

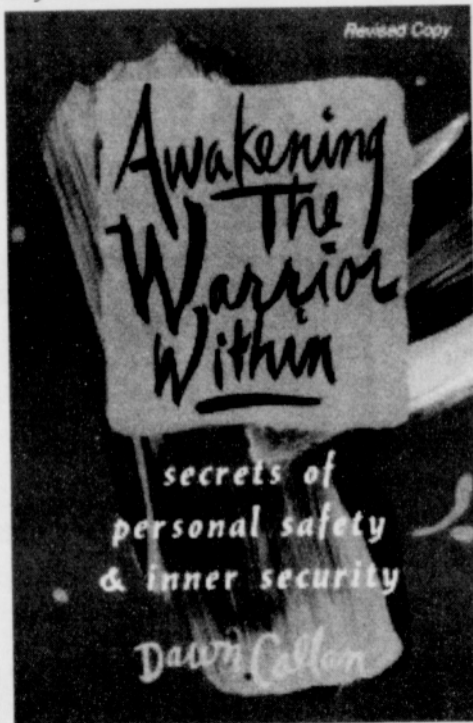
IN PRINT

THE TEN UNIVERSAL LAWS OF THE Warrior Code

by Dawn Callan

1. Pay attention. Stay in the present. It's the only place anything is really happening.
2. Take Responsibility. This is your life, take it back. Either you get to own it, or you blame someone or something else for it. Choose.
3. No Kvetching. No whining, no sniveling - it takes you out of the present and lets you abdicate responsibility.
4. Don't Take Any Shit. It's bad for one's self-esteem to take nay abuse. Stand up to your tyrants, both internal and external. The cost is too great not to.
5. Do It Anyway. Hard Choices temper our strength and our integrity; they make the difference between a life of mediocrity and a life of excellence.
6. Don't Quit. Look at what stops you, at where you give the effort up. That is the edge between becoming a victim or a warrior.
7. Keep your Agreements. A warrior is only as good as his or her word. The way we build self-trust and trust

Awakening The Warrior Within
SECRETS OF PERSONAL SAFETY & INNER SECURITY
Tenacity Press; 1999



By Dawn Callan
Protect yourself without weapons or brawn. Define and defend your personal boundaries without animosity. Learn how to tap your greatest inner sources of safety. Face your tyrants from a place of openness and power. Never be a victim again. Step into the power of your warrior within. These are the riches of the evolved spiritual warrior that the author unveils in this book. For 25-plus years, Dawn Callan has

taught people from every walk of life how to awaken their inner warriors, to bring balance, inner peace and security to their lives. In writing this book Dawn draws from her prolific background as a personal bodyguard to celebrities, and from achieving advanced degree Black Belts in Kenpo, Kung Fu, and Karate. Of equal importance is the experience she draws from 20 years as the founder and facilitator of Awakening the Warrior Within Workshops. *This book is about the journey back to power. It is a path we are all on whether we know it or not. The journey of a warrior is always a journey back to ourselves. There are many challenges and obstacles along the way and most of them have to do with fear. Fear, like resistance, is always a great teacher and as we progress*

we learn to treat both of these as allies rather than adversaries. Our toughest opponents are often our greatest teachers. We learn about the edge between freedom and fear and how the warrior rides that edge. What we have suffered from is fear of mastery. As masters we have to be individual, unique, and accountable. We have to come out and be separate. We have the ability to recognize the areas of our life where our victim operates, to understand how we were wounded, and recognize how our energy works. We have the ability to learn how to stand up to our tyrants. We have all the tools necessary to make our lives work, and we are remembering that we've always had the tools.



Dawn Callan

- in others is by making and keeping our agreements.
8. Keep Your Sense of Humor. Otherwise what's the point? Humor helps us to stretch beyond ourselves and our own limits.
 9. Love One Another. Otherwise where's the meaning? It's the way we remember we're not alone in this universe.
 10. Honor Your Connection to Source. There is a force in the universe, greater than ourselves, that creates us, sustains us, provides for us, cares for us, guides us, and loves us. It speaks to us from within. Trust it.

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