

# ***SPIRITUAL WARFARE SOLUTIONS***

- 1. Your need to take care of yourself first.**
  - (a) This is not being selfish. Being selfish is when you only think of yourself and not others. This is about taking care of yourself so you can be of service to others.**
    - i. Mr. Global doesn't want us to take care of ourselves.**
  - (b) Need to take care of your physical health.**
    - i. Exercise, diet, sleep, etc.**
  - (c) Need to take care of your emotional health.**
    - i. Stay out of the fight-or-flight state.**
    - ii. Overcome past traumas.**
    - iii. Need to have fun.**
  - (d) Need to take care of your spiritual self.**
    - i. Your church, temple, synagogue etc.**
    - ii. Other groups like the Theosophical Society.**
    - iii. Meditation/Prayer.**

- (e) **Need to nurture your personal relationships.**
  - (f) **You don't need to be perfect.**
- 2. Need to decide how you can contribute.**
- (a) **What are your skills.**
  - (b) **What is your passion.**
  - (c) **How much time do you have to give.**
  - (d) **Home schooling.**
  - (e) **Your job.**
  - (f) **Support small businesses.**
  - (g) **Use cash.**
- 3. Beware of the Spiritual tactics being used against us.**
- (a) **Be aware of false flags.**
- 4. Be OK with people having different beliefs.**
- (a) *Beliefs are not facts.*
  - (b) *We don't want to fight among ourselves.*
- 5. Avoid distractions.**

- (a) Limit cell phone use.**
- (b) Limit internet.**
- (c) Limit TV.**

**6. Find ways to get in touch with the spiritual and not focusing on the physical.**

- (a) The shamans are really in touch with the spiritual world.**
- (b) Being in your head versus in your heart and body.**
  - i. Meditation.**
  - ii. Chanting**
  - iii. Sound baths**
  - iv. Yoga**
  - v. Tai Chi / Qigong**
  - vi. Dancing**
  - vii. Music**
  - viii. Drumming**

**7. Maharishi effect.**

- (a) Meditation affects the people around you.**
- (b) Prayer.**

## **8. Karma**

- (a) Saying kind words and doing kind things, with no expectation of getting something in routine.**
- (b) Stay out of the fight-or-flight state.**
  - i. Limit amount of time spent watching the news.**
  - ii. Focus on the good.**

**I AM FINDING THAT MY RESPONSE TO “OPERATION SPIDER WEB” IS TO TAKE CARE OF MY SPIRITUAL NEEDS. I CAN DO THIS BY:**

- 1. Shadow work.**
  - (a) Mr. Global has us being disconnected from our true self.**
- 2. Vision Board.**
- 3. Supporting our Solari Group.**
- 4. Staying in contact with like-minded people.**