

Sacred

INTERRUPTION
presents...

Inner Warrior Workbook

Processes & Prompts to awaken your Inner Warrior

"The reason you have descended into physical life is to unleash the power of your soul upon Earth." — Caroline Myss

This workbook is an invitation. It is a quest, of sorts. It will lead you into territories that inherently awaken the warrior spirit within. Contemplate, journal, and pay attention to your intuitive voice as you move through these questions. You may discover new and insightful ways to enliven this aspect of yourself; true change will only come on the edge of what you find comfortable today.

Throughout the ages, stories and myths have been passed down to illuminate the next generation, while transmitting core human experiences to one another. For example, the story of the Hero's Journey is a well-known myth, where the protagonist goes off on a quest, in search of something precious, or perhaps something that's been lost and must be found again. During this quest, they likely must shed aspects of their Being or parts of self they've been attached to, in order to succeed.

The rite of passage quest that young men went through in many indigenous cultures was also a Hero's Journey, that brought about the death of the boy and that led to the birth of the man. This was achieved typically as a result of a difficult ordeal to overcome. For a woman or birthing person, giving birth is one such ordeal or rite of passage, where strength is needed to be sourced from deep within in order to pass through this gateway and step fully into motherhood/fatherhood/parenthood.

The Hero's Journey teaches us of the importance of letting go of ideologies and egoic attachments, showing us time and time again that a stronger, more capable version of the self awaits us when we do. It is a journey we undertake many times in a lifetime. What you learn from your own Hero's Journey is to accept the challenges that life gives you and be willing to let go of everything you hold firmly to. It is in the letting go that space is made for the newness to come through.

Take a moment now to imagine a mythological character, or person you admire, or inspirational figure from a movie or book, that has greatly inspired you. Some well-known inspirations are: Rosa Parks, Oprah Winfrey, Mother Theresa, Joan of Arc, Michelle Obama, St. Francis of Assisi, Nicola Tesla. These are all people who defied great odds to overcome the obstacles laid out before them. Who are your heroes/heroines?

Are you part of our Shadow Work Private Facebook group? This is where we post all the cool eBooks, free guides, videos, teachings and juicy bits to teach and offer insight into the vast world of Shadow Work.

[Here's the link to hop on!](#)

Inner Warrior Workbook

Processes & Prompts to awaken your Inner Warrior

The Quest Begins...

Choose a person from history or mythological character or current idol that exemplifies true heroic qualities. What are the qualities in these heroes you admire?



What obstacles have you overcome on your journey, against all odds?



What qualities in you were present to overcome these odds?



Inner Warrior Workbook

Processes & Prompts to awaken your Inner Warrior

Closing your eyes now, source your own inner warrior. Notice where they live in you. Notice any colours, sounds, images or memories they invoke. Do they have a name? If they were to have a special home that resides inside of you, what would that home look like? Describe in as much details as you wish your Inner Warrior below.

Explore ways to call up your Inner Warrior when you're feeling like others have trespassed your boundaries - clues or triggers within you that act like a switch to turn them on when needed. How will you summon them next time you need them? Keep in mind here that boundaries that behaviours and actions YOU CAN TAKE in response to another. They are not ways to control or manipulate others.

Where in your life do you give away your power? For example this could happen in relationships or with co-workers/bosses or with anyone in a position of authority (doctor, police officers, politicians, etc.) Jot these down in the space below.

Inner Warrior Workbook

Processes & Prompts to awaken your Inner Warrior

What are some of the ways you can begin the process of taking back your power in any of the above dynamics? For example - making decisions for your life, body, career as an autonomous being; knowing you have the power to choose in any given situation what is right for you. Taking back your power may look like letting go of certain toxic relationships or finding a new job where you are supported and respected as a valuable team member. Explore in the space below ways that you can take back your power.



Do you ever find yourself saying one thing, with a hidden motivation/agenda behind it? Make a list of the ways you communicate that may be giving off mixed messages or when your truth and your agenda are not being clearly stated. Be radically honest with yourself here. The journey of the Warrior is one that's steeped in personal accountability and integrity.



Inner Warrior Workbook

Processes & Prompts to awaken your Inner Warrior

In Conclusion...

Enjoy the surge of energy and power that comes from this place - a place of wisdom about your own boundaries and how to express this knowing to others; a place where your 'NOs' are heard and respected; a place where you get to decide who enters your inner circle and who does not; a place of your greatest power.

When the hero/heroine of your own story emerges in an integral and empowered way, you begin to walk a path that engages the highest version of yourself.

This is a noble path.

Others who walk in greatness have walked this path before you.

It demands the higher road. It demands more of your heart and your strength to stand for what is right for you.

It calls you up and out of the hidden places.

Be seen, dear warrior. Be heard. Love with all your heart and soul. Now is your time.

Hey there it's Nathalie here, of the team members from Sacred Interruption.

Did you find this helpful?

Would you like to dive deeper into Shadow Work and get to the root of whatever is preventing your inner warrior from fully emerging?

Send me a message by clicking "[here](#)" and include the words "Inner Warrior" to get started on your very own step-by-step game plan to unlock the most powerful version of yourself.

If you haven't yet joined the Shadow Work Foundations private Facebook group, where we're posting all the juicy bits, inner teachings, eBooks, guides and whatever other creative teaching tool we come up with, [here's the link!](#) Come on in!

Our Next Shadow Work Event can be found by clicking "[here](#)".