. The aim is to *exist* in the world but no longer be *owned* by it. The only way to achieve this is to notice how the ego lusts after instant fulfilment through the five sense.

Notice how the world is hypnotically convinced that happiness is derived by anything that tantalises our physical senses. Our hedonistic tendencies distract us from noticing the deeper, more fulfilling experience that is derived by feeding our soul.

Notice how you may be chasing after things in life that you perceive will make you happy. It may be a new job, car, title, clothes, house, social acceptance or more money perhaps.

We are misguided in our pursuit for lasting peace, joy and contentment because we are under the hypnotic effects of the ego.

To break through the conditioning, it is imperative that you learn how to reign in your ego and ramp up the power of the soul. I call it soul powered ego-slaying and it is a way of being bad-ass at conquering the fears that keep you trapped to your lower self.

"Be fearless in facing your inner demons. Kill your ego with kindness."

To achieve this you need to be willing to face your inner demons. You must have courage to face your shadows and shine a light in the dark. By facing and acknowledging your inner shadows you can begin to take the power out of your ego's grip over you. Self-knowing, self-compassion and self-acceptance is soul empowering. Owning your shadows is the most transformative process of soul alchemy.

Bashing yourself in self-hate and self-punishment only serves to perpetuate fear. Do not wait for others to come along to heal your wounds. Choose to shine a big, huge beam of LIGHT-LOVE on those inner shadows. Kill your ego with kindness.

Activating your soul power involves directing unconditional love to the very core of you that was originally wounded and offering yourself forgiveness for being lured by your ego to act out in ways that are not aligned with your best self.

Call on the unconditional and infinite love of Great Spirit to offer you the grace to fill what is missing in your soul.

Heal what has been wounded with divine unconditional love.'

Breathe into your heart and know you are growing merely by noticing that you have succumbed to your fears and lower self. Then take inspired action to prevent the same perception or weakness of spirit fool you into acting out in your shadows in future. Instead access the power of your heart to strengthen your ability to fight off those temptations by consistently realigning with your soul.

Every time you direct your energy and will in a way that is aligned with your soul, you are literally clearing out the junk in your consciousness so that grace can guide you.

As you puncture through the many layers of ego that are dimming your light, you will be revealed another dimension of soul power and potential in you.

SOUL ALCHEMY

*"We are forever drifting through the ego to reveal
the infinite light of our soul."*

Change is not a magical event but a series of peeling away anything that is not you. It is a process of inner alchemy. Your spiritual quest is an adventure and magical process of turning the lead of your ego into the light of your soul.

This adventure takes you through the mountainous terrains of your hidden wounds and connects you into your true essence. It is a process of recovering the person you truly are beneath all the layers of fear, insecurity, doubt, shame, guilt and pain.

Before you step into the pure wisdom of your soul consciousness, a clearing of the old muck will need to occur. Turning wounds into wisdom is a co-creative miraculous process of spiritual deification. Old wounds, fears, negative beliefs and trapped emotions must be excavated so they can be released before you will step into the pure wisdom of your heart.

This process can be very difficult because historical energy from our past rises up to be transmuted into love and forgiveness. Be kind to yourself as you go through the process of alchemy. There is an art and science to personal transformation.

Be willing to journey into your timeline to recover all your abandoned parts and soul fragments. As you heal and clear the negative imprints through unconditional love, forgiveness and compassion, you will be able to live your life from the intuitive wisdom of your soul rather than the distortions of the emotional and mental body.

At some point, old junk might resurface. You may think you have done your inner 'work' and healed certain parts of you. You may become confused as to why you may be re-experiencing old patterns or emotions. This just signals that you are moving through a deeper layer of awareness and are ready to transmute even deeper buried shadows into light.

Personal and spiritual growth requires a dedication to revealing the many masks of the ego to reveal the infinite light of your soul. It is an ongoing voyage. This does not mean you never heal, it just means your consciousness is ready to expand even wider.

Expanding your consciousness is the gift you give yourself and the world. We are living in an interesting time in history. It is the age of social, political, environmental and spiritual transformation.

The world is in fact at the precipice of an epic spiritual crusade. We are as needy, greedy, and entitled as never before.

We are killing off this magnificent earth, nature, animals, and each-other because we are fundamentally devoid of spirituality and too consumed by our ego. Our consciousness is thirsting to expand but the ego is holding it back.

Our finger pointing starts to turn on us when we accept that the world we perceive is just an outward manifestation of our collective inner soul disintegration. When we look out at the world and see conflict, anger, hatred, violence, corruption, poverty and other situations we are merely seeing the results of our collective psyche. That is why all change starts within. For this reason, it is important to be dedicated to healing yourself. See it as an eternal gift you give the universe. It is your soul's legacy.

"Be conscious about what you are broadcasting inwardly and outwardly."

You might question how you can be so significant, but do not doubt your divine purpose. When we are living in an illusion of separation we perceive we are all individuals that have no impact on one another. Nothing could be further from the truth. We are all one soul body. What you do to others, you do to reflection of your soul. All that you feel, think and do contributes to the collective unconscious that influences the psyche of every living thing on earth.

Imagine a huge invisible spiritual web that captures all the junk and is shaped also by all the good. You influence its effect on everything and everyone. You are a significant contributor to what this grid transmits, so be conscious about what you are broadcasting both inwardly and outwardly.

It is no coincidence you chose to live at this time. Your spirit has something powerful to gift this world. I am not telling you this to inflate your ego. I am not appealing to your ego right now, I am instead speaking directly to your soul.

Many people are chosen to fulfil a very specific spiritual task here on earth. Some are here to call others to take spiritual action in the world and maybe you are one of them. Irrespective, you are a blessing and you need to know that!

As a spiritual gangsta, you are part of a very important soul family that serves a collective purpose of being a channel for the Divine to express itself. Your body is the sacred mode of transport your soul chose to help you complete your soul contracts and mission.

As we grow, we aim to please others, our loved ones, family, friends, the world! We are like fools looking for fool's gold. Always searching and seeking outside ourselves yet forever unfulfilled. As you spiritually mature, and move up the mountain of self-awareness you start to shed those layers, illusions and needs of your lower self.

Your higher mind is activated and what concerns you now is coming into deep relationship with your SELF so much so that you transcend your ego and look inwards and upwards to connect with Spirit. There you find rest, fulfilment and truth. You are here to help the world cross the mystical bridge from the lower, survival mechanism of fear, to the higher, divine consciousness of love. We are all being called to view ourselves, each other and world through the eyes of God. We are being guided to activate our perfected soul (Christ) consciousness and recognise true power is not in earthly things, it is instead Divine Grace.

Ultimately your journey is a process of psycho-spiritual alchemy. You're digging deeper and deeper within to find the gold that rests like a jewel in your heart. As a soul powered ego-slayer you are transmuting denser energies and vibrations that are held in your body, soul and spirit into something more shiny and magnificent. As you purify from the inside, your life on the outside will reflect that change.

Real power rises from within. You don't have to push things to happen not be in a rush. Stop the struggle and accept that all power within you comes from the Divine and you are guided in your transformation. Struggle is from the ego. Flow is from the soul. There is no need to rush. You are exactly where you need to be in this moment. Everything is purposeful and everything is conspiring to help you unlock the mysteries contained in your DNA to reveal the thrilling potential that is YOU.

CHAPTER 3

*Living the Spiritual
Gangsta Life*

THE 7 VIRTUES OF A SPIRITUAL GANGSTA

Long before self-help gurus existed, the Samurai warriors of the ancient world took an oath to embody the 7 highly powerful virtues which became their life code.

The ‘Seven *Virtues of Bushido*’ was an unspoken law and philosophy in Japan that reached pop culture status. These dudes kicked some serious ass when they had to, but their foundation was built on non-violence and of course they did it in style.

The following virtues have been adapted from the Bushido to guide your path. Training like the Samurai in the seven keys of the soul will help you stay true to the path of a spiritual gangsta.

Applying these virtues will make an enormous impact on your life and the world around you.

1. INTEGRITY

Integrity is activated when your actions and are congruent with your values. As a spiritual gangsta, you must be clear on what your spiritual values are. It is crucial that you behave and live in a way that supports your core soul values. Integrity of character, having moral principles, being honest and committed is everything. Treat all people as you would like to be treated. Lack of congruence in your life is a huge destroyer of wellness as it leads to spiritual leakage and stress.

Walk your talk and ensure your actions and words are in alignment. Without integrity, you cannot uphold any of the other virtues. We often are not even aware of incongruence in our lives because usually it is so subconscious. For example, you may have identified compassion as a top core value. But do your actions support that? Do you do the things that are congruent with valuing compassion? If you don't, then you have a major incongruence in your life which affects your health and vitality.



- *In what ways will you begin to act with more integrity of spirit?*
- *With what values do you need to live more congruently?*
- *What fear is preventing you honouring your own values?*

2. COURAGE

Having warrior-esque courage gives you the wings to live life fully and passionately. It is the greatest manifestations of true Faith. It gives birth to a daring and strong spirit within. It allows you to be true to yourself and live, speak and act congruently with your highest values even in the face of potential or actual judgement or criticism.

Courage is the divine gift born of faith. Your infinite source of your heroic courage is Great Spirit. You extract courage by trusting in Great Spirit's omniscient, omnipotent, and omnipresent power and knowing that you are loved and divinely guided along your path. You become fearless by realising fear is false evidence appearing real. It is the poison of the ego and the antidote is your unshakeable belief in yourself. Courage gives your soul freedom to express itself in the world, as the creator intended.



- *What would you do if you had heroic courage?*
- *What fear is preventing you stepping up?*
- *What do you need to believe in order to have more self-faith?*

3. COMPASSION

Compassion is 'love in action' through deep understanding. A true spiritual gangsta uses their energy, will and spirit to serves others in a loving and caring way. Compassion is the greatest gift you can offer yourself and others in the world. By sensing and responding to the emotional and spiritual needs of others and yourself, you are surrendering yourself to be a vessel of Divine Love.

Sometimes compassion is expressed by silently loving another and holding space. We are all here to help one another embody more light. Action and inaction are required at times. If an opportunity does not present itself, go out and find one. The world is starved of it so there is no shortage. Compassion can only be cultivated in the heart by choosing to see the pain and fear that is behind people's ego based actions. Remember compassion is incomplete if self-compassion is not practiced also.



- *Who will you start being more compassion towards?*
- *In what ways can you start seeing others with the eyes of your heart?*
- *Frame a picture of yourself as a child. Refer to this every time you are unleashing your inner bitch on yourself.*

4. RESPECT

Spiritual respect requires acknowledging the divine spark of Great Spirit in all that is. Cultivating spiritual respect is the greatest tool you will develop. Being humble and treating everyone and everything with love, is a mark of a true gangsta. Respect is deserved by all and should be honoured at all times. Respect is the opposite of judging human morals and values. It is practiced by seeing beyond human limitations and shadows into the positive life force in every living thing. Be compassionately respectful to all beings and all things including the plant and animal kingdom and all of creation. Do not treat some nicely and others with contempt.

By practicing presence, and being acutely mindful in every moment, you will be able to tune your spiritual eyes into realising that each person, plant and animal is Great Spirit visiting you in physical form. In doing so you will be better able to express the mastery of your spirit over your ego.



- *What do you need to see in yourself to improve on respecting yourself more?*
- *How will you offer the gift spiritual respect towards the people that have hurt you in life?*
- *In what ways will you show more respect to animals or the environment?*

5. HONOR

As a spiritual gangsta, you have signed up to walk a divine path so it goes without saying that your soul must abide by a spiritual code. This means that you must honour your truest most authentic soul-self. This honour code upholds the qualities of discipline and dedication above all things. You must be willing to let go of the need to trade in your inner truth in exchange for other people's acceptance, validation or love

Aim to be true to yourself at all times- be authentically and unapologetically you. The decisions you make and how you express them must always be in line with this honour code. Your character and decisions are guided by Great Spirit alone so it is of no concern what other people think of you.



- *In what ways can you begin to honour the truth of your soul?*
- *What actions will engrave your spiritual values into your everyday life?*
- *Write an honour code that is unique to you. Place it somewhere visible.*

6. HONESTY

Honesty is the practice of spiritually mindful speech and expression. Be it inner or outer, you must be willing to be accurate, compassionate and brave. The spoken word in particular is a very powerful vibratory force in the universe. So be conscious of what your words are broadcasting to the universe and your subconscious mind. Be gently and compassionate when using your tools of expression. Your voice can be a weapon of the ego or a tool of for the soul. Use it wisely. Your word is your power so speak and act with dignity of spirit. Your courage is expressed when you speak your truth by first having the willingness to face inner truths. Speak with sincere openness and give others the gift of truth.

Where possible, ensure your words are dipped in kindness, gentleness and compassion- this applies to inner and outer chatter. Speaking and acting are seen as one. Honestly is linked to integrity. Watch that self-talk!



- *What words are part of your vocabulary that you need to eliminate?*
- *In what ways can you do love instead of just be love?*
- *Practice inner watchfulness so you can catch yourself out speaking negatively to yourself or others.*

7. LOYALTY

When you decide to be loyal to something or someone, you are essentially making a spiritually binding agreement that you will advocate, support or remain committed. It is important to remain fiercely loyal to your spiritual quest by directing love in mind, body and soul to the Divine. Your loyalty to appreciating and acknowledging the presence of the divine in your life is life changing.

There will be energies that try to tempt you into being disloyal. At times, you may be required to make sacrifices to ensure you are not breaking your loyalty. Often, the ego does not want you being loyal to your soul as this is the way you exercise loyalty to the Divine, so be on guard! Remember to take full responsibility for what you say, do, think and feel by accepting the cause and effect of your actions. Do not blame others, instead reflect inwards to learn and grow from the experience.



- *What ego-based sacrifices are you prepared to make to allow your soul to shine more?*
- *Who or what do you need to stop blaming and how can you take more responsibility?*

GANGSTA NOTES

CHAPTER 4

*The Perfection of
Your Design*

YOUR SOUL'S COMPANION

*"You are inherently purposeful because you are made
out of Divine love."*

Your body is your soul's sacred companion. Read that line again. Let those words sink in.

Value yourself and your body by showing it the love and respect it deserves rather than bullying it and treating it like a machine. Your body is not yours. It is borrowed. Everything is borrowed energy from the Divine. It is not mine, yours or anyone's. Great Spirit called dibbs on all that a long time before you ever did, so do not let your ego convince you otherwise.

As women, we are often hung up on needing to fit into being what society has deemed 'perfect'. We are so eager to be accepted and noticed for our 'beauty'. Women are so much more than that! We are life-bearers - we are not here to be merely aesthetically idealised trophies.

Submitting to the ways of the egocentric world cuts your connection to Divine energy. Do not value and worship the impermanent superficial world instead of your richly majestic inner world.

The media implant the idea that you are not pretty, enough, wealthy enough, intelligent enough, happy enough, worthy enough. This is what keeps the consumer machine alive! Wake up and realise how VERY enough you really are. Snap out of the mass hypnosis that keeps you addicted to perpetuating this fear in society.

You are incredibly sacred and important to creation. You are inherently purposeful because you are made out of Divine Love. Contemplate the ancient, primal wisdom that is encoded in your DNA. Think about the very long line of female warrior ancestors that came before you- that have birthed you. Your DNA contain their collective strength, wisdom, love, compassion, confidence and spiritual power. Take a moment now to contemplate the magnificence of that.



- *How are you treating your body as less than a holy vehicle?*
- *In what ways can you start to love yourself more unconditionally?*
- *What decision needs to be made to ensure you are nourishing your body with what it needs to thrive?*

YOU ARE POWER-FULL

"Your soul is the eternal spiritual fabric which is housed inside your body-costume."

You are a beautiful big bundle of LOVE- LIGHT energy particles vibrating at different levels. You are made of layers of energy that vibrate at different frequencies. Your ego perceives that your physical self is the real you but it is only a temporary form given to house your real infinite self. You are literally power-FULL!

Your energetic body is a complex mash up of your spirit energy, intertwined with your soul energy as well as energy gathered from nature, the greater universe, other people and energy from food and water. You are essentially a masterpiece of amalgamated cosmic energy which makes up your energetic anatomy.

Everything in this phenomenal cosmic universe is ethereally connected at an energetic level and you, me, we, are all part of this unified sacred field.

What we do and how we think, feel and transmit contributes to this infinite quantum soup that is the universe. Every perception, intention, thought and emotion has its own vibration and it can either enhance the soup or destroy it.

Your 'spirit' is your Qi or life force and your 'soul' is the eternal divine spark which is housed inside your temporary body-costume. Your soul will be released upon death at which point your energy barrier weakens and ceases to exist in a contained and concentrated form. Your spirit or qi energy is then recycled back into the universe but your soul is united with the light-consciousness of the Divine.

Your energy is never stagnant or still. All energy must keep moving to remain charged and firing. Energy can never be lost, it can only be transmuted. It can never cease to exist as it is merely recycled.

Before you came into being you were part of creation and after "YOU" is released back into the universal quantum soup of Great Spirit, you will again be part of this magnificent creation. You- the Soul, can never be destroyed. You are infinite and eternal.

No matter where you are along your spiritual journey, I encourage you to learn more about your subtle body and how it assists your physical self to function and thrive in this lifetime.

Your soul requires your body to be functioning at an optimal level to allow your soul to experience whatever it has chosen to experience in this lifetime. Therefore, you have a spiritual duty to take care of your body, mind, spirit and soul because it was gifted to you by Great Spirit.



**FAITH IT
'TILL YOU
MAKE IT**

CULTIVATE SOUL CONFIDENCE

"Losing the connection with the light in ourselves is what makes us lose our confidence."

Our greatest challenge as humans is to reconcile our perfect divinity with our imperfect humanity. You are divine, therefore your worth is inherent.

The best source of confidence is recognising the unconditional love of Great Spirit. When you connect to this source you realise you do not need to prove anything. There is nothing you need to become in order to be 'good enough', 'worthy' or 'loved'.

Our imperfect humanness is a result of the suffering we endure in our human form. We may not be born beaten up but life's experiences leave us wounded and scarred and as a result we appear to be something other than perfect.

Pain causes us to dim our light and close our heart down in fear. We harden up and step back and sabotage our own joy, health, opportunities and potential. We cage ourselves in to prevent ourselves experiencing pain ever again. We stick to the familiar, we are afraid to be broken and therefore keep ourselves limited. We

shit ourselves off and stop fanning the flame of courage. This is the definition of 'soul death'.

When we are wounded, we act out from our shadow self in self-protection and the world no longer sees the light that is still in us, instead all it chooses to see is our shadow and the perfection within is ignored. We do this to others and to ourselves.

When we shut down our heart and stop living with freedom in our soul, we lose the connection with the light in ourselves which is what makes us lose our confidence. We forget to see the light within and find strength in faith. We forget to value ourselves despite our scars, despite our shadows and fears and imperfections. We refuse to acknowledge our inner perfection and potential for greater light.

We stupidly value ourselves and others based on superficial things like what we earn, own or wear. We value others based on what they do for us and offer us.

We value such tiny little insignificant and impermanent aspects within ourselves and others that mean nothing in comparison to the Divine spark within. Our true value is not only in our light, it is also in our shadows.

Do not let others and the world have the final say on what your worth is. The world is living in a very limited state where all we perceive is separation instead of unity. This ego-based awareness is what infects us with the idea that we are not enough with our scars and all.

"Top up your self-esteem by allowing infinite Divine Love to fill your heart and empower your soul"

When you have low self-worth you are allowing your ego to convince you that you need to be someone else or something more. You project that insecurity and fear onto others which triggers the same effect in others and so on.

Stop focusing on the perceived shortcomings by pulling back the veil of illusion to reveal the beauty and perfection and inherent worth. Your perfection and your worth are never diminished no matter how many battle scars, no matter how much the world devalues you. In fact, your worth increases by virtue of what you learn through your trials and tribulations.

Your confidence and sense of self-worth is not based on the ego's accolades, titles, accomplishments but is instead derived by recognising yourself as a loved creation of Great Spirit. This is the best source of confidence and self-worth in life as it is not transient and dependant on the world but rather is tapped into the source of perfect Divine Love itself.

When you cultivate this sense of confidence, it disarms the ego from having so much power over you and you will be full of Divine love. You will be freed up to start to see yourself through the lens of love rather than through the lens of fear. This will have a dramatic effect on your

ego's pursuits. You will no longer be in need of love, validation or recognition from the outside world.

Life's journey becomes much easier and significantly enriched if you can learn to accept yourself for who you are. Depending on your current state of consciousness, it may be difficult to love and accept who you are. Take the time to count your blessings, be accepting of yourself and your level of consciousness.

Remember, you are loved, you are good enough, you are worthy as you are. There is no excuse to hold back any more. Live, love and create with passion, purpose and freedom in your soul, for your gifts are boundless and your heart is yearning to express its full range of colour.

CHAPTER 5

*Passion, Purpose
And Presence*





THE
ENTIRE
UNIVERSE IS
CONSPIRING
TO HELP
YOU EVOLVE

THE COSMIC WEB OF DESTINY

"Synchronicity is continually weaving its magic into your life."

Synchronicity is weaving its magic into your life. Divine meetings and meaningful coincidences are signs you are on path. Consciously tune into the mystical forces in your life and you will be validated of your connection and destiny.

It's truly awe-inspiring to experience those "WHOA" moments of intense synchronicity. There is a certain buzz that comes with knowing intuitively that the sacred encounters in your life have been mapped out a long time ago. In those moments, you are gifted a tiny little insight into the majesty that is this universe!

Great Spirit is a master at weaving together incredible synchronous events to make you connect to the right people, experiences, books, places and knowledge at the right time.

You will inevitably come into contact with soul companions and sacred teachers along your journey that each carry a spiritual message to steer your flow.

Synchronicity works through your intuition. Your intuition acts as a mystical inner compass, steering your soul in

the direction of your destiny. Notice what is working its way into your consciousness.

Although you may be tuned in to notice divine design unfolding in your life in present time, it is often much easier to notice how this sacred web has served you only when you look back upon your life. You will be able to notice the bigger picture and why everything unfolded the way it did.

You are always guided to be where you are meant to be, do what you are meant to do and meet who you are meant to meet. Life is so mysterious but moments of synchronicity serve as impressive reminders to 'surrender' and allow yourself to be carried by the Divine.

"Surrender yourself to being an instrument of the Divine."

WAKE UP! THE DIVINE IS CALLING

"Despite popular belief, your purpose is not title or role dependant."

Are you anxiously trying to work out what your 'life purpose' is? People often feel disheartened if they are not clear on what they were born to do.

We go out in search of meaning and purpose as though we do not already have it. Being temporarily human and being a container of light and love is innately your soul's purpose.

The ego is eager to attach itself to a grander purpose or title as a way to once again be validated. Your soul however is content and seeks nothing other than love.

Your soul understands that its inherent purpose is to express love at all times through its humanness. In time however, you will meet and encounter the right people, knowledge and things to give you the insight and momentum you need to explore how you are to unique express your love and light in this lifetime. Just surrender and trust in the timing as all will be revealed to you when you are ready to step into your purpose.

"Learning to love and be loved is your highest purpose, and what a significant one it is."

Ironically you do not chose a soul path, it choses you! And when you muster the courage to say YES and take action you will be filled with deep joy. It will nourish your spirit and you will have a clear knowing that you are actually saying YES to becoming an instrument of Divine will.

Nothing can surpass the sense of soul fulfilment that comes from living your soul's purpose. It is deeply enriching and soul igniting! Just be prepared to fend off your fears. Ego may sabotage your path as you will need to let go of the safety and protection and comfort and become empowered by your soul.

Expect yourself to become scared, doubtful, insecure, confused but DO NOT let your ego throw you off course. You have to notice the fear and do it anyway.

If Great Spirit calls you must NOT IGNORE and allow the doubt of your ego hold you hostage to fear. Step up and take the call of your infinite self. There will be NO greater call in life than this.

If you happen to have the courage of a gangsta but are just unclear on your path, then either the timing is off, you are not tuning in to the right station, or you are not trusting your intuition.

"Clear out the noise of the mind so that you can hear the pull of your soul."

If you are not clear yet, it's ok. Just remain open and pray on it, but do not allow yourself to get anxious and apprehensive. You must not allow yourself to think you are not enough or that you do not have a specific purpose.

"Be an undercover mystic. Bring LOVE-LIGHT into the world rather than waiting for others to offer it to you."

Your life purpose is not your job, it is a way of life. It is less about what you do and more about who you are that matters. That means that simply cleaning toilets is just as much an expression of love as feeding the homeless if your soul is active while serving. Treat all you do as an act of love and service and your life will be full of meaning and purpose.

Attitude is everything in life. Everything you do can be an act and gift of love. Simply align yourself with a higher purpose and see yourself as being a vessel for LOVE-LIGHT to express itself. Believe it or not, Saints reside everywhere and mostly in the places you least expect.

Be an undercover mystic. Bring LOVE-LIGHT into the world rather than waiting for others to offer it to you. You do not need a title to offer your Divine gift. Every

moment, in every breath you can BE love and DO love.

"Be the light."

You are a very important and valuable gift to the world. Every act of love and kindness and self-healing adds to the collective quantum matrix of consciousness and elevates humanity.

Don't wait to have a title to give you're the permission to express your soul's gifts. Do it now. Today. Wherever you are!

CALL IN YOUR SOUL TRIBE

Connecting with people of like-mind and like soul can be very empowering and assist you along your journey. It may be a difficult thing to find as you yourself are going through so much transformation and growth.

As you grow, expect that your connections with people will change. You may no longer jive with certain people. This is a natural part of growth and it is important to let go lovingly. So many people hold onto friendships that no longer serve or empower them out of fear. Notice if you are doing in your social life.

As you let go of people, you make room for the right people that are vibing on your frequency to enter. These people are here to serve you and you them. They will come in and out of your life to help you live out your full potential and purpose.

It is natural to notice the difference in people however choose to see the similarities with others instead. Stay grounded and do not let spiritual superiority creep in to make you judgmental as this is another ego trap. You may be consciously walking the path but that does not mean you are of a higher spiritual or moral standing than others.

You may not have identical beliefs and values but ensure you feel loved and supported, challenged and respected for your personal choices in life. Judgement of any kind indicates a lack of true unconditional love for who you are. You are here to love and support each other through all of life's challenges and not abandon each other because of a difference in personal values.

Connecting with your true tribe allows you to spread love and receive love in return. Be choosy about the company you keep as we tend to become who we hang out with most so choose wisely.

You will notice you feel more loved, empowered and braver when you have found your tribe. You can reveal all the previously hidden parts of you and know you are being held and understood instead of judged. Being vulnerable breeds intimacy and allows you to feel a deep sense of belonging, which helps you activate your Soul Power! Align with those that encourage you to follow your dreams, become a better version of yourself and be your authentic self.



- Be willing to go out to meet new people - be your true self.
- In what ways can you express your love towards your true friends?
- What kind of tribe do you want to call in and connect with?

CHAPTER 6

*The Power of the
Heart*

PRAYER AND GRATITUDE

Prayer and gratitude, when practiced correctly, are an *emotional* experience rather than merely an intellectual one. True prayer is an act of giving love rather than a request. It is a giving of thanks for all you are blessed with.

The act of simply closing your eyes and saying a prayer will raise your level of consciousness. There are many different ways to practice prayer and there are many different practices, that when combined with prayer, enhance the power of your message.

Reflecting on your life and consciously recognising and feeling grateful for everything that you have been given and everything that you have created can bring so much grace into your being. Reflect on family and friends that you're grateful for, old friends that you no longer connect with, deceased relatives that positively impacted your life, and the beauty of planet Earth.

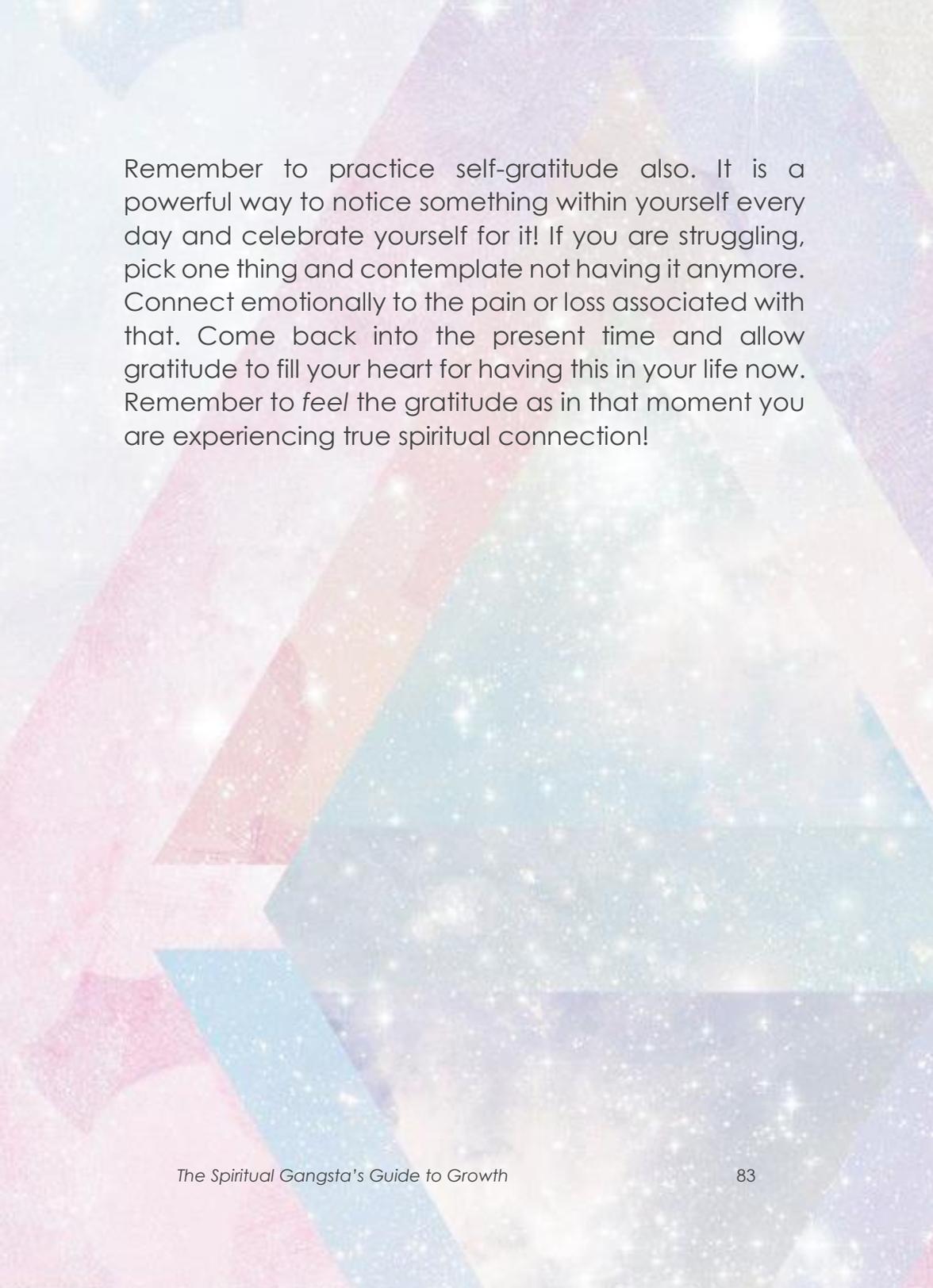
Prayer is the most potent tool of spiritual development available to you and it is the language of the heart. There are formal and informal ways to practice this and many of these are 'meditative'. In my experience, what you get out of prayer, is a direct result of how deeply you emotionalise your prayers.

Instead of simply saying a prayer from the mind, drop your attention to your heart chakra and feel yourself breathing in and out from your chest. Once you feel connected to this space, begin to say your prayers slowly, feeling the energy of each word.

Great Spirit already knows what you need so repetitively asking for what you want is not necessary. Use it instead to reach out and connect with and acknowledge the presence of the Divine in your life. You may wish to connect with your guardian angel/s also. Experiencing gratitude on a daily basis is a very positive, fulfilling exercise to practice and has a tremendous impact on your body chemistry and overall health.

Commence practicing emotional gratitude regularly. Buy yourself a notebook to use as a gratitude journal. Each day write three things that you are thankful for. For each one, take 2 minutes to contemplate why you are so appreciative of this and allow your body to really feel the joy of appreciation in your body. Let this feeling linger as it is an expression of Divine love.

There is always something to be thankful for. Look deep into everyday things that you may take for granted, including people in your life and yourself. Express your gratitude to the people in your life. Let them know that you love or appreciate them. As long as you're above ground, there is always something to be thankful for.



Remember to practice self-gratitude also. It is a powerful way to notice something within yourself every day and celebrate yourself for it! If you are struggling, pick one thing and contemplate not having it anymore. Connect emotionally to the pain or loss associated with that. Come back into the present time and allow gratitude to fill your heart for having this in your life now. Remember to *feel* the gratitude as in that moment you are experiencing true spiritual connection!



At the end of the day, sit in silence and gently sift through the events, circumstances and encounters of your day. Breathe deeply: in... out...

1. Give thanks for the blessings and gift(s) of the day
2. Celebrate the time or times when you felt loved, or loving
3. Notice times when you struggled to feel loved, or loving, some unrest in your soul, some unresolved tension
4. Ask Great Spirit what do I need to name and claim to be more whole today?
5. Allow a word or phrase, an image or metaphor, to come to mind. Begin to repeat it, slowly with your breathing; or picture it if it's an image.
6. Visualise yourself in some situation, acting as if you are already whole and improving on the situation.

GANGSTA NOTES

GIFT YOURSELF FORGIVENESS

Forgiveness is a divine tool to interrupt the cycle of suffering. Negative thoughts and emotions can easily lower our level of consciousness. Letting go of anger, resentment and hate is powerful way to clear out lower energies and make way for more LOVE-LIGHT to enter your being.

In order to rise, advance, and become a more conscious person, you must also be compassionate and forgiving towards yourself also. Any hateful thoughts projected inwardly or outwardly are a playground for shadow energies to feed off and prevent spiritual connection.

"You can only really let go by practicing deep understanding."

It is soul empowering to allow yourself to no longer keep yourself hostage to the past. Deep understanding and compassionate acceptance allows you to release lower energy and transmute it into love.

Remember forgiveness does not mean you are accepting the person's actions and behaviours. Sometimes you do not need to express forgiveness

externally. You may still experience emotions around the situation, however it will no longer have a dark grip on your heart or burden your soul. You are not forgiving the person's actions, you are forgiving the person's fearful ego that caused them to act out of their shadow self.

Experiencing this very profound art of soul alchemy is life changing and can help you heal every level of your being. In some ways, the gift of forgiveness is a gift we give ourselves.

Even if the person which you forgive still holds a grudge, don't worry about it, move on and accept that in time, they too will be called to advance in their consciousness. Do not force someone to forgive you. You only need to be true to your own soul. Treat others as you want to be treated and treat yourself as you would treat others.

Self-forgiveness is a powerful elixir to depression and is only experienced by accepting that you did the best you could during that stage of awareness. You must consider all things and aim to learn from the past and do better in the present and future. Forgiveness unburdens your conscience and reignites a holy flame to burn brightly in your soul.

*"Holding on to resentment and anger blocks your ability to allow this
Divine energy to fill you."*

When you realise you have gone against your own morals or value system, instead of bashing yourself to the point of hopelessness, chose to see yourself compassionately, through Great Spirit's eyes of love. Use this as strength to realign your soul and do better next time. The same applies to others.

Be mindful to not forgive as an act of self-righteousness or with conditions. True forgiveness means you no longer need to feed the fear of threat in your consciousness. Ego is squashed out of the memory when you truly forgive.

When you hear crazy and horrible things on the news, allow yourself to empathise but also be brave enough to forgive by looking past the event into the fear in the hearts of the people who perpetrate these horrible things. Have compassion for the part of them that is in suffering and living in the darkness of fear. Be wise enough to know that forgiveness is the only way to finally be free.

Forgiveness unburdens your soul, creates space in your consciousness and helps your soul realign with the light within.



- Remember a time when you were forgiven.
- Send love to the person you want to forgive
- Practice loving kindness meditation regularly- towards yourself and others.
- If someone hurt you, choose to look into the person to explore why they chose to do what they did and move gently into a place of understanding.
- What do you need to forgive yourself for?

CHAPTER 7

*11 ways to
Expand your
Consciousness*

CONSCIOUSNESS DETOX

By limiting your exposure to social media, news, technology and TV you free up mental, emotional and energetic space so you can cultivate a connection with yourself and the Divine.

Everything you listen to, watch and read, leaves an energetic imprint on your consciousness so it important to be very mindful about what you feed your being.

All of the negative views and conditioning that a person derives from engaging in these mediums can be a negative influence on your life unconsciously. It puts you into a trance and feeds your unconscious mind a whole lot of crap that is limiting your growth.

If you pay close attention, most news and music and media is appealing to the ego. I call the media the fear factory because it unconsciously activates our reptilian brain.

Researchers have discovered that watching TV stimulates the release of naturally produced opiate. All media use psychological tricks to keep people addicted and continue to filter our unconscious mind damaging messages that appeal to the lower self and your instinctual drives.

By unplugging, you will have a lot more time and space to be present and awaken consciousness and develop spiritually. Committing to a digital detox will help you remove mind parasites and you will be able to raise your consciousness much faster. Think of it as a consciousness detox.



Limit your exposure to news, media, social media and general online information for a week or two. Notice how lighter, more positive and empowered you feel when you are free from impressions. Notice how you feel when you reengage. Tune into any changes you pick up in your mindset.



**BE A
HOPE
DEALER**

INTENTIONAL LIVING

Set a positive intention each day that keeps you aligned with your ultimate spiritual goal. Like anything in life, if you lack purpose, clarity or intention, you can stray off the path. When you have a clear intention however, the entire universe conspires to help you. By deliberately sculpting your intentions, you can shape your life and align with your highest spiritual goals.

To consciously walk the sacred path of a spiritual gangsta, remember to frequently hold an intention to be tuned into the holy. Hold an intention to have the mystical revealed to you through intuitions, signs, synchronicity, dreams and psychic downloads to aid your soul's growth.

If you don't have an intention of raising your vibration, the process will continue to unfold unconsciously. You will continue to free-float through life without a real foundation of awareness or purpose until something drastic occurs to wake you up out of the waking sleep.



State your intention frequently. You can do it internally or externally by voicing it out a loud or writing it or simply by thinking it. This will make you more focused and aligned to your soul's mission.

- *You can ritualise you intentions by lighting a candle or saying an affirmation or prayer.*
- *Ask your personally assigned guardian angel to help you on your mission. Obviously, if you are reading this you already have the intention of raising your consciousness and your angels clearly manifested the information that you were looking for!*
- *Share your intention with someone in a way that will supportively hold you accountable to taking action. Do something to demonstrate your commitment to your intention.*

REVIEW YOUR BELIEFS

You do not have to believe everything you think and feel. You are free in fact to consciously choose what to believe. You have the ability to direct your thoughts and emotions, will and spirit in a way that is aligned with the truth of your soul. This is a process that helps you become the master of the mind instead of allowing your mind to master you.

In order to advance in life personally and spiritually, you must be willing to explore your core belief system. Invest in inner work to help you unearth what beliefs are disempowering your soul and are empowering your ego.

Your beliefs are energetic and chemical imprints within your psyche from childhood and require you to do some deep work to reengineer. By updating your belief system, you can consciously choose to create the life you want instead of running off an outdated belief system from your past.

Purge all your negative, limiting beliefs that are no longer helping you be who you really are. As you become more conscious, updating your beliefs will become a much easier, more natural process.

In the process of changing beliefs, choose beliefs that are empowering you to live and create what your soul desires.



- Identify one key negative belief that you have considered changing. Identify one thing you tell yourself often that is disempowering. Now challenge that belief by asking if it is a fact.
- What evidence do you have to prove that this statement is true. Now replace the belief with a positive belief.
- Lastly consciously look for evidence in support of the new belief. Make a concerted effort for one month to collect more and more proof that validates your new belief.
- This will help you rewire your brain through the process of neuroplasticity. The possibilities are literally endless. There are many effective methods that have been devised to aid in the process of changing your beliefs.

THE POWER OF SILENCE

Listening more than you speak can be a very empowering experience and can help you accelerate your growth. Conversations become ego based competitions all the time! Practicing active listening is a very valuable exercise in terms of accelerating your awakening and keeps your ego in check.

The constant need or want to take control of every conversation, or to be right can guide your consciousness down a shadowy path. Speaking is very important, but being able to listen more than you speak demonstrates your ability to be humble, compassionate and willing to learn.

Train yourself to be more consciously aware of others, while still holding the ability to politely contribute to a conversation. Believe it or not developing the ability to really listen with presence about what another person is saying takes significant conscious work and it is incredibly rewarding.



To counteract the ego getting involved in your personal interactions and relationships, make a conscious effort over the week to listen more often than you speak.

- Be present to conversations without needing to always contribute your views.
- Notice how much resistance you experience in this space or notice how much more power you feel by not speaking.
- Take notice of your need to speak and check in with yourself to explore what motivates the need.

CLEAR OUT THE COBWEBS

Cobwebs are a metaphor for describing past negative emotional baggage that needs to be cleared so you can move forward and expand in life.

More often than not, we are operating so unconsciously that we are not aware of our inner emotional cobwebs or blocks. Our mind purposefully blocks out pain instead of dealing with it. We all have subconscious blocks that have been suppressed and it is not until we start to journey inwards that we uncover what these are.

It is important to excavate your emotional self and clear your consciousness of negative remnants so you can be more aligned with your soul. If you allow pent-up negative emotional energy to build, it can become very dangerous to yourself and others and adversely affect your health and vitality.

All disease indicates stuck negative emotions in the body. Anxiety and depression are examples of frozen emotional wounds that haven't been fully released by your subconscious mind.

Sometimes some buried memories bubble up while you are meditating. It is best to seek out the guidance of a

trained coach or therapist to help you rummage through so you can properly release any negative stored memories in a constructive way. As you let go of these wounds, you naturally allow yourself to reach a higher state of consciousness.

You will be better able to express who you really are and reach your potential. Remember Great Spirit is always supporting you to let go of shadow emotions and breathe in more light.



- Start by being emotionally present to yourself and noticing if your body is telling you it's stressed or tense.
- Be present to being aware if any particular person, place or memory stirs you emotionally.
- I recommend you work through this by working with a trained coach or therapist, practicing meditation, journaling or through E.M.D.R, NLP, TimeLine Therapy, Hypnotherapy, EFT, Reiki or other alternative healing modalities.
- Speak to a loved one or simply take time to relax and do some conscious breathing.
- Start journaling and releasing unexpressed emotions safely.

BE IN AWE OF WONDER

Slow down, look at things from a loving perspective and with awe. There are miracles all around you in each moment and it is important to not take these things for granted. This includes the things you have and more importantly the people in your life. There is beauty all around you so start to take notice of it, just like a child.

Appreciate all you have. You may be unhappy with your boss but appreciate that you are being paid. You may not love where you live but appreciate you have a roof over your head. Stop and stare at the sunset or the clouds. Look at flowers, appreciate your body and all it does for you.

When stuck in a vibration of lower consciousness, we are often unable to develop the perception that allows us to see the little things in life as expressions of beauty.

Making it a habit to focus your attention and love towards things that are already in your life will work wonders for your state of being and will make you more aware of the divine expression that this Earth has to offer.



Make the time every day to notice the detail in things. Contemplate nature more carefully. Notice the perfection and connections.

- Go outside and take your time looking around. Notice how everything is connected by an invisible spiritual thread and you are an important part of the tapestry of this universe.
- Become grateful for your surroundings and what the Earth has to offer.
- Really FEEL the emotion of thankfulness move through your body. Allow it to fill you with joy.
- I really love just standing in the middle of the street when everyone else is rushing and the mere act of being still and noticing everything by stopping the clock is so powerful. Try it!

RESPECT YOUR MOTHER

Mama nature is the most magnificent cosmic creation. This planet is the jewel of the universe. As far as we know, there is nothing that compares. It is so rich in beauty, magnificence and perfection in design.

Unplug yourself from your computer, phone or iPad and connect to nature instead. It is a powerful healer, transmuter and spiritual activator. I consider forests nature's temples and feel so energised once I have had a nature hit.

This planet is suffering because of people's ego and our disconnection with the life-giving gifts of nature. We need to come back into balance within ourselves which means getting back to our source of life.

Instead of thinking everything we require can be manufactured, we must return to our roots- literally! Direct more conscious recognition towards mother earth because even the mere act of acknowledging its beauty will make you a more conscious individual.

As you connect and appreciate nature, your consciousness will accelerate. You will automatically start to relax and remember that you are also a part of nature. Play around like you used to as a child perhaps.



- Go for a walk and notice the beauty all around you.
- Breathe deeply and feel the energetic difference as you stand in the natural elements.
- Hold a leaf in your hand and notice its intricacy and perfection.
- Contemplate that all the insects, organisms, animals and plants are living creations of Great Spirit. They are all seeking survival.
- Get your body back in sync with the natural cycles of the planet such as the seasons.
- Connect with animals and be present to witnessing their spirit.
- Be conscious of what you buy and how you dispose of things and ensure you are opting for minimal or no negative impact on the planet or nature in general.

CUT THE CRAP

An ancient and proven method of accelerating your spiritual growth is purifying your body through fasting and detoxing. Fasting is an important ritual in all spiritual traditions. It is known that you can drastically clean your body of dense energies. This includes reducing your consumption of meat or animal products in general.

When you are eating animal products you are energetically also consuming the energy and cellular history of that animal.

These days we need to be conscious of what we eat even more as factory farming and non-ethical treatment of animals is affecting the emotional, physical and mental states of the animals we are eating, not to mention it is extremely inhumane and we should not be condoning this.

Cutting certain substances from your diet will give your body a break and also help you mentally break any attachment or addiction to certain foods or drinks. In particular, I recommend a fluoride-free water intake. Perhaps do your own research into this. I consider it an important aspect to your spiritual development.

It is important to treat your body like the temple it is. Your body is a complex system that houses the spark of Great Spirit so treat it with the utmost respect.

Purifying and cleansing your body will boost your current level of consciousness and help you build a stronger mind-body connection. Choose to shop and eat ethically and consciously.

To accelerate your growth in body mind and spirit, it is important to also be respectful and accepting of other people's choices without passing judgments.

Watch if your ego perceives you are somehow superior to others because you are vegetarian or vegan for example.

Most importantly, in order to boost your own level of consciousness, it is important to be fully aware of the food in which you are consuming in your diet.

A person is shown from the waist down, standing on a glowing, golden path that leads to a staircase. The staircase is composed of horizontal lines and recedes into a vibrant, multi-colored sky. The sky features soft, ethereal clouds in shades of purple, blue, and pink, with a rainbow-like gradient. The overall atmosphere is dreamlike and spiritual.

**VIBRATE
AT THE HIGHEST
POSSIBLE
FREQUENCY**



- Ask yourself: How will eating this affect my body, mind, emotions or overall health.
- How does eating this affect the planet?
- Did an animal suffer and die for my personal benefit?
- Be aware of where your food came from, if it has been chemically treated or altered, injected with additives or preservatives, and if it is healthy for your body.
- Choose to eliminate or reduce a substance that does not add nutritional value to your body
- Choose to fast from animal products at least once a week and in line with your own personal spiritual tradition.
- Cut out heavy chemicals in your shampoos and cleaning products
- Temper your need to overeat or overindulge.

KEEP MOVING

Your body is made of energy and energy must keep moving otherwise it loses its electrical charge. Your body was built to move! If you are stagnant then all parts of you will start to reflect the lack of electrical charge.

Get physical in any way that is natural and enjoyable. Dance, play, run, walk, jump. Keep your energy mobile and fluid by moving around frequently but also taking restful breaks to allow the energy to settle. Stagnancy nor over movement is good for you.

Do not treat your body like a machine. No matter what you do, be sure to allow your body to want to move without being forced.

"Move your body out of love instead of fear."

Forced movement and exercise can sometimes become more of a chore and it shouldn't become a negative experience

Mindful and healthy movement is necessary to ensure your energetic body is in balance. This will have a profound positive impact on your emotional, mental and physical self.

Movement is a spiritual experience as it is an animation of your spirit. You are enjoying being present in your body—costume and taking care of it so it can house your spirit longer. So move out of love of your body, not fear that is not enough!

Movement also positively impacts the way your brain fires and releases neurochemicals to help keep you well and happy. Healthy neurotransmitters and good circulation allows your nervous system to remain in balance which allows your spirit to thrive!

If you have consciously or unconsciously blocked movement and exercise in your life, you are causing yourself harm. Get help to break the patterns by going for a walk or playing a sport with one of your friends. Better yet, dance! It's so liberating and empowering, not to mention fun.



- What do you enjoy doing naturally?
- Schedule times throughout the day to consciously move your body- especially if you are in an office job. Get up for a little wander or stretch every 20 minutes
- Mix up your movement routine to include high and low impact movements
- Try different exercises or put music on and just allow your body to naturally want to shake it!

BREATHE IN THE LIGHT

Connect with the reality that in every breath, you are breathing in the light. The Divine breathes life into us through our every breath. Becoming incredibly grateful for the coming and going of this life giving gift of Great Spirit can unlock your intuition, passion and purpose. It is the force that animates your body.

Being aware of your breathing requires being fully present to notice your breathing pattern which is the basis of all mindfulness based practices.

Though something as simple as breathing in-and-out is an automatic function of our body, being aware of *how* you are breathing is important. Oftentimes ego has us so distracted that we are unaware that there is actually a proper way to breathe.

*"Being mindful allows you to continually bring yourself
back to the stillness within you."*

Proper breathing involves inhaling through your nose and exhaling through your mouth upon every breath.

The process of becoming more aware of my breathing through exercises like meditation and conscious breathing have significantly helped me increase my

overall level of focus, emotional stability, and level of consciousness.

The best way to focus on proper breathing is through mindful meditation. Learn to shift your focus on your breathing and the rise and fall of your chest.

Coming into connection and awareness with your breath helps you activate it as an anchor to help you stay calm, focused and mindful. Being mindful allows you to continually bring yourself back to the stillness within you.

Rather than letting your thoughts and moods toss you around in all directions, you can learn to stay with the coming and going of each breath and the life force energy flowing through you. If you find yourself distracted, just take a moment to notice your breath and bring yourself back, by noticing what you can see, hear, smell, and notice around you which brings you back into this moment of awareness.

It really doesn't matter how many times you have to bring yourself back. Each time you do so you're strengthening your awareness muscles so everything becomes easier over time. That is the practice.

So the next time you find yourself bothered by distractions of any kind, think of them as gangsta training. By coming back over and over again, you'll be strengthening your ability to stay centred.



Allow yourself to relax and begin a breath-awareness mindfulness meditation. You may wish to close your eyes to connect with your inner self. Bring your attention to your breath.

- Notice the air moving through your nostrils as you breathe in. Notice how you are currently breathing and how you are holding your body.
- Begin to comfortably inhale through your nose and exhale through your mouth.
- Breathe in the energy of love and feel it moving into your body and filling your being with a warm healing energy.
- Breathe out any tension or stress in the body. Be mindful of where your body may be storing built up stress.
- Speak to that part of your body and ask it to let go and release what you no longer need to hold onto.
- Breathe love into this part. Keep doing this until you feel the tension release.

GANGSTA NOTES

CLEAR THE MUCK

Keeping energetically and spiritually clean is one of the most important aspects of your spiritual development. It is often ignored or overlooked but while you are developing, you need to be protected from lower frequencies and outside negative.

You will become more and more in tune with your baseline energy and know when an energy that is not yours has decided to piggy back on your energy. This can leave you feeling drained, depressed, angry, fearful, envious, greedy or anxious. Generally it lowers your vibration and feeds of your fear-based ego.

As you know, everything is energy and we are constantly interacting and transmitting or broadcasting energy either consciously or unconsciously.

*"Thought forms linger and hang heavy in the air
like bubbles."*

Energy collects like dust both on you and in your surroundings. Your energy can pick up and carry many different energy frequencies as sometimes these energies can be contagious and sticky. They may be caught from others or things or places because as we know everything is carrying its own energy vibrations. Everything takes on an energy that has both intrinsic life force and what's known as 'accumulated' life force

which is essentially a cluster of everything that has ever come into contact with it. Sometimes these energies are not aligned to the light and can adversely affect your mental, emotional, spiritual and physical wellbeing.

That is why taking care of your energetic or spiritual health is so imperative. You must look after your spiritual hygiene so you can allow your physical and energy body to work optimally.

Spiritual cleansing can significantly improve your energetic, mental, and emotional self by removing negative elements you may be carrying. It washes away negative conditions that are blocking your access to LIGHT-LOVE energy.

You are literally wiping away all the dense debris that has accumulated over time from different experiences and objects. This can make you or your home feel lighter and brighter, it can improve your mood and release any uneasy feelings that may hang in the atmosphere.

Always, always cleanse anything you've dragged into your life: old furniture, books, jewellery, everything!

Prayer and smoking/smudging are two of the most powerful forms of spiritual cleansing. Both lift the negative or stray energetic debris creating a fresh and balanced energy.

I recommend doing this weekly or when you are feeling under the weather or need to clear the air. This should also be performed anytime you bring a new object into your life or if you move into a new space. This will disentangle your energy from that of other people and stop you from taking on the mood of others or keep you from feeling drained.



All you need is a sage stick or resin incense which you can buy from a local spiritual store but I prefer getting mine from a monastery as they are all natural and already blessed. This is important as some incense has been made and packed as an offering to their personal deities and this may at times be in conflict with your own beliefs or devotion to Great Spirit. Light your smudge stick or incense and begin wafting the smoke around whatever object you are cleansing or yourself if you are performing a self-cleansing. Allow the smoke to cover the object. You can also perform this simple ritual in your home by wafting smoke into corners, closets, doorways and windows. Make sure you allow smoke to creep into the dark places. Remember, if it collects dust, then it collects stray energy. Another way to cleans is by spraying salt water on objects or around you. You can also place a few table spoons of natural rock salt in the bath and take a salt bath. Epsom Salts work a treat for this. I like to sprinkle a little salt in spaces I feel are carrying heavy energy. Works a treat!

Prevention is the best medicine so put on your spiritual armour. Take some deep relaxing breaths and close your eyes. Drop our attention to your heart and focus on your breathing, allow yourself to relax. Ask for divine protection. You may wish to call in Archangel Michael or your guardian angel to offer you protection by sealing your energy. Begin by seeing a waterfall of pure, white light flowing from Great Spirit down to the top of your head and all around you and even direct that light to envelope whatever you are wanting to spiritually protect or cleans. The white light will create a spiritual force field around the object of your visualisation.

Please note: The most powerful form of protection is staying in vortex of love. By maintaining LOVE-FILLED emotions and thoughts you will not be as susceptible to dense low vibe energy.

CHAPTER 8
Final Thoughts

PARTING WORDS

Life is full of opportunity! Do not let fear, doubt and insecurity stop you saying “YES” to life. Decide not to let illusions hold you back from living out your divine potential.

Ditch the fear, the masks, the people pleasing, the inauthenticity, the conformity, the addiction to being liked and accepted. Forget fake smiles, fake kindness and automatic nodding in polite agreement to everything. Stop living like a robot that has been programmed to do and be what everyone else expects. People pleasing is not your life purpose. Being authentically and unapologetically YOU is your purpose and let me tell you it may piss some people off but that is ok.

You may lose some people along the way, but you will gain people who will be more aligned to your true self and support you in discovering even more of you essence. Rejoice in the shedding! It means you no longer need to fake your way through friendships, jobs or life! It is a powerful detoxing of the soul.

Your ego may freak out in fear when you shake things up. Be kind to yourself as you are breaking the conditioning that has seen you become so needy of validation from the world.

You will get through it because your soul knows you crave freedom from that! You are in your very cells yearning to run wild and free.

As a spiritual gangsta, your soul knows its real duty is to be true to your inner self. You are on a deep soul mission back home into discovering the real you. So say yes to un-learning how to be universally accepted. Say yes to shedding skin. Learn to be ok with not being liked, loved and approved of all of the time. You are not here to live like a spaced out zombie that simply conforms to what everyone wants.

You may occasionally get angry, stressed, frustrated, perhaps even hurt or offended. It's ok to speak and live your truth. We are taking life too seriously, so disrupt the conformity and control and don't be afraid to step up and out. Disrupt the ego and empower your soul!

Live life with soul fierceness instead of ego's addiction to needing approval. Be raw, be real, be you. Be true to who you are. Heaven can be yours here and now, just reach for the stars and be led by your soul.

THE SPIRITUAL GANGSTA'S OATH

- ✓ *I accept that my essence is pure LOVE-LIGHT. I am a spiritual infinite being of light having a sacred physical experience.*
- ✓ *I recognise that I am here to complete my sacred contract and accept that every challenge is helping me activate my soul power.*
- ✓ *I see the divine spark of light in all people, animals and nature.*
- ✓ *I avoid judging others and extend compassion to all beings.*
- ✓ *I see all people as my teachers and remain curious as to what awareness they offer my soul.*
- ✓ *I promise to treat my Self with compassion, kindness, respect and love.*
- ✓ *I accept that love is my only weapon and faith is my only shield.*

- ✓ *I will cultivate a connection with the Divine consistently through practicing gratitude and prayer.*
- ✓ *I aim to remain in my light in all situations. I aim to bring love to all situations.*
- ✓ *I am committed to the process of self-discovery and self-mastery by disarming the ego and empowering my soul.*
- ✓ *I will attempt to live my life as a mainstream societal outlaw, living outside the constraints of shallow ego based living.*
- ✓ *I understand that the spiritual journey never ends.*

Sign _____

Date _____

A woman with long, wavy hair, wearing a blue, textured dress, is looking upwards against a bright blue sky with soft, white clouds. The image has a soft, ethereal quality with a slight color cast.

**PAY MORE
ATTENTION TO
YOUR CREATOR
THAN YOUR
CRITICS**

CONCLUDING PRAYER

Oh, Great Spirit,
whose voice I hear in the winds
and whose breath gives life to all the world, hear me.
I am small and weak.
I need your strength and wisdom.

Let me walk in beauty and make my eyes
ever behold the red and purple sunset.
Make my hands respect the things you have made
and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have hidden
in every leaf and rock.

I seek strength, not to be superior to my brother,
but to fight my greatest enemy - myself.
Make me always ready to come to you
with clean hands and straight eyes,
so when life fades, as the fading sunset,
my spirit will come to you without shame.

//

American Indian Lakota
Chief Yellow Lark - 1887



CHAPTER 9

Library of Inspiration

WORLDWIDE WISDOM

In the following pages, you will find a collection of quotes, tips and wisdom from people around the world. Some are original quotes and some by published authors. It is so inspiring to be able to share the words and advice that have in some way offered strength and empowerment to many.

We are ultimately all here to help one another evolve and experience joy and I hope that putting a name to the words will help you form a connection with your fellow spiritual gangsta's from across our magnificent planet.

I am so excited by the profound words of wisdom that rest in the hearts and minds of so many around the world. You are all inherently wise and your words deserve to be shared. Remember, you are here to live a magical and phenomenal life so lean into life with your heart chakra open.

My sincere thanks to all those that have submitted their entries. They are not listed in any particular order. I am so honoured to be able to include this in the guide. Keep being inspired and inspiring others. Get out there and shine that amazing light of yours.

Tracey Gantt Madyun

Don't worry about HOW it's going to happen just concentrate on what you WANT to happen.

Michaela O'keefe

I just listen to myself I won't have to manage the symptoms of not listening to myself.

Keishia PoetikDiva Gresham

We must treat life like a BUFFET and be extremely careful what we FEED OUR SPIRIT daily.

Shay Mystery Maxwell

Life is a series of realizations, the more you realize the more you know, the more you understand, the more you understand the wiser you become.

Toni Dent-McNair

We can't see things until we grow enough to gain a higher vantage point. Until then, we must trust our spiritual brothers and sisters to help us. Appreciate and value their assistance.

Julia Harrison

Every moment of every day is a chance for us to dive in to the divine fullness of who we are.
All it takes is a smile.

Karen E. Barnes

An accident is a fool's explanation for destiny.

Sandra Bilokonsky

Self-love tip: look at yourself in the mirror in your eyes and tell yourself 3 things. I am a good person I love myself and that someone else in the world loves me too. I have been teaching this to kids for years. It is a great self-esteem builder.

Stephanie Mattson

Everything will be fine in the end. If it's not fine, it's not the end.

Author Maxine Gray

Debbie Hallett

Be Clear of Mind and Pure of Heart.

Pamela Jean

To fully understand how to grow you must fully understand how to flow.

Natasha Gibbins

Leave your smartphone on the desk and take your imagination with you on your next coffee break.

Switch off and dream away.

Where will your imagination take you today?

Sue Raffan

If you can help to grow me, then please show me.

Kimberley Barletta

In life sometimes we don't stop and look around at the blessings we already have. Instead we focus on the future that doesn't yet exist. All we need to do is just be and live in the present moment and take time to realise you may not know what you've got until it's gone.

Veronica Pacella

Follow what lights you up and you'll light up the world.
Author Rebecca Campbell

Josie Pay Bartjes

Daydream your life into reality.

Kat Wheeler

Everyday learn, grow and teach what you know.

Bobbie J. Pemberton

Your spirit rides around in your animal body. The body is like a pet. Take good care of it on Earth, so your spirit will thrive!

Irimi Kalis

Be your authentic self from the heart. Give yourself permission to be whole, enough, worthy. You are the real deal! Free yourself from what others say or do and be you now!

Dominicka Youngs

Like a surfer who wants to ride the endless wave, you must first prepare yourself before you jump into the ocean with your board. Sit on the real or imaginary beach for a while and contemplate the tide. Watch the currents and see how the other surfers fair under the prevailing conditions. You will find that the more preparation you do, the more secure you will be when you hit the water.

Astrid Vazquez

Take a moment...Make yourself completely vulnerable. Stop, take a breath and when you begin to release; resonate love.

Chloe Lycett

536BOnce you take responsibility for your own actions, you come to see that you have no control over the actions of others. You can't let that get you done. Just try to live everyday being the best version of yourself.

Maree Walker

Empower yourself to empower others.

Luda Stoianovski

539BEvery challenge life throws at you is an opportunity to become bitter or better. I choose better!

Chris A Zervas

541Bsmile and take care yourself because no-one else can do it for you.

Dora Bebonis

543BKnowing yourself is the beginning of all wisdom.
Author Aristotle

Alyssia Richardson

Stop flowing through your days like you don't have shit to do. Live your purpose. Change the world.

Sheronda L Barksdale

On your path to spiritual awesomeness, it is important to create a vision board, or visual representation of what you want your life to look like. Not only will you experience an insatiable hunger to see the vision realised, but you will also begin to draw every necessary resource to reach the goal.

Julie Hawk

I am the universe that creates the universe.

Juaniqua Lov

In order to establish spiritual growth, healing has to take place. You are powerful enough to heal yourself. All you need to do is start with forgiveness of self, doing things that once made you happy effortlessly.
That's my religion, forgiveness.
Author Queen Niqua

Rebecca Reinhard

Make your actions so clear that an honest person will not misunderstand you and a dishonest person cannot misrepresent you.

Author unknown.

Kelly Williams

Golden rule: Learn to pray about it instead of talking about it. Some situations are better left unsaid and best for bowing our heads.

Prayer is everything.

Jessica Cain

Always remaining in the spirit brings wisdom a place to settle. Our spirit is eternal, our body is a dwelling place for it. Growth comes when submission to Christ's will for our life is received gracefully.

Candice Yeager

To be true to yourself is the ultimate gift of passion, love, acceptance and grace. It will open doors to unlimited opportunity and will connect you with your higher self and the divine.

Tatiana Stoianovski

554BWhen things fall apart, don't fall with them. Instead, use every fallen brick to build yourself a stronger, better and more flexible foundation than the one that held you up before. Because when you use every fall as an opportunity to rise with greater faith, patience, humility, strength and compassion, there is nothing in life that can truly bring you down again.

Heidi Corenlissen

Watch trees in the wind. They stand tall, yet also bend with the resulting leaves and moving branches. The sun can even change the colour of the leaves, but the tree remains- a tree. Birds come and go, resting and moving on. But the tree remains unattached and unaffected. Standing in your true spiritual self is like this.

Anah Epifanidis

Enlightenment comes from the questions,
not the answers.

Bec Roberts

I choose a miracle mindset.
I allow my fear to dissolve in the light of love.

Katerina Komninos

Life is a one-way street, no matter how many detours you take, none of them lead back. So enjoy every moment, as none will happen in the same way again.

Darlene McGarity

Everyday be in nature and talk to the animals, trees and water. They listen, and if you listen, you'll hear them talking back.

Kathy Benderli

Fear fades but strength grows.

Giselle Endres

Your garden is your very own reflection pond for your life. If you neglect it the plants will shrivel and die and the weeds will take over. If you tend to it every day your plants will thrive and give you joy and the edible ones give you food. You reap what you sow so look after yourself like you should a garden.

Jodie Landers-Glasson

Ego is as toxic to a fulfilling life as water is to fire.

Naomi Youl

I couldn't care less if you want to wear a shit load of makeup. I just want you to love yourself without it!

Michelle

There are three things that will endure, faith, hope and love. And the greatest of these is Love.
Corinthians 13:13

Luci Ritosa

Whatever you believe, that is what you will create.

Tabetha Wright

Peace will touch you in a way that pleasure never has. And his mercy will deem you innocent. The love of a father can save a life and provide a future.

Anne Michelle G Bonanno

One night a man had a dream. He dreamt he was walking along the beach with the lord. Each scene of his life flashed before him across the sky. He noticed two sets of footprints in the sand. & other times one set. One belonging to him. & the other to the lord. Jesus.

He questioned the Lord about it. & said " Lord, you promised me that if I decided to follow you, you'd walk with me all the way. ". But I have noticed that during the most troublesome times of my life, there were only one set of footprints in the sand. Why when I needed you most you have not been there for me? The Lord replied," My precious, precious child. I love you & I would never leave you. During your times of trial & suffering when you see only one set of footprints, it was then that I carried you.

Author Mary Stevenson

Victoria Connor

Bad things happen for good reason. You just have to find them. You have to walk the lowest valleys to climb the highest mountains.

Sonam Lochan

It is important to recognise that being strong encompasses cutting out toxic people from our lives and distancing ourselves from negative situations. It serves as a type of emotional decluttering. In turn, it gives us an opportunity to clear a space for more loving people and uplifting situations.

Mary-Rose Godsell

Those who go before us gift the knowledge. We are equal in value as humans and just being alive is our purpose.

Katrina Calvin

Trust is to rely unto spirit totally.
Author Christy Whitman

Sandra Bilokonsky

Mantras for empowerment are great. It helps you focus on what matters. Don't try to focus on quick fixes because for every action in life there is a reaction.

Trelani Michelle

I want to speak on stuff sometimes, but Spirit be like, "Leave that shit alone, hear? And I be like, "Yes, ma'am."

Shay Mystery Maxwell

Life is a series of realisation. The more you realise, the more you know, the more you understand. The more you understand, the wiser you become.

Blanna Gkoutzioti

If you think that someone tells you a lie, you are wrong. This man tells you his own truth as he would like it to be, even if it is not your truth.

Sarah Cassandra Ann Hicks

Stop staring at your feet and look up and see all the beautiful things in life.

Maya Giampa

Change IS Growth. Do not fear it, be open to it. At every single moment we are given a choice to be open to change, to grow, to experience, to allow, whether it is a thought, an action, or a reaction. We choose to allow and be open to change, to embrace it even if we don't understand it, to trust the process and the journey or we can stand stagnant and watch it pass by or allow it to limit and define us. As John Maxwell quotes, Life is Change, Growth is Optional. Choose wisely. Affirm I am allowing and accepting change into my life. I open myself to the limitless possibilities and opportunities. Change is growth. Change is safe. Change is welcome.

Abigail Rakhlin

“Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong.”

Author Mandy Hale

Alisa Rae Chavez

Do not let them dim your light because they fear themselves.

Megan Robinson

My most valuable tip for spiritual growth is to use your voice by speaking your truth lovingly and with confidence. I understand it can be daunting to speak of such things that you feel the world is not prepared for and may judge. However, my advice stands as this.

Use your voice to let people know who you are; a spiritual being having a physical experience. This opens the door for you to be a loved one, a friend, a guide, a mentor and a teacher to all those we speak to. So my friends, speak lovingly, speak truthfully and speak confidently about who you are and watch as the right people are guided down your path and in turn, watch yourself grow each day with love and light emanating from your heart. Remember that you are a beautiful piece of the universe wrapped in skin and you too are forever growing and expanding.

ACKNOWLEDGEMENTS

I have deep gratitude for every person, teacher, healer, sign, synchronicity angel and experience that has crossed my path.

To my husband and soulmate.
The light of your love dissolves all fear. I could not have done this without you.

My deep unconditional love to my family who have been my greatest healers and my brightest lights.

A special appreciation to my friends whom have brought joy and laughter and touched my life in a profound way.

Special love to my clients for inspiring me. You are amazing representations of soul power in action. Thank you to all who contributed quotes to this publication.

A very special and heartfelt thanks all those that have offered me the gift of pain to help me grow.

Above all else,
I thank GOD for giving me the gift and miracle of life on planet Earth.

With love, light and good vibes,
Eryka Stanton



ABOUT ERYKA STANTON



ERYKA STANTON- a passion-fuelled teacher, coach, a modern psychic, speaker, healer, author and soulpreneur- is helping hundreds of people make incredible inner and outer transformations all around the world. She is the founder of Empowered Living International and The Academy of Soul Empowerment.

As a leading Spiritual Coach in Australia, her articles have been published in Collective Hub, Elephant Journal, That's Life, Slim Magazine, Living Now, Alternative Voice and many online personal development sites.

She has a strong 70,000+ following online and is globally reaching thousands of people with her impassioned wisdom. Eryka is well known to assist people in developing a raw and real relationship with their true authentic self. This is her first book, which she wrote with the guidance of the Divine.

She is a spiritual adventurer that lets her intuition lead the way. A self-professed tree hugger. A master 11 in astrology and a happy Aquarian, she embraces her inner hippie and lives purposefully and passionately.

In her twenties, Eryka experienced a profound transformation that radically changed the course of her life. One that would see her prepare for the work she would do to help others. Her life has since been devoted to understanding, integrating and deepening that transformation, which marked the beginning of an intense inward journey. Her philosophy of "being an example of authenticity and compassion" catalyzes profound change in those she works with.





Through Empowered Living and the Academy of Soul Empowerment, Eryka Stanton offers worldwide transformational coaching, training, Psychic Soul Readings as well as an extensive variety of events and workshops. She also offers the Consciousness Coaching® Program for aspiring coaches and Women's Soul Retreats annually.

For details please visit
www.empoweredliving.com.au







THE SPIRITUAL GANGSTA'S GUIDE TO GROWTH

The Spiritual Gangsta's Guide to Growth offers potent and practical guidance to help you navigate your everyday challenges with an ignited heart and Zen soul. Get ready to expand your awareness and enjoy a more fulfilled life.

You will learn how to cultivate a deep spiritual connection with the Divine and live with soulful presence in your everyday life. Get ready to drop the cloak of fear and unleash your inner warrior of love. You will be guided to take a journey within that will introduce you to your true source of authentic confidence and courage.

The guiding principles contained in this book will help you step into your best self in mind, body and soul and unlock your soul's infinite potential. You will feel the benefits of applying its wisdom, and so will everyone else around you.

Get ready to elevate your consciousness!

ISBN 978-194417150-6



Visit www.empoweredliving.com.au
to find out more.