

*A Handbook for
Badass Spiritual
Warriors*

ELEVEN POWERFUL TOOLS
TO IGNITE YOUR SPIRITUAL
CONNECTION

CORINNE LEBRUN M.S.

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Dedication

This book is dedicated to all of the spiritual seekers who sometimes struggle to maintain their connection to the divine and may feel that they need a little help to get back on the path. Have faith and know this: the path will meet you as soon as you set your eyes on it again.

A C K N O W L E D G M E N T S



MY DEEPEST GRATITUDE to my spiritual badass partner, Jason Hand, who holds me accountable to my dreams. I also want to thank the other key badass spiritual warriors in my life who have inspired this piece of work: Janet Westrup, Kyle Wannigman, and Maire-Claire Voorhees. I give you my heartfelt appreciation for your never-ending support in listening to my spiritual musings and insights, and for sharing the journey. I also want to thank Philippe Menos and J.J. Sample for their guidance in bringing this work of the heart to life.

F O R E W O R D



AN INDIVIDUAL WHO is called upon to live a spiritual life in the modern world will be faced with many challenges. This journey—which is not for the timid or the avoidant—is the beginning of the hero’s journey, the call to doing more than just falling into the habit of life. It requires the courage to not only face life head-on but to face one’s hidden assumptions by delving into and dispelling one’s deepest fears. This journey is rewarded with magic, fulfillment, and a wonder greater than the heart can ever imagine. But hold tight because the tides of the journey will bring waves of rebirth and expansion into the ocean of life. Learning the tools to stay afloat, while withstanding the turbulent waters, requires vigilance, patience, self-acceptance, and love.

I offer this handbook to give you shortcuts to revive or maintain your spiritual connection. Of course, its

powerful tools can be used to build on your journey as well. The methods described in this guide have been gleaned from the most time-proven spiritual practices, as well as from powerful personal insights and scientific inquiry.

CHAPTER ONE



The Badass Spiritual Warrior

I ALWAYS FANCIED myself a warrior of sorts. While other girls were playing with dolls and painting their nails, I was imagining myself as a great wizard with magical powers. I would fight rouge tesseract bursts from other dimensions and keep the earth safe. I also enjoyed athletic challenges, especially gymnastics, and developed the grit required to thrive in karate classes. Since I was a child, I felt a deep calling to connect with the divine and the mystical, and was honestly more than a little irritated to learn that the path was going to require deep introspection before its secrets would be revealed to me. My

mentor would always say that you can't jump ahead spiritually –I first had to do the work appropriate to my level of consciousness in order to evolve. Little did I know then, that he was training me to embody the tools of a spiritual warrior, the tools a badass needs to be part of the world and to dance in it.

If you live in this modern world and have any spiritual inclination, inevitably you will be forced to become a spiritual warrior or live with a constant nagging that something in your life is off balance. Spiritual warriors have the ability to meet the challenges of everyday life, as well as the courage to face the challenges of introspection and personal growth. A spiritual warrior's cause is spiritual connection and enlightenment. Their nemesis lies in being trapped by their own psychic shadows and by their own destructive habits.

Being a Badass Spiritual Warrior means you *entirely* take control of your life and, ironically, completely surrender to the divine. What a tightrope! There is no room for being a victim of any kind, because you either have to learn the lesson or do it again.

A badass is not controlled by the whims of other people's energies, by solar flares, electromagnetic frequencies (EMF'S), nor by astrological influences. They seek out the knowledge and tools they need to navigate any situation and *implement* them. They take action! Being a badass is having ninjalike skills to move in and out of daily life and remain content, fluid like water, while not being afraid to kick down the doors of perception. They fully participate in life and are a power of example through action. It is a great ideal to hold.

I have learned that Badass Spiritual Warriors aren't made overnight. They have to learn about their personal strengths and weaknesses, face many inner demons and know *how and when to ask for help*. And that takes learning about your own limitations and trusting your instincts. They know **how** to roll when they fall down in life and then get back up. They don't take no for an answer when it comes to connecting with the divine and are deeply compelled to do the work required to maintain that. They learn to trust

there is a time for action, and don't judge themselves when it is a time of non-action or simply healing.

My favorite contemporary spiritual warriors who are in the public eye are Russel Brand, Jim Carrey, Amma and Oprah Winfrey. Exceptional warriors from the past who I particularly admire are Jesus, Mother Theresa, Yogi Bajan, and Mahatma Gandhi. Each of these people has managed to live as active participants in the world, overcome extraordinary challenges and then create positive social change and spiritual awareness. They are not concerned with other people's opinions and stand for a greater spiritual truth.

Other types of badass spiritual warriors (who aren't afraid to get their hands dirty) are nurses, doctors, treatment center therapists, homeless shelter volunteers, school teachers, and relief workers. Faced with the unpredictable, these badass spiritual warriors navigate incredibly challenging circumstances using their wisdom and skillsets with grace and perseverance. They also understand the importance of self-care to stay aligned and grounded.