

# To be a Warrior in Relationship

*For the shaman it's all about being a warrior in all relationships. That means to be awake and attentive and to use your energy for everything in a conscious, powerful and curative way. A key aspect to achieve this is the personal connection to the world, as the relationship is responsible for all what happens to us in our life. Mastering this leads to a powerful, intense and rich life.*



## The Way of the Heart

**Article by Marius Enrico Hannig**

Everything is energy and everything is interconnected energetically. Therefore, every act, every action causes a change in the world. It just depends on the energetic quality of your power, whether your act works in a constructively healing or destructive manner.

For the shaman, from whom I can learn in their traditional authentic surroundings, the dealing with energy is the essence of life. In the healing rituals, the personal development as well as in the everyday relationships, the conscious and constructive dealing with life energy is an indicator for a healthy, vigorous, happy and fulfilled life.

To follow the way of heart to them means dedicating themselves to the mystery of life and humbly follow the natural laws of energy. In doing so they take advantage of their ancestors' knowledge from whom they inherited a part of their personal power and their lived experience upon which they can continue to build on in their own lives.

The shaman people develop and preserve for many generations a mysterious relationship with the great power of nature.

They are able to connect with them and learn how to use them in their life. That grants them the privilege to heal and to do great changes. The way they follow in doing so is the way of the heart. They master the challenges they face during the constant confrontation with life by taking an attitude of a warrior.

## **The World as a Reflection of Yourself.**

What does it mean to be a warrior? Primarily it needs to be understood that everything is connected with each other and that the world you live in is an illusion and at the same time a reflection of yourself. To everything life gives you, you either react to it, deal with it or you do nothing. The dynamic in your life is driven by your decisions, your progress and the higher conscience you achieve. Your relationship with the world is constantly penetrated by attention, awareness and inner silence.

You know: The energy you have on disposal in your life, mainly depends on how you deal with your energy. The responsibility lies with you. For all your decisions and for everything what happens in your life. In the best case you confront the great mystery with humility, the great whole divine, the renewal and creation. You follow the way of your decisions without doubting.

Your devotion to life and love by which you can penetrate everything, aspires to extend and transcend. So all decisions of the heart are decisions of strength. Being a warrior doesn't mean to be in war. It's about „fighting“ for energy. In the confrontation with oneself, the warrior develops a peaceful and responsible way of living to integrate into the structure of the world.

The self-importance is the biggest challenge for a warrior in any relationship. If you consider yourself to be too important makes you being clumsy, cumbersome and conceited. In doing so, you dismiss every possibility for your freedom and strength to grow beyond your limits.

You deny yourself the access to your personal development. To insist on the self-importance destroys any form of a relationship, makes it manipulative and one-sided, and takes her growth potential.

## **Track down your Self-Conceit**

Not to consider yourself too important is a significant virtue on the path of the heart. In order to really track down your own self-conceit, you need to withdraw the self-defined importance from your habits, your comforts and needs and to question them. That ensures a clear spirit which you can make new decisions with. Thereby you gain more personal energy which you can use to turn towards the important things in your life.

As a warrior you are easy and fluent in your doings. The resistances you face you consider a challenge. It is you who decides if and how much energy you will invest in one thing. At the same time, you and your acts are in resonance with your environment and you bear the responsibility for your decisions. You cannot blame anyone else for your decisions except yourself. In every relationship and every situation.

How can we make the right decisions? Nowadays it seems to be very difficult for people to make decisions. Many people either fall in spiritual or physical lethargy at the oversupply of possibilities or they get lost in their greed. Not knowing what is right or knowing it but not possessing the ability to act and shape the environment seems to be a widespread phenomenon.

It is all about creating a balance in life between losing energy, such as at the unconscious everyday routines, and gaining energy, such as at conscious making of new decisions which enhance your life.

To live like a warrior, means to act from the heart and to be at peace with the consequences from each decision you make. If you feel the love and if you are in resonance with it, you don't ask yourself anymore if it is right or not. You just know it from within.

## **Uncover your Illusions**

There is an old Mexican shamanic saying which has kept its meaning until today and reveals the warrior's attitude. When two or more people meet, they get into a kind of relationship. They greet each other with the words "in lak'ech", which means "You are my other self". That is the basis for every encounter and every communication. This term even goes beyond the greeting of people and describes the warrior's attitude towards all creatures and phenomena of the nature. When you reach this higher level of consciousness, the entire world opens to you and you uncover the illusions you are projecting on the world.

The difficulties you encounter trying to stay on your road of freedom arise either from past involvements which have not been resolved yet, or the demands of your self-importance. From shamanic point of view, it is necessary to perform initial rituals for the purpose of solving the personal issues to be able to overcome these obstacles.

Until today, in the old shamanic traditions, especially in Mexico, very efficient technics are preserved which aim to free yourself from the energetically burdensome interrelationships of the past and to release bounded energy with that.

With the ancient Mexican Toltec technique of recapitulation one recovers valuable energy by dissolving electrically biographical bound energy traumata.

In order to have the newly received life energy abundantly on disposal, one should understand that all energy-distorting emotions and all other routines and weakening habits like self-pity, jealousy, depression, addiction, resentment, endless brooding, prejudice etc. can only occur because you consider yourself too important.

Therefore, it makes sense to align the focus on energy-winning acts. This is best done by you beginning to observe yourself without being biased. This means not defend or try to justify any of your positions. You reach intense states of alertness through these observations. And you free yourself from the prevailing energetically loaded situations. So you can hear your inner voice, trust it and follow the intuition of your heart.

## **Death as an Advisor**

Some shamans connect, in the condition of increased consciousness, to make the right decisions with a very important adviser – the own death.

Every moment you realise the fact of the inevitability of your own death, it gives you the opportunity to make a hold and review your current feelings and emotions. The fact of the inevitability of your own death gives you, every time you realize, the opportunity to pause and review your own current feelings and emotions.

What is really important when you look closer at the things facing your waiting death?

What is worth holding to? What can you let go?

A warrior treats each action as it would be the last.

It appears that all relationships in life are signs of how we interact energetically with ourselves and our environment on the path of the heart and in the face of our past and the finitude of all things.

If a loving relationship is really prolific, both partners will be ready to get involved in a mystery of life and see through their own limitations.

Feel the connection with everything. Feel gratitude for the power which has created everything and continues creating everything new – you are part of it. You also can create everything when you are in the power of the warrior.

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