

# Module 7:

## The Battlefield of the Mind

Below you will find the states of mind that keep us from our power (Battlefield of the Mind by Joyce Meyers). Many of our states of mind are simply habits. We may have never learned how to train our minds. Here are some habits we may have fallen into:

**Wandering:** falling into the same thought patterns of thinking. **Wandering is not bad, in fact, it is the sign of a creative soul.** When we are fatigued, we can fall into thoughts that we passively accept, which control our lives (even if not real). Most wondering is normal, but if it's excessive it can leave us in indecision. Lack of concentration and fatigue can also be signs of nutrition deficiency.

**Reasoning:** Reasoning will prevent you from receiving. When used obsessively/addictively, reasoning often leads to confusion. We want to know everything before we do something, we want to know WHY, and we tell ourselves, well, rationally, I can't have that. And so we believe it to be true. I remember how much I wanted to know why I had my addiction, which never allowed me to solve it anyhow! Wanting to know why is a log that will keep us from peace of mind. Over-reasoning prevents insight or revelation. Trying to figure everything out beyond what we can do ourselves will cause anxiety. I wanted to be in control, and when I didn't have things figured out I was confused and frightened.

**Doubting & Unbelief:** Our Creator places dreams and visions in our heart – for a reason. Yet the mind will lie to us and have us doubt our own ability to accomplish them. The snake will bring storms into our minds to intimidate us. We doubt whether we can leave our jobs, whether we can support ourselves, whether we can do or be that thing!

It is impossible to have joy and peace in a state of unbelief. Make a decision to believe. With the Power of your Belief, you will be filled with hope & joy. Rather than make a decision rooted in doubt, check in with your inner spirit. You will find your vision and course of action is there all along.

**Worry & Anxiety:** We torment ourselves with snake-like thoughts, and then feel distressed. We are destined to have everything we need to handle the situations in front of us, yet the Snake will want us to worry about all the things. When we know our worth, we can see that just like the birds, flowers, trees, we are worth everything we need and we can have this when we turn our worries over to our Higher Power. You don't need to waste any further time worrying about things that are out of our control.

**Judgment and Criticism:** Ever been around someone who just wants to voice their opinion about everything? Some of us like to find what's wrong and tell others what to think. We want perfection, and assume others want perfection the way we see it. When we find fault find in others, we reflect ourselves (Mirror). This happens when we are too prideful, and it opens the door for us to feel rejected, and alone! When we are trying in our own will to be "someone", we cheat and delude ourselves. The Snake wants to keep us busy judging others so we never see what is bothering us within ourselves.

**The Passive Mind:** An absence of feeling stops so many people from doing what they want to do. We'll do things if we feel like it, and if we don't we won't. We commit to our word when we feel like it, and if we don't we won't. The place we give the Snake is often empty space in our minds. An empty passive mind can be filled with thoughts that keep us small, and we'll take them as our own thoughts. A passive mind will wonder why they never feel like it and non-action ensues.

### TASK 1:

Observe your mind during the day. When do the thoughts fall into worry, criticism, or other categories? What do those thoughts sound like? Do we criticize others or ourselves? Where do these stories come from?



### **Cultivating your Spirit, Creating your Sense of Self:**

Cultivating a strong sense of self will require us to acknowledge our values, spend time with ourselves and to believe in us. Our beliefs are biased when we either a) take on others' beliefs, or b) have made decisions of what to believe when we were in a state of fear. Many of us are afraid to believe because we have put our faith in people, institutions, the mindset habits above, and the like, and have felt let down by them.

We must be willing to lay down ideas of the way things need to be, figuring it all out, and rationalizing an issue until we are worn out. Infinite wisdom can land in the body in a way that we know in our SOUL that it is correct. Peace of mind and heart comes from a) knowing ourselves and b) trusting the unfolding of Creation inside us.

Believing is the missing link – we must believe in ourselves, our dreams, our visions, our relationships and in people. But how do we do this exactly? *Huge question marks are left in our lives in order to stretch our faith.*

### **Getting to Know Yourself:**

Writing daily, spending time alone, and disconnecting from cell phones is possibly our best chance we have in getting to know ourselves. In that process, we learn what we want and can see how we can make changes in our beliefs that no longer serve us, and awaken to the beliefs that support us and our values. When fear, resentment, or anxiety kicks in, we can do inventory, clear it, and then we can create space for our own beliefs and peace of mind (see Modules 1-6). As you continue to write, and be with yourself, things will start to appear, like "I have outgrown this job", "I need more time in nature", or "I should really call and apologize about that..."

Utilizing your time to give your body what it needs will also create a relationship with your desires, your dreams and keep you aligned to your Higher Self and Higher Power.

### **MINDSET HACKS**

\*These are tips not truths. The goal here is for you to start developing your personal relationship with your Higher Self and/or your Higher Power, and to decide what works for you and what does not\*

**Lean on your Higher Self / Higher Power:** In the space of doubt, control, addictive patterns, how can we practice trust for the natural unfolding? How is this outcome the best that could happen? How can we get curious about how we can trust in each circumstance?

**Trust with everything, not half of you.** Instead of wondering how I look to others, I can choose to believe I am my best. Instead of wondering how many people will be there, I can decide to enjoy myself. Instead of wondering if my man will deliver, I can turn the situation over to my Higher Power and ask how I could be of service. Trust all things are working out for my good even when it doesn't seem like it. **Mantra: "I am everything through my Creator who strengthens me"**

**Cast Your Cares to your Higher Power:** When the Snake tries to trick our minds, we can throw our cares [anxieties, worries, concerns] to Spirit and believe Spirit will catch them. Actively believe that your Higher Power has your best interests at heart, and is doing for you, what you can't.

**Guard Your Heart:** When moving into challenging situations, ask for protection, and refrain from speaking until you feel alignment in yourself, or a clear message from your heart space or womb space. If you sense someone trying to steal your energy, bless them and ask your Creator to protect you and care for you.

### **Throw Suspicion Out the Window:**

We think, "if I trust people, I'll be taken advantage of." Instead, we can see how trust and faith can bring joy to life and help relationships grow to their maximum potential. That doesn't mean we aren't wise or discerning when dealing with others. We don't have to put ourselves in a position to be hurt. But we don't have to look at others with suspicion. We can instead believe the best in them. True discernment will provoke love, not gossip.



# How to Grow Spiritually

## **Mind Our Words:**

Our words play an important role here in confirming our sense of worth – choosing our words WISELY will help us call in what we need and want. Claim out loud that you have the ability to handle all the things coming for you.

## **Choose Your Thoughts:**

Constantly renew the spirit of your mind with a new attitude. Fill your thoughts with what you discover in your daily writing or time with self that aligns with your heart. Every thought we entertain is a choice much like our words. We can now start to release thoughts that keep us down and choose the ones that lift us up.

## **Ask for Spirit's Help:**

A quick prayer can be, "I can't do this on my own, Spirit guide and support me through this. Lift me up and show me what I need to see." MANTRA: 'If thy eye be single, thy whole body will be full of light.' (Matthew 6:22)

## **Give Thanks Amidst the Problem:**

Often we magnify our depression by wanting something that's not here. Chasing after the wrong thing will leave us in further disappointment. The Love that comes from within is often the only thing that fulfills an empty soul. Instead of meeting the problem with "you should...", can you instead meet it with "I'm so grateful with how is this serving me?" Release the expectations and welcome acceptance of what is here for you.

## **Continue to Grow in Prayer and Meditation:**

Journal, prayer, and meditation. Spend time in the mornings to visualize the person you are becoming. Bring your thoughts to Spirit, and seek your inner wisdom through prayer, and waiting for it to come through. Meditating on Spirit, and love, will bring joy into our lives. In your mornings: get busy thinking about things that will support your becoming of your Higher Self (more below).

## **Thinking in Love on Purpose:**

Perfect love casts out all fear. Confess out loud how loved you are - meditate on who you are - a (God)dess! Every day we are growing, there is an amazing plan for our lives, love on others, believe in others, align your love in yourself and others to be what you'd like to see in the world.

Ex: Let's say I start thinking about an abuse I suffered when I was younger. I have done my inventory, listed my resentments and fears, and then I cleared it. Thoughts still roam around in my mind about how much I dislike that person, how I hate my body, and how I am not happy. I start to feel anxious, angry, and not myself. I might even experience headaches or stomach pain. If I start to SHIFT my thinking to sending love and health to this person, wishing the best for them, tune in to how much this situation taught me, how much love I can step into, how grateful I am for what's GOING WELL in my life, new life will start to pour back into me. Here we now have a choice in how we choose to see situations in our lives.

**Task 2:** How do you see yourself applying one of the tools above to a current situation in your life?

Continue creating your Relationship with Your Higher Power (and your Higher Self): Fill in the blanks below



What does a higher power mean to you?

What are your resentments toward your Higher Power?

What are your fears in connecting with your Creator / Spiritual Electricity?

What does it mean to rely on your higher power?

What does it feel like when you're connected to the presence of your higher power?

How do you receive messages from your higher power?

What blocks you from this connection to your Higher Self/ Power?

When do you feel most connected to your higher power?

When do you feel disconnected from yourself/ your higher power?

Choose something difficult in your life right now: what is your higher power/ inner voice trying to tell you about it?



# Overcome Limiting Beliefs

**Limiting Beliefs:** "One of the chief barriers to accepting God's generosity is our limited notion of what we are in fact able to accomplish." - Julia Cameron

Most of us have already decided we are limited. So we feel we must constantly do MORE to achieve more, be more and have more. Well, what if this wasn't correct? Most of us never consider how powerful our Creator actually is, and that we have an unlimited bank account. We unconsciously limit how much we can receive, and we are stingy with ourselves. When we can learn that receiving our Creator's good is cooperating with the Higher Plan of creating good in the world, we can let go of sabotaging ourselves. By listening to the Creator within, we are led on the right path. We must learn to let the flow manifest itself where it will, not where we will it.

Limiting beliefs typically come in three flavors:

1. **Limiting beliefs about yourself** that make you feel like you can't do something because something is inherently wrong with you. Ex: *I always ruin my relationships. I can't hold a job. They will never like me. I'm too angry all the time! I'm a loser.*
2. **Limiting beliefs about the world** that make you feel like you can't do something because no one will let you. Ex: *mom and dad will be disappointed. I won't make enough money. There's no one out there for me - I'm damaged goods.*
3. **Limiting beliefs about life** that make you feel like you can't do something because it's too difficult. Ex: *that boat has passed. There is no time.*

## Overcoming Limiting Beliefs:

1. Write down which beliefs you have currently about this topic that don't feel good, and ask yourself, what if I'm wrong?
2. Ask yourself, how is this belief serving me?
3. Get creative ! What new beliefs can we create? Can you ask someone who's successful in this area what they believe?
4. TEST THE BELIEFS ! What's one shift we can step into that will allow us to try on our new belief?

## TASK 3: Create 3 new beliefs or stories for yourself where you currently feel stuck

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Below you will find a list of supportive beliefs from various sources. Which new beliefs will you start to choose that align with your personal values? Write them down and put them on your wall or fridge to rehearse each day.

Sample beliefs:

*Spirit will always provide, my job is to listen to how. As I listen to my Creator, I am led.  
My emotions are sign posts on the way to a deeper connection with my Higher Self and Spirit  
As I enjoy more abundance, self worth, and prioritize myself, I am moving closer to my Creator  
My Being is enough  
My desires are enough: I am destined to achieve them as I take steps forward  
I am willing to use my creative talents, experience my creative energy, and my creativity heals myself & others  
I am a light, a leader, an incredible force of nature and I allow greatness to flow through me*

## TASK 4: Stepping out in Action

What are the question marks in your life? Where is Source asking you to stretch your faith? STRETCH YOURSELF to do something in faith this week that you wouldn't typically do in your own self will. For example, if someone hurt you, reach out to them sending them a message of love in faith. Share what you did with the group.