



# Embodying Spirit: The Inner Work of the Warrior

*George Breed*

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## **Embodying Spirit: The Inner Work of the Warrior** George Breed

Warriors of spirit across the ages and across disciplines (martial arts, healing arts, creative arts, spiritual arts, political arts) embody certain qualities. In embodying (deeply practicing) these qualities, stress effects are reduced, increased energy results, awareness expands, confidence deepens, the mind grows quiet and more open to creative solutions, right relationship occurs, and the state known as flow becomes one's lifestyle. The embodying of these qualities is an essential next step in the transformation of human consciousness and in the survival of the human species. You are invited to include these qualities on your journey, to sit with them, entertain them, try them on for size, and perhaps find they become you.

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