

**The Path
of the
Peaceful Warrior**

Jeff Fasano



THE PATH OF THE PEACEFUL WARRIOR

By Jeff Fasano

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Introduction

The Path of the Peaceful Warrior is a series of channeled messages that came through me to help guide and support me during a particular turbulent and dark period of my life. They offer powerful guidance, support and reassurance for those who have consciously chosen to awaken and walk the Soul's Path by taking an Inner Journey.

I am a trance channel. A trance channel completely leaves their body and allows higher dimensional energies to enter and speak through them. I have been doing this since 2002.

The first time I channeled was on the day of my forty-fourth birthday during a healing session with a friend and healing practitioner Debbra Gill. Debbra works with the energy of different crystals by strategically placing them on various points of your body.

When we began the session, as I was laying on her table, I silently recited to myself, "Release and let go. Release and let go. Release and let go". I then felt myself going somewhere else. I looked up and realized that, wherever I was, I wasn't lying on the table anymore. I had left my body. It felt as if I was up in a corner of the room watching what was transpiring though I wasn't actually seeing anything. A moment later I saw myself being surrounded by warriors.

I am a professional photographer and a visual person. I see what is going on, which is why my healing experience was so visual that day. One warrior would pop up and then he would vanish. Another warrior would pop up and vanish. This went on for a while. The warriors wore different garb, and may have been warriors I had known from different lifetimes.

My intention was to release my armor that day. I wanted to let go of the armor that I built around my heart. The warriors came up because they represented the energy I used to armor myself to fend off love, which kept me from opening my heart and being seen for who I am. They stood in the way of being loved really and truly for who I am.

After the last warrior appeared I opened my eyes and found myself looking up at Debbra. I remembered saying, "That was a short hour." Her response was, "That was two hours—and you channeled the Archangel Michael!"

I looked at her and knew it to be true. Although I didn't know what Michael said or what happened while I was out of my body, in my heart and soul I knew it to be true.

Channeling this way was an aspect of the divine plan of my soul.

Since then I have channeled various bodies of teachings from Archangel Michael including my first book, *Journey of the Awakened Heart: Discovering Who You Are and Why You Are Here*. I host groups where I bring in the energy of Michael that speaks to those attending in a sort of question and answer session. His teachings support and guide those on their path to becoming more conscious and aware of who they are and to love, honor and value themselves more deeply. This is the main intention and message from this specific energy and why it remains so important for me to bring Michael's teachings to the world.

This particular body of messages was channeled consciously. One might call it automatic writing. I simply felt the call to write down what I was hearing in meditation. What came through were a series of messages that I came to call *The Path of the Peaceful Warrior*.

How These Messages Came to Me

When I was living in southern California my morning routine was to go to the ocean and connect with spirit through meditation, intention and affirmation. I did this every day for almost 5 years. One morning I decided to take a pen and an empty notebook with me and put them in my bag with the books I refer to during my meditation. I found my favorite spot along the cliffs of Palos Verdes facing the Pacific Ocean and began with my usual routine. I closed my eyes and moved into my heart slowly releasing and letting go. I then began to hear something coming to me. As a trance channel I am used to moving out of my body to allow the energy to come in and speak through me. This was different. I reached into my bag, took out the pen and notebook and began to write down what I was hearing.

The messages would come during a brief period and then stop. Each morning one message would come in and I would write it down. This continued for a few weeks. What you will read in the following pages is what came through during those weeks.

This all took place during a time when I was questioning many aspects of my life from a place of confusion and sadness. The messages that came through each day were for me. They were about love and loving myself, referring constantly to the path I was taking in my life and helping me move through it. They encouraged me to remain on the path while pointing out all the varying aspects of it. It felt as if I was channeling ancient teachings because of the language they used.

These messages were uplifting, thought provoking and affirming. They asked me to love, to open my heart; to release, surrender and let go, to allow the energy of God into my life and most of all to *trust*.

I kept the messages in that little notebook for quite some time. I eventually left Los Angeles and moved to Nashville, Tennessee where I reside now. One day I picked up that little book and read the messages again. I was in a much better place in my life and while reading through the messages I realized they are universal and very important to share them with the world.

As you read them in the exact order they came to me, it is my hope that they affect you and provoke some thought within you, even though they came to me and for me. It is important to know that though they may seem gender specific, these higher dimensional energies embody the balance of the masculine and feminine energy. You are the warrior these messages refer to. And as you read through them, you will come to know (as I do now) that you are here to love and be loved for being who you are. These messages remind us that the road through life is inclusive of everything and everyone. We must experience all of it and allow it to affect us to then know we are here to love.

I ask you to read these messages as if they are for you. Define for yourself where you are in your life now. Wherever you are on your path in life these messages will support and guide you and confirm that you are exactly where you need to be, and it is all perfect. You can simply read one message each day using it as an affirmation to know that your life is divine, and it is in the right and perfect order of your soul plan. You are a Peaceful Warrior.

THE FIRST MESSAGE
Declare!

I now choose to commune with God.

The God force within me is ever present.

I am love divinely manifest and now put this into action.

Giving and receiving is now balanced in my life.

When the Universe shows them to me, I receive the lessons I need and allow them to affect me, then change me.

Past experience shows you how to shift your life in accordance with your divine path. It provides you with the lessons you need and generates an acute awareness that you are the source and responsible for your actions and experience. You can choose to learn the lessons and shift the course of your path.

There are times when you will learn in subtle stages and there are times the Universe provides gentle reminders to do so. It is when the Universe pounds its mighty gavel to jolt you from your sleep, your blindness and your comfort that gives you the greatest lessons. If you then choose, you can create a dynamic shift in your consciousness. It is in those times when great change can occur in your life.

The initial choice is change, to shift your energetic field to that which aligns you on a high vibrational level to abundance, peace and balance within. This energetic change will reflect outside of you and shift the course in your divine plan. It is a global and quantum effect that knows the source is omnipotent and ever present.

In the here and now, affect this truth in its unlimited capacity and open to your greatness on the pathway of the divine.

MESSAGE TWO
Love Is

It is important to understand that the true purpose of being is Love.

Love is divine and in balance.

Love is a force.

Love is companionship.

Love is guidance.

Love is support.

Love is freedom.

Love is self.

Love is fearless.

Love is grand.

Love is giving.

Love is perpetual.

Love is frightening.

Love conquers all.

Love is the beingness of self.

As you love you, you love all by divine proxy.

And as a divine proxy your responsibility is to love, to be love, to emanate love without judgment and shame.

Divine love conquers all.

When in love, love is and all is well.

MESSAGE THREE
The Bodies of Spirit Speak

We are the Bodies of Spirit.

It is time to uncover the secrets of God, all divine, all purposeful.
To know the divine source is plentiful, abounding in love of divine spirit.

The bodies of spirit flow in and through you to guide and support your faithfulness.
The bodies of spirit abound with love and open your heart to boundless manifestation, the manifestation of love.

The bodies of spirit hold forth your goodness, greatness and serenity.

Peacefulness abounds. You are coming into your own divine light, divine purpose from divine source.

MESSAGE FOUR
A Message from Jeshua

We are here to guide you to the secrets of source. The manifestation of your world emanates from divine source.

We cherish you abundantly and hold forth the mysticism of the gods, the angels, the luminaries and the pure divine spirits you encounter, yet cannot see.

We come to you in divine purpose to signal you what is to come.
Be open, be prepared, insightful and divinely radiant.
Your purpose has come forth and We are ready to prepare you and others with divine teachings from on high.

The great mysticism of spirit holds you in the light of divine consciousness.

From the kingdom of God We emanate and now connect with you. You are divine and emanate from divine spirit, and you are boundlessly abundant in the energy of the Christ.

Peacefully take notice of this.

** This is an energy I have channeled at various times. They call themselves, Jeshua. They came through telling me about the messages and teachings to come. Though I didn't realize it until later on.*

It is important to understand that higher level energies (5th dimensional and beyond) such as this energy and the energies in this book, always refer to themselves as We. They are all-inclusive and are not the embodiment of any human.

MESSAGE FIVE
An Affirmation

Affirm now:

My supply, my abundance, is within me.

It is my talents and gifts.

And it is through my open heart that I share them with the world
to raise the resonance and vibration of all those who choose to receive.

MESSAGE SIX
The Warrior of Love

You are The Warrior of Love.

Be prideful, peaceful and strong. The Warrior of Love provides the light. It is the source that shines on all who are open to receive it.

The warrior provides boundless love. From his heart he exudes its energy that encompasses all.

In quiet solitude, the warrior sits, awaiting the call to arms. Opening his heart, he strides purposefully toward the encounter and opens his heart to reveal the source, that is love.

Love exudes from the heart, the heart of all being. The heart of true abundance lies within the warrior who directs his love upon those in search of love, in search of hope that love exists. For it is the warrior's mission to restore faith in love and bestow it upon others.

In charge of his path, yet open to amazement, the warrior travels most times alone and in congruence with others. He travels the path in search of love to ordain those seeking their truth, the truth of love. He then bestows the energy and anoints them with love.

By opening his heart with deep embrace, he gazes into the eyes of the beloved and with a mighty breadth opens his heart and guides the sweet, soft energy into the heart of the beloved. This is when unity is formed, a connection heart to heart.

Be open beloveds. Your path is to love and be loved.

And so it is...to love

MESSAGE SEVEN
Knowingness

Emptiness cannot be filled by looking outside of you. It must be integrated within, for it simply is a space to be filled by spirit.

Your beingness is shifting shape and form. By releasing what no longer serves you, a space is formed and creates a void. It is a memory of what was, yet no longer can be in divine spirit. As divine spirit evolves, it abounds with joy and fulfillment of self. It is replaced with integrated behaviors that serve the many with love.

The Peaceful Warrior takes his place among the souls who yearn for his reach and extend their arms to meet his. It is in this moment of connection that joy transpires and the spark ignites to regain its form, the form of love.

By itself one cannot exist, and the warrior sometimes laments this. It is he who seeks fulfillment yet knows it comes with everlasting truth.

One abounds with love when one surfaces from hate, hate of self in a purgatory of the mind. The mind deludes the truth. The everlasting truth of love is beyond thought.

The call to right action is the warrior's call. And he accepts the call with open arms and exudes the love called forth when called upon.

You are the Warrior of Love. Be soft, be gentle, open and smart. The heart of the divine is upon you now and forever.

The warrior walks among those who seek his presence. They might not know his presence, but when anointed with his heart, they will then know his true presence is that of love in its purest form. This is the energetic connection of spirit within, the energetic connection of love the warrior knows and always knows.

In this knowing doubt will emerge. Energize this with love, for the doubt is simply the unknowingness of time and space. It is love and acceptance that transforms doubt into reality. This the warrior knows. For it is this knowingness that pervades in the warrior's heart and adjusts the path to the right and perfect path of love.

And so it is. Love.

MESSAGE EIGHT

Rebirth

The peaceful warrior makes all things new. Through the knowledge of past experience and lessons learned, the gift is to create new. New is born each and every day to surprise and laughter.

Raise your spirit to begin again as the new day is born, and let it rise within you. The babe is born with each gasp of air, inhaling the substance of love and nurturing. You sustain yourself by inhaling love that allows the sustenance of life. With each breath you take you begin anew and the formation of new begins again. Begin again with love from your heart. Open it wide and raise your spirit to all things new.

To retrace your steps is fruitless except if it brings you gifts of knowledge. Looking behind and lamenting what was, impedes the fruit of new. For as a tree blossoms, so do you. Allow your light to shine as you blossom anew with vigor and grace and power and might. Your heart is your guide to all things new. Follow it and you will grow. Apply it, open it and let it guide you. You are a wonderful soulful creature of God who imparts love, and this is the fruition of all.

Be humble and modest, yet know the strength within. Bubble with pride at what you have done, for it is accomplishment that survives all.

Be tempted not to a false prophet outside, nor to the maladies of truth in egregious ways. For it is you who has been deposed to truth, the truth of God.

Be mindful of your past, for the temptation to repeat it is strong.
Be mindful of those who tempt you to repeat the maladies of the past.
Cast upon them your love. It is from them you have learned yet now can stray from to form your own life.
Be mindful of the lesson to love boundlessly by example and being you.
Love you, honor you, value you, for you is all you need.
Love is abundant within.
Be grateful, honest, open and pure. Be humble and wise.
Don't boast in pompous gesture for that is the mask of doubt.
The true warrior knows this and exemplifies his beingness with strength and love for those he meets on his path.

The true warrior exudes an energy that is felt by all. It is sure and powerful, yet loving and strong and engulfs all those who cross his path and transferred in gracious tone. It is a vibration in the high resonance of love, respect and honor. It is bestowed through a gaze, a touch, a smile.

The warrior knows to be the conduit of love, the love of self and the love of all.

MESSAGE NINE
Reflection in the Mirror

The peaceful warrior guides his thoughts graciously and is grateful for all humankind. For without that love his serenade would not be heard.

The peaceful warrior stands erect in the face of doubt and in the face of hate. Yet, at times deflects the image the mirror provides. It is from the mirror that we learn. The power to see it, to feel it, to know it, to absorb it, to love it and cherish it is how you learn. Without it, one grows withdrawn and sinks into the narcissism of me.

When one gains perspective of the mirror with an open heart, one sees the mission of God. The mirror provides the reflection of God in its purest form. For it is that reflection you seek. The reflection provides the moment in your life you seek to redeem, transform and grow. The warrior knows this, and it is this tool he uses to spread the word of love.

Love thyself when the reflection is strong, for it is then the warrior extends his hand of love. If the choice is to deflect the reflection, the reflection disappears, and the lesson is lost.

It is here too the warrior knows to extend his arm of love to remind the beloved of his miscue and provide the strength to look in the mirror again. It is then the beloved can choose again to transform the old in the reflection.

Be mindful of past misdeeds for they will reappear in forms unknown.

Be mindful of those who boast of love yet portray a different look.

Be mindful of your existence.

Be open, curious and pure.

Drop your guard, for it is love you seek.

The warrior knows this and knows the fate of those who boast of love in the extreme, yet their actions portray something different.

Be mindful of this as you set the course of your journey and let your heart guide your way. The warrior knows he may stumble and fall, yet will rise up and find the way. It is love that highlights the path, not scornful rhetoric or the conditioning of your past.

Learn to love those who are difficult and pose a challenge.

The warrior laments the challenge, yet rises to open his heart. Discernment then follows with clear intention to love and the door opens.

Love all and all will love in forms you will understand that are unique to you and you alone. You will know what is true in your heart.

Know this as the warrior does. Know this in your heart.

The warrior guides in peaceful ways to dispel judgment and shame. Forgive these traits and their scornful ways, and trust your faith in you.

Be bold and be brave, faith in you will carry you in the unknown. It is this, the warrior knows.

With peace and love, be true to you.

MESSAGE TEN
Divine Guidance

The peaceful warrior knows truth, stands in truth and follows his truth. Divinely guided, he sets forth on his path to be with all.

The loving warrior greets all on his path and opens his arms in loving embrace of others. For he always sees in the mirror his reflection when embracing those he meets.

He is joyful of self-discovery for this allows him to grow and nurture his surroundings.

Love, honor and obey the laws of truth, and you will be free. For this is the pathway of the divine, the pathway of the warrior of love.

Be kind. Loving spirit is your guide. It provides all that is needed and much more if you allow it. The peaceful warrior knows this, yet at times has challenges with trust.

Release the constraints of the mind and open to the path of the soul. Allow your soul to guide you to places unknown. It is there you will find trust in being you.

Be guided divinely, for this is the path. The divine soul, who lets spirit roam free within the physical constraints of the human condition, supports the alignment with God. This is the origin of nature. This is the origin of your planet. This is the origin of the world you know and the life you are divinely guided to live.

MESSAGE ELEVEN
Divine Origins

Man originates from woman. From her breast, her soul, the word of God poured forth. For it is every man who walks your great earth that has emanated from the divine soul of the feminine. The warrior knows this and seeks communion with this energy. This is the warrior's ultimate quest, to harmonize the masculine with the feminine within the physical form.

Peace be with You.

MESSAGE TWELVE
Never Alone

“I need help.”

The warrior needs and seeks love, guidance and support.

It is the warrior’s mission to open his heart to receive love, to break down the barriers that block the flow of love.

When allowing new and releasing old, the warrior becomes frightened because feelings of old consequence begin to stir. These consequences that are imprinted within are the old outcomes, and the fear is they will remain the same.

The warrior desires to shift this and remain on the path of love. For it is the warrior who chooses to exemplify his feelings of fear and abandonment, frightfulness, love and joy. The warrior must face his feelings, as they reflect the old outcome of lack and desperation, emptiness and aloneness.

The warrior need not separate himself from himself but simply acknowledge he is vulnerable, uncertain and unknowing. By being in these states, he allows the certainty that love abounds and love comes to all who declare their state of being when change occurs.

It is in the period of change when the warrior is most vulnerable and susceptible to outside influence. It is then the warrior needs to seek counsel, for he cannot do it alone. Seek counsel from a source that nurtures the soul in the moment when shift occurs. It is then the old begins to dissolve and the unknown broadens and brightens.

The warrior travels a path of great shift and change in order to adapt to the ebb and flow of the Universe. It is in these times where gentleness of the soul is prudent. For it is this love of self that will allow the love of another to enter.

Be prosperous, joyful, and sweet, divine loved one, for it is your gentleness that will allow you to prosper. The warrior knows this, yet may forget. The gentle warrior seeks love to quench his thirst for it, so he then can direct his inner love to the love of spirit, the love of the divine and the love of the soul. It is then the connection is made to the divine loved one who penetrates the armor around the warrior’s heart and eases the burden of solitude.

In tandem you fly, bringing the word of God to the world. In tandem, you speak of love. In tandem the divine can conquer. In tandem you speak with one voice. It is the voice of love, the voice of peace, the voice of joy.

Be grateful gentle warrior. Be still, be clear, open and refined.
Be kind, appreciative and grateful, love will find its way to you.
The mixture of the feminine and masculine is upon you. The time has come to open
your heart.

And so it is.

MESSAGE THIRTEEN

Divine Plan

The peaceful warrior feels his feelings. In times of frustration, lack and doubt, the warrior feels isolated, sublime and alone. It is in these times the warrior reflects on what was and how to escape the past and his isolated ways of being. It is at this time the warrior may lose faith in the divine and perfect plan. He may begin to look outside for his solution; yet, the solution is his and his alone. These are the times the warrior looks to take charge of his life to improve his ways.

Keep in mind the divine plan. Allow the ebb and flow of life

The human mind can raise doubt about true beingness. It is then frustration can set in. The warrior may begin to question his existence. This is when transition can begin -- a transition from the outer to the inner. It is a process of inner love, inner peace, joy and abundance. At this time the warrior must trust. It is this trust that will leave an indelible mark on his life for moments to come.

The warrior struggles with unknowing in his days on earth. It is then the warrior seeks guidance, support and knowledge. It is in the unknowing the known will appear.

To enter into the kingdom of God, the God-Self, and the beingness of self, is when the fruition of the Divine plan appears. This the warrior seeks.

Seek no more. Be patient and allow the force of God to be with you. Love will abound in ways you have never dreamt. Be careful, be mindful, for you can be led astray by the inalienable focus of the mind. What lies in your heart is pure. Be respectful and kind, for that is your path. Yet, stand firm in your faith in self. Be kind, trustful and smart, for it is you who others rely upon. Open your heart to imagination, and it will set you free. Your time has come, and your passion will set you free.

And so it is.

MESSAGE FOURTEEN

Be Free

Go forth and you will be free. Release the constraints around your heart and your self-imposed barriers. Be free to express your desires because you will have it all.

Be free; it is done. Worry no more and so it is.

Your needs are cared for in your divine plan. Be mindful and spontaneous for one never knows what you may encounter next. Be on your toes. Be alive and attune yourself to the highest vibration of love. It will present itself and you must be prepared. The old is done. It is over, complete.

Honor your path and stand in your greatness. Cast all notions of self-doubt aside. Your light will shine its effervescent glow that will never be denied. Be patient, your time has come.

Peace, joy and love to you.

MESSAGE FIFTEEN

God in Action

The divine warrior knows all is possible through intention. The power of manifestation in purity will lead to prosperity.

You are love by divine birthright.
You are pure, honest and loving.
You are God manifest in human form.
You are triumphant divinely.

The warrior knows the path and triumphantly walks that path and is never alone. For God is by his side and worry is no more. The warrior feels this and knows this, yet, sometimes raises doubt.

Doubt in the sublime rigors of everyday human life takes its toll on the warrior. It is then time to rest and release control, and let God have its way.

Let today be one of those days, and you will see the way of God in action.

Trust now!

And so it is.

MESSAGE SIXTEEN
Take Another Step

The Warrior knows his limitations, yet strives for more. It is his path to bring the word of LOVE to the world through the divine actions of peace and joy. This is the path the warrior must take, for he is beholden to this truth.

The flow of abundance is equally shared by divine right. This right can be attained through an open heart of love.

Be strong and accepting of the path, for it is divinely guided. Be open on your path, as its direction will change in conjunction with your dreams and desires. The warrior knows to be malleable to change and allow the ebb and flow of life.

Dreams are met through divine planning, and the warrior follows that course. He knows true peace comes when letting go, while being in resonance with the heartbeat of God. It is in this resonance that one accomplishes all, through the giving nature of its being. By being, the warrior opens avenues of attraction, and attracts those being and honoring with love.

Love is the path the warrior seeks.

Be still silent warrior. In the stillness what you are seeking will come. Reel in your reach and allow it to flow naturally and triumphantly to you, and you will see the true nature of the soul.

The true warrior will take the road of trust and all will be well here and beyond. This trust is in God, that knows the path, yet guides it subtly, allowing for error, and is corrected immediately through divine faith. This is faith in the divine plan. Hesitate not to take the next step, for it is simply a next step. Allow it to lead you to another step, then the next and the next beyond. This is the approach the warrior must take for all is known in the moment.

Honor the moment. Cherish the moment. Enjoy the moment, for the next one will come. It is this path the warrior must take, for it is the only path.

With love divinely embedded in his heart, the warrior trusts his word and knows all is well divinely, and knows when it is time to move on the path, peacefully, joyfully and triumphantly. You are divinely guided to love and honor the laws of man, the laws of God, and the laws of the divine.

Rest peacefully with these words of love. You are cared for in ways you only imagined.

Be safe, peaceful warrior. Your love is acknowledged. Know this and you will know the word of God. Be peaceful with those around you, for it is your love they seek. They will know when you come. It is time. It is your time. Your heart will shine upon those deserving, and you will receive in kind. Remain open to source, and love will flow to its main objective -- the love of all.

Be prudent. Define your thoughts and intentions, that will reveal your truthfulness. It is with great love in your heart that you may bestow the love of God, the peaceful way, the knowing way.

The warrior knows this and practices its truth.

Be safe. When in your heart, you are safe.

MESSAGE SEVENTEEN
Warrior Asks

The warrior knows grace in the face of challenge, and has faith that all will be accomplished. This is faith in oneself. Through imagination, knowing, and divine guidance, one accomplishes all.

Be divinely guided, for fear is behind you. Feel that fear, yet worry not, for We are behind you. We will push and prod you, and remind you that love is all there is. Be mindful of precious thoughts that come in a fleeting moment. You are divinely guided. For it is in the warrior's plan to feel his feelings in love and faith.

The warrior asks:

Why must I walk the path of challenge and faith?

Why must I experience the absence of love?

Why are the challenges so deep beyond comprehension?

Why is fear inside?

The answers are within you.

Be kind and gentle in times of strife, for this is when your character builds. Seek guidance that is pure if you are open to see. The task is not overwhelming once the realization comes and the next step is taken. That next step is the first step of change, for it is change the warrior seeks -- change from the old behavior that keeps one safe and in comfort.

Venture out to lands unknown, and your answers will come.

The warrior seeks new challenges to create new, yet seeks a simple way. That way is the word of the divine. Hope is eternal, manifestation is real, and love will conquer all.

Have faith. Put your mind at ease and trust your divine plan. You are there peaceful warrior. Grandeur, love, abundance and joy are upon you. In the here and now it is so. Be confident in your stride.

MESSAGE EIGHTEEN
Peaceful and Prepared

Honor yourself and others will cherish you and the moments will be divine.
Listen, and you will see love come true and free.

Be patient and mindful that time is all you need. Do not waste it.
Impose it wisely and perfectly and manifestation will come.
Employ yourself and others to this task, for it opens doors so wide.

The warrior seeks ease and grace through troubled times.
Be gracious peaceful warrior. Be kind and simple in times of distress.
It is the loving heart of the warrior that triumphs all and is seen by those in kind.

Fear not faithful warrior, your time has come. It is yours.
Fear not peaceful warrior. Your actions do not go unseen.
Your power and strength are seen.
Be prepared for the onslaught of faith coming on your path.
This is the message to you. Be peaceful and prepared.

Love the one who comes in faith.
Love the one who comes to lend a hand in faith.
For this is the hand of God, the hand you seek.
The precious ones you seek are capable, kind, loving and true.
Open your heart in peace. Trust in your heart and your light will shine bright.

Worry no more. Your dream is here and now.
Have faith. Have faith in Us. We will serve you well.
Triumph is yours divinely. Be prepared for this as well.
You have risen above strife. Rise to your greatness now.

Give thanks to those available to see you and you will see you as well.
Give thanks, for they will see your love for one and all.
Have faith, for faith is all there is.
Be love and love will find you.
Let it in.

Turn within.
It is freedom you seek from the chains that bind you.
You are free from judgment and shame.
It is you who guides the soul. The soul of love is free.
In love, guide others with the will to be free.
Freedom felt in the soul leads to love that is yours.
Be open. Be kind. Be free.

Love now and keep that love in your heart.
The peaceful warrior knows only this. And this will find the path you seek.
Love seeks you and will find you when you seek it.
Open to love. Open your heart, your mind and your soul.

Love dear one. Love.

MESSAGE NINETEEN
Graceful Boundaries

Peace be with you, loving warrior.
With ease and grace and assertiveness you travel the path of love.
Do not do to others what you would not want others do to you.
Be kind, be fair and accepting of choices others make, lest they not affect your terms.
State proudly your terms and conditions in firm unyielding tones.

All is well.
Be decisive and pure.
Be open and kind. Set the tone for your day
Prideful comments need not be spoken.
It is love that exudes from your faith.
Be not boastful.
Be humble and kind.

Prideful anachronisms chase away the desired outcome.
Be firm, truthful, decisive and pure.
From the heart you love.
From the heart you live.
Live in your heart and love.
Set your boundaries firm with truth and grace, and you will receive what you need
and more.

Love today, and every day you will see your dreams come true.
The Peaceful Warrior walks the path of love and all is well in faith.

On this day, the Warrior notices love, for it is love he seeks.
Love beyond all measure.
He knows love -- knows how to give love.
It is his challenge to receive it.

See love, feel love, notice love.
Enjoy love, honor love, value love.
See the expectations of love and you will see that love is the outcome.
It is divine love that conquers all.
Self-Love is a component and it is your foundation.

The warrior builds this foundation through inner expression, releasing constrictions
that inhibit the flow of love.
Be the silent warrior in love, for it is in the silence one will feel the emotion of love
throughout the physical body.

It is in that moment love will flow without constriction.

The Peaceful Warrior knows love and will exert his prowess amongst humankind. It is through this exertion when love may be lost.

Love thyself and this will lead you to paths unknown, for it is the deep devotion to self-love that opens the doorway to all that is capable in the divine plan of your life.

Be still peaceful warrior, for this is the way of the silent warrior.

It is the way love will find you.

MESSAGE TWENTY

True Love

The Warrior seeks guidance and support for what cannot be done alone.

The quest for separation creates aloneness.

The healthy warrior seeks communion and seeks relations far beyond his limited scope of being. It is intimacy he seeks. It is love and communion with another that supplies the vital fuel of life. True love is found through the grace and ease of giving and receiving. This is the balance the Warrior seeks. It is in his heart to love and commune with others. This brings him great joy.

Intimacy is upon you. Clear that which separates your heart from another. Be in truth and honesty within your heart and allow your inner truth to emerge. Allow each and every moment to manifest, and this will be your guide to unfailing love and gratitude.

Be wise, divine warrior. You are being guided with divine wisdom. Truth will conquer, and truth will manifest. Be open, wise, truthful and strong. Your love will dissolve the fear others have.

Faithful warrior, the new will gleam before you. Peace be with you. Be true and be wise, for it is divine wisdom that challenges the faithless. The divine warrior knows this and keeps the practice in place.

The divine destiny of the peaceful warrior is to love, honor and cherish the divine soul plan and the plan of others. It is divine love you seek. Seek no more. It is upon you. It is delivered free and unopposed.

Love, peaceful warrior. Love.

MESSAGE TWENTY ONE

Taken by Surprise

Hold love in your heart, as others may fail to do so for themselves.

The propensity for love is upon you. Be an artful lover, for it is the warrior who creates love with every step he takes on his pathway.

The doorway to love is opening. Watch as it emerges from another into your heart. Open to its awareness and tranquility. Love may be frightening. Be aware of this, for it is a blessing in disguise.

The peaceful warrior triumphs in love.

Be prepared for love. The warrior is always prepared when taken by surprise.

Love will take you by surprise, faithful warrior.

Open to the experience of love.

Love yourself. Triumph in this and you will see its merits beyond a shadow of a doubt. Be present and acutely aware, for love will come when you are unaware. Open your heart faithful warrior. Open your eyes and mind to a new vision of love.

MESSAGE TWENTY TWO

Desires

The peaceful warrior knows his desires will emerge in divine and perfect time. Allow this to transpire and it will transpire when you give it time to breathe.

Allow it to breathe.

Allow it to flow to you easily and effortlessly.

Allow the divine flow of life to transpire in the right and perfect way, for you cannot control it.

What are your desires, faithful warrior?

If they are in your divine plan they will come to you.

Move within and feel your desires. They are real when felt.

Experience them. Imagine them, and they are real.

The gallant warrior may push and prod with his energy.

Release and let go, and your desires will manifest in accordance with your right and perfect plan in the timing of the divine.

Be safe gallant soul, for it is when you provide time and space your desires will appear. Be safe in the knowledge of this.

The all-knowing space of the divine is ever present in your life. Be all knowing, pleasant warrior, to know wealth beyond compare.

Knowing is the ever-present awareness of faith. Be guided by this, faithful warrior.

Be guided by what you know, for it will come. It is yours. When you are ready, it will be yours.

Ready yourself, dearest warrior, by creating space within your heart.

All-knowing encompasses fear and all-knowing erases fear.

It is in the deepest of knowing where fear cannot exist. It is in this knowing where love exists.

Be in that knowing, faithful warrior, for it is in perfect order.

Love is divine. And so it is.

MESSAGE TWENTY THREE
Release the Mask

The life of the warrior has peaks and valleys and times of uncertainty and unrest. It is during these times the warrior may hide his fears.

Faithful warrior, all is divinely planned. You are not alone.

Peaceful thoughts pervade through the warrior's mind -- thoughts of joy, peace, and serenity. Yet there are times when thoughts that are not of peace can be destructive. It is then the warrior seeks advice and looks for support and guidance. When it is given and then received, truth abounds.

The warrior is gallant, yet feels unloved during times of unease and turbulence. It is then the warrior seeks love.

Drop your mask, dear warrior, and expose the beauty of the vulnerable child within. Your vulnerability exists. Let it be seen, loved and cherished.

You are loved.

Be seen as you are. Release the mask. Open to the divinity of your love. It is ever present.

You are gifted. Accept these gifts as yours.

Open to the availability of love from all sources beyond your scope.

Be kind, gentle warrior, for your kindness abounds.

Allow your kindness to shine onto those deserving, who in turn will bestow theirs onto you.

Keep your truth close to your soul. Allow its energy to pervade through you to bestow your gifts.

Open your heart, faithful warrior, to see what awaits you.

Your soul will speak to you in uncanny ways. Allow it. It is not an aberration.

Allow what is coming. The unexpected will be expected and the wonderment that follows will be a joyous celebration of the divine.

We see your glory. It will come in unexpected ways. Be open, honest, and loyal to your heart, for what you desire is all you need.

Be healthy, safe and sound. You are ready to receive your desires that will arrive in due time. You are getting ready for the moment and in the moment, you will know. Break down your guard, faithful warrior. Open to share your soul.

Be guided and pleasantly surprised when it arrives.

Open your heart for you shall see the grandness of life. It is upon you. Open and see your mission to the divinity of all.

Open your mind, body and soul, for it is coming. Be truthful, honest and sure, for the choice is yours and yours alone.

And so it is.

MESSAGE TWENTY FOUR
Giving in Kind

The peaceful warrior is grateful to all those who provide support and guidance on his path.

He connects directly from his heart with all those who connect with him and all those who show their gratitude for him being in their life.

Love, honor and obey the laws of giving and receiving, for this is the key to divine love. The thoughts and minds of others open when these laws are presented to them.

Open your heart, peaceful warrior, for you will connect with those who know this. Honor this and value this. It is those who know this who will divinely light your path. The unending flow of abundance is upon you.

Love, honor and obey the laws, and it will set you free. Giving in kind is the key to an everlasting relationship.

Those tending to the needs of others in the quest for love will be forlorn. Those tending to the desires of others for love without receiving in kind, remain alone. Those tending to the joy of others without receiving in kind endlessly yearn for more.

Be patient gallant warrior. State your demands aloud. By doing so, you are heard, and they are honored. You are loved beyond measure. Open now to receive that love. Continue your path, faithful warrior, to see what is in store for you next. With an open mind and heart, the warrior continues on the path of life, divinely guided with thoughts of amazement and wonder.

Love gallant warrior. Love all that comes your way and give thanks as you receive what is yours.

Peace be with you, for you are the gallant warrior in body, mind and soul.

MESSAGE TWENTY FIVE

No Pressure

The wounded warrior seeks to be consoled, for it is in these times doubt may surface. The all-knowing survives this doubt with understanding of divine law.

What has transpired in life has done so for a reason. The reasons may be unknown in the moment, but over time will be revealed.

Understand peaceful warrior, you are under no pressure to survive, for a blanket of security is upon you in the form of divine love. Ponder this and you will see that everlasting love is yours divinely.

Reflect upon this so your loved ones see your openness to reveal the depth of your soul. Honor and value your neighbor and those who provide a home for you to land. These are the ones who care, gallant warrior, for it is within you where abundance flourishes. Know this truth and you will flourish.

You are the source from where divine love emanates.

Know this truth and you will flourish.

Know your power and grace.

Know your love.

Know your value.

Know you more deeply than you ever have, and you will flourish forever.

It is time, dear warrior, to understand the truth of who you are. It is all encompassing, all knowing and all understanding.

Love, and your desires will be yours.

It is time to speak the truth -- the divine truth.

MESSAGE TWENTY SIX
Being is Essential

For the warrior, being is essential -- being in the eternal flow of life. Motivation comes from being open to the word of God in each and every moment.

Yearning rises within the warrior from time to time. He feels it and it begins to fade when living in every moment. It is an old pattern of behavior that was relied upon for separation. When it manifests, having what he desires is in the knowing that he has it and always has.

When that pattern shifts, the warrior becomes available to receive love. The endless pattern of yearning breaks when the warrior realizes who he is and moves into the knowing of it. Then, all he desires becomes available. It opens a new doorway to a life the warrior has never known. It raises his awareness to his greatness and releases the need to prove who he is, so he can move into beingness and thus having what he desires.

It is already there, faithful warrior, and it is bestowed upon you. Be grateful. It is in your life now.

Be open. Be present and divine. Your greatness is upon you and more is on the way. The pattern of yearning is broken, and all is well.

And so it is.

MESSAGE TWENTY SEVEN

Your Time Has Come

It is with great pleasure and joy We come to you today peaceful warrior. Peace and joy are upon you. Today is the day for love to enter your life in full abundance. You will see how divine it will be.

Be understanding and thoughtful, for that is your power. That is your loving heart.

Be open, curious and playful and allow each moment to be divine. If love is your true nature, let it be so.

Arrive in most elegant ways, for it is what is seen that will be the lasting impression. Be honest and sure, for it is these traits the warrior embodies.

Open your heart. The time is near for you to love, a sacred love of all. Be repentant and allow your devices to pass, for you no longer need them.

You are powerful, faithful warrior. Embrace this. Honor this, and uphold this. The time has come. Your time has come.

Love, cherish and embrace this time, for it is yours and what you have been waiting for.

Be off, gallant warrior, to higher lands and fruitful times. Be off to discover a world beyond yours forever more.

Be off and rejoice.

MESSAGE TWENTY EIGHT
Words of Truth

The divine voice of spirit within guides the peaceful warrior to eternal abundance. It rises each time he connects to it and gives him guidance and support on his path. It is divine. It is holy. It is pleasure, and it seeks no bounds.

Speak of love. This is the divine force that conquers all.

Be well, faithful warrior, for these are the words of faith given to you through divine love.

Be wary, faithful warrior, of divine love peering through spaces in time. It will forever hold you.

Be unto yourself as you are to others and in kind you will be measured.

Be forever true to your soul. Its mission is divine.

Open your heart, faithful warrior. Your mission is just beginning, for you have moved through the gates of love.

Forever hold a sacred space for all to love and see the majestic love that is God.

Be true. Be kind. Be free, for love is yours and always will be.

Love is grand, and love is divine.

Love is faithful, and love is kind.

Kindness in the heart is you, divine warrior.

Know these words of truth and forever hold your peace.

MESSAGE TWENTY NINE
The Infinite Plenty

In times of prosperity spirits soar. It is when a period of prosperity ceases, spirits seem to die. Yearning begins, and an old cycle repeats itself.

Fear not, faithful warrior. Trust and hold on to faith. In unproven times your faith is always tested.

The Warrior asks: What am I doing wrong?
It is the race to be a star that has you bound and forlorn. Fear not, faithful warrior. The time has come to fill the gaps left behind.

By intervening with the soul plan, you interrupt the divine flow of life. Allow the process and the flow. You will be free of worry and doubt, and the soul will replenish.

"I am weary," the warrior says, "weary of time to come. It is me who I seek through the haze of doubt and mistrust."

The warrior asks: What is my plan?
It is to give the freedom of life to those who seek it, who know it -- and to those who love it.

By using tools he has been given, the faithful warrior sites trust in love. The soul will appear through faithfulness to self, and love will abound in plenty.

"I am tired of being on the old path of the unfulfilled desire for infinite plenty."
"What shall I do?" The Warrior asks.

Seek only you.
Shift the pendulum of time back to you and see the miracle appear.
Love you. Honor you, and value you.
The doors of infinite plenty will then open.

"How do I do that?" Asks the warrior.
Request assistance from on high.

Peace be with you, gallant warrior. The treasure is all yours.
Be guided by the light of divine intervention and spirit guidance, for this is all you need for change to occur.

"Why spirit guidance?" The warrior asks.
In time of strife, love is forgotten. Stress appears in the form of discontent.
Fear not, faithful warrior. Your trust is a demand, and we will lead you to divine light and love.

Entertain the notion of love and an intervention from on high, and you will see significant change.

Divine love appears in all forms. Be open to receive love -- not necessarily in tangible form, for it is this that surpasses a material gesture of love.

Be patient. Love will free you to know its taste, touch, feel and smell. This is how it is measured in human form.

You are on the path to divine love. The path for you is edgy and sharp and is to be navigated with trust and kindness.

Fear not, faithful warrior. God is all there is, and it is plenty in love.

You are forever taken care of.

“Why do I doubt this?” Asks the warrior.

You do need tangible evidence of faith because this is the human way.

Be pure in thought and action, faithful warrior, for you will always have enough and be plenty.

It begins with trust in you and spreads outward in waves of light and love.

Be secure in the knowledge of love of self and the soul will emerge through the darkness of pain and sorrow.

Trust will come to those who seek it and when kindness of self is true.

Be off, peaceful warrior.

We thank you for coming and will visit with you again soon. The pleasure is Ours.

Your answers come with faith and in the truth of your being.

Behold this and you will be free.

MESSAGE THIRTY
True Freedom

You are innately and divinely free.
No need to protect this.
No need to fight for it, for this perpetuates duality.

Freedom is divinely yours.
The fight for it is a manufactured effect to hold duality in place.
To keep you separated and then isolated.
To fight for it means you are separated, a separatist who needs to prove your worthiness.

You have been instilled with the belief that fighting for your freedom is just and honorable. If you perpetuate this, you will come to realize it isn't about freedom it is a fight to be right.

The spiritual warrior knows this and struggles with the challenges this represents. For it is he who knows the truth -- the divine truth that he is free; yet it comes with a price. That price is responsibility.

True freedom is true responsibility.
Are you fighting for responsibility?
What are you fighting for?
Why fight? Why separate? Why Love?
It is your responsibility to speak these truths, to speak your heart, to speak your love.

If it is true freedom you desire, then be prepared for the responsibility that comes with it. It is responsibility that frightens you and why many still follow herd consciousness.

If it is freedom you desire, you need to move within and heal within yourself, for when one does that, it is he who then can express it.

This is Freedom.

For when you suppress this, you will see its mirror outside of you. It is then you will begin to fight, and this fight will be eternal.

Release your self-imposed suppression of who you truly are. The cloud will lift, and the mirror will change its reflection. And you will know you are free and always have been.

Rejoice in this knowledge.
Rejoice in your heart.
Know your truth.
The truth of peace, joy and love.

And you will be guided to your source in the oneness of being -- the uniqueness of you.

Peace be bestowed upon you now and forever.

MESSAGE THIRTY ONE
Divine Flow of Life

Spiritual awareness and divine flow are one and the same.

Divine flow is essential for your well-being. It is like the ebb and flow of the ocean. The tide rises to great expansion and flows powerfully to create and generate energy that lifts and separates. It then recedes into contraction, into silence to gather and expand. This is divine flow in action.

Divine flow lifts and separates you from you. Separates you from your mental thoughts and from control.

Divine flow is a natural way of being. It allows you to be in the moment – to give and receive love in balance -- to accept the current moment that is.

Once living in divine flow, you separate yourself from the realm of control and the need for external safety and security. You then move to a state of being-ness that is pre-ordained in your divine plan.

It is love. It is joy. It is your well-being. It is abundance.

Take note of your gentle surroundings and you shall prosper. Prosperity is a simple judgment of the subjective mind. It ebbs and flows in the in-breath and out-breath of life.

Be safe in the knowing that the divine mind is forever plentiful. It erases fear and doubt. It professes great faith that divine flow will forever prosper you.

Have faith, for you will forever prosper. Subscribe to the inflow and the outflow. Ride the waves of divine flow and be rich and plentiful with life. Abundance lies in that flow, and it is concurrent with the flow of life.

Be forever surrounded by the majesty of life, for life is divine flow. Life knows no control, for it is always in flow. Life is expansion and life is contraction. Breathe in, breathe out. Give and receive. When one is blocked with control, the flow ceases and drought occurs.

Divine flow is an energetic flow. It is an exchange of energy, giving and receiving.

Open your heart to receive and give from your heart.

Divine flow is love. It is love for life. It is love for love. It is divine, and it flows within you.

Be this love. Be in the flow of life, and you will open the doors to freedom -- freeing yourself from the constraints of the mind. Moment to moment to moment you are love.

Prosper and forever live in the abundance of life. It is forever yours.
Move in. Move out. Breathe in and breathe out. Divine love is in the divine flow of spirit. It connects to your heart with love. When love is present, nothing forsakes it. When you tread through the waters of doubt, be love divine and you will feel the flow of love. It is yours to accept. Open your heart and it will flow, for love is divine and always in flow.

Your constraints block the flow. Release and let go of your entanglements to life, and love will flow divinely. Divinely flow through life and accept the present moment, for it will flow to the next and then the next. Open your heart and allow the love you seek to flow to you. Open your mind and it will free the flow of love.

Release and let go. Be free and you will love as life divinely flows through you.
Be gracious kind and accepting, for love is the flow. It flows to you and through you and opens your heart, so magic can happen.

Love now!
For love is the divine flow of life.

ABOUT THE AUTHOR

Jeff Fasano is a Reiki Master, Light Ascension Therapist, Trance Channel and a well-respected professional photographer living in Nashville Tennessee. At the age of forty, he found his passion for photography and it has led him to living a life that he only imagined. This gift and passion has been the doorway for him to connect with his life's purpose, and has led him to those who have made the same connection. He is a channel and messenger for the energy and teachings of Archangel Michael -- imparting wisdom, guidance, and support, so we can love, honor and value who we are and find our passion to live our life's purpose. He is cofounder of the Angel News Network, whose mission is to bring the messages of the divine realm into the earthly plane, thus contributing to humanity's spiritual growth and ascension by raising the consciousness, resonance, and vibration of the world.

The Path of the Peaceful Warrior is Jeff's second book. His first is *Journey of the Awakened Heart: Discovering Who You Are and Why You Are Here*. His earlier essay, *For the Love of It*, was published in the anthology Audacious Creativity.

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