

# The Waiest® Spirit Warrior

## A Martial Art for Your Mind™!



### Introductory

This introductory program is meant to get you started on the path of a Waiest® Spirit Warrior. To enroll in the Waiest® Home Study Program go to [www.waiest.com](http://www.waiest.com).

**The core idea behind Waiest®** is that every Waiest is an individual living individual lives and with individual beliefs.

Within the Waiest® philosophy, all we do is offer ideas to engage your mind in thought. From there we each must find our own way. For it is within thought that you find the path to enlightenment. To each their own journey.

**The Waiest® Arts takes the life that you live and makes it the art in which you train. With the Waiest® Arts you will learn to let go and be at one with universal life, to flow with universal life's energy all around you, and to find peace and harmony within universal life's teachings, bringing balance to your journey.**

Study what you will study, believe what you will believe, journey to where you will journey, better yourself daily, do not impose your life on others, and to each their own journey.

Everywhere is my temple, every day is my special day, and universal life is my teacher. I am not confined by book, building, or idea but am open to the very essence of creation and all within that is my journey. **This is the Way of the Waiest® Spirit Warrior.**

You can print out the manual, flip the back cover over, and staple it together down the spine to create your Warrior's Path Introductory Manual.

## The Waiest® Spirit Warrior Movement

It's time to make a difference! It's time to make a change! It's time to take a stand! The only way you can change is through yourself and your own actions. It is time to grow up and stop thinking that some person or government can solve or change your situation. The only one that can do that is you! The only action you can truly control is your own. The only change you can truly make is within! You must learn to win with the hand that you were dealt, not just whine and cry about it but to overcome it, find solutions, and better yourself daily. Make a difference for having lived. We may replace leaders, throw money at problems, and perform charitable acts. We may even fix the immediate problems, but we are not fixing the overall problems, just the symptoms. To fix the overall problems, the change must come from within each of us and we must take responsibility for ourselves, our actions, and our own happiness. As a culture we have now evolved enough to move beyond the old skepticism of the temporary. We are capable of a global view, a higher insight, not needing to impose our truth on others out of fear and self-doubt in order to give our faith validity, but to exist as a whole through our individual discovery of innate enlightenment.

It is not the government or the free market that operates badly. It is the people for it is us that operate the government and free market. In today's world you cannot drop a bomb on or point your finger at "the enemy". It is the breakdown of an **intuitive code of conduct**. It is the absence of respect, honor, and loyalty that we are missing in our day to day life. People think they respect others but do not even respect themselves. There are those who say they are loyal but as soon as it suits their needs they rationalize hurting others. There are those who say that they have honor but will not even stick to their word. We want to receive but do not want to give; we want to succeed but not to sacrifice; we want to survive but not to live. If you read this and are saying to yourself "that's the way those people are", remember that you too are "those people" and until you realize this you will forever walk the beaten path, never to overcome and find an enlightened inner peace in your journey.

The Waiest® Spirit Warrior's movement is a group of individuals who have grown tired of the daily lies, greed, and fear mongering of the corporations, politicians, and religions. The Waiest® Spirit Warriors are individuals who have decided to take a stand, to do more than just a few charitable acts that don't do much more than boost your own ego, to do more than follow a theology that isn't much more than a social gathering, to do more than to elect politicians that cause as many problems as they solve, to do more than just survive from day to day, going about life blind to our true actions when we are meant for so much more. We take our stand by making a true change from within ourselves, by focusing more on the life that is being lived rather than the implements of living it, to face the trial of life, becoming stronger for doing so and surpassing what it is to be just the human animal, to achieve a spiritual enlightenment, and to truly make a difference for having lived.

### ~ We Are Meant To Surpass What It Is To Be Just Mankind ~

Our ability to rise above what it is to be an animal is what makes us unique among animals. An animal is driven by nothing but instinct and controlled by emotions. The enlightened experience is unique to our species. Therefore, would it not stand to reason that this is one of our primary reasons we, as human beings, exist? We are not meant just to survive day to day and paycheck to paycheck but to achieve a higher state of mind for the betterment of all, to create an advanced spiritual culture based on awareness and enlightenment rather than fear and greed.

You cannot just have enlightened inner peace just because you wish it to be or because you recognize the words, but it is like anything else in life. If you want to be strong in life you must have opportunities to be strong in life, to learn strength. If you want to be patient you must have opportunities in life to be patient, to learn patience. You're not just strong or patient because you want to be; you must learn to be. In this sense, we see one must study to be enlightened as well.

### **The Waiest® Arts takes the life that you live and makes it the art in which you train, helping you to forge your oneness with universal life.**

To have enlightened inner peace one must be free; free of one's emotional burdens, which means not to be controlled by emotions or thoughts but rather you control them. To do this one must be free of attachment and not hindered by opinion. Without this one has not achieved enlightened inner peace.

### **The two main obstacles to enlightenment are attachments and to think you know, to be hindered by opinion.**

- **Do not be hindered by opinions. To know that you do not know is to truly understand.** To think you know is to be hindered by opinion, which is to discount someone or something because you do not understand or because you think you know when all the while you're just walking a different path up the same mountain - the journey, the path we all must walk. Just because you recognize the words does not mean you know. There is a difference between knowing the path and walking the path.
- **To hold attachments is to never truly be free.** As long as you hold on to attachments you will never truly be free because someone or something can take them from you and, in that, holds power over you. One does not obtain enlightenment, inner peace, or freedom as long as one holds attachment.

**As the world changes, it will be those of us who are willing to persevere, to mentally evolve, and to change with the world that will be successful in the times to come.** We are meant to surpass what it is to be just mankind. This is our special gift, the fact that we can better our situation and mentally evolve through free will, to become something more than what we are. It is a fact that we can surpass what it is to be just a human animal, to achieve a state of acute awareness of our journey, to become one with universal life's journey, and to achieve an enlightenment of journey. This acute awareness of our journey is the one thing that makes us unique as a species and is why we were created. This is what we were designed to do as a species.

If we are going to truly move forward as a people, as a culture, we must stop lying to ourselves. Individually, we are not meant to change the world, but to influence it, to engage it, and to achieve an enlightened inner peace despite the obstacles laid before us. This is life's test of faith. **It is not going to happen by just reading a book or going to a service once a week.** Each of us must take a deep inward journey of discovery of ourselves.

**Books, buildings, philosophies, governments, and religions are manmade tools to be used along the journey but are not the journey yet they are important for they can spark the word that already exists within you. You are the direct link to creation since you are made of the essence of creation itself, and it is within your journey that your answers will be found. ~ To Each Their Own Journey ~**



**The Warrior's Path Home Certification Program™ is where you train in the Waiest® Arts. The Waiest® Arts is the art of the journey, taking the life that you live and making it the art in which you train.**

**If one wants to be successful one must cultivate a strong mental attitude. The Waiest® Arts is a Personal Success Training Program** where you will discover new and ancient forms of meditation, philosophy, natural health, and chi training that will bring balance to your life.

**The Waiest® Arts teach you to control your thoughts and emotions rather than to be controlled by them, enabling you to achieve a greater mental focus to conquer the warrior within.**

**The Waiest® Arts is an entire life studies program, which consists of 6 Waiest® Disciplines that cover a variety of life training skills to help you succeed in a more competitive world.**

1. **Waiest® Discipline - Chi Focus™** Katas create a healthy and balanced flow of chi, like yoga.
2. **Waiest® Discipline - Chi Focus™** Wazas help to strengthen and focus your chi, like a martial art.
3. **Waiest® Discipline - Meditation** helps you to gain mental clarity.
4. **Waiest® Discipline - Fudoshin** (immovable mind) helps one forge a strong mental attitude.
5. **Waiest® Discipline – Philosophy** helps one to achieve an individual enlightenment.
6. **Waiest® Discipline – Spirit Warrior's Code** helps one to achieve a personal strength and success in life.

**No matter if you are just starting on the path or have been studying your whole life the Waiest® Arts will bring it all into focus taking your journey to the next level.**

☸ **The Warrior's Path Home Certification Program™** is based on home study and one's individual journey **taking the life you live and making it the art in which you train.** It is a fact that chi or energy training forms are meant to become personalized journeys of discovery. Only you can do this for yourself. This is the premise behind our home certification program. **It is in this concept that you can do home study. The Warrior's Path Home Certification Program™ is about creativity, ingenuity, self-reliance, and perseverance of journey, to accomplish for yourself without someone holding your hand. It is just like life;** you must do it for yourself, either you will figure it out or not, or you will do it or not. Those who do will find greater success and freedom in life. It is your journey. **All we offer are the tools. It is up to you to walk the path.** If you can learn to do this you can learn to overcome anything.

☸ **The Test of the Warrior's Heart** ~ The true warrior who sets forth on a path does not allow excuses to hinder the path but through ingenuity learns to improvise, adapt, and overcome. The **Warrior's Path Home Certification Program™** is a test of one's spirit, the passion and vigor one comes at their life with, and the warrior's heart. **One who never quits, never fails.** This is the way of the Waiest® Spirit Warrior.

**The Warrior's Path Home Certification Program™** is not just Tai Chi, Qi Gung, or Reiki. No, we are far more than just that! We train in the **Waiest® Arts**, which is an evolution in an all-round spirit, mind, and body training that balances the whole person! The physical training chi forms like you may find in Tai Chi or Yoga are just a part of what we do. We will cover:

- Physical training similar to Tai Chi, Qi Gung, and Yoga
- Mental discipline training that helps you to focus and hone your mind
- Philosophical training that helps you to focus your spirit and achieve **personal strength and personal success**
- **The Waiest® Spirit Warrior's Code** which binds us and drives us to better ourselves daily as you learn self-reliance
- **Become a member of the Waiest® Order and become one of the knights, samurais, and monks of the modern age.**

**The Waiest® Spirit Warrior – The True Test Is Within!**

Become a member of the Waiest® movement at [www.waiest.com](http://www.waiest.com).

## The Warrior's Path Home Certification Program™

**A Martial Art for Your Mind™** ~ Now you can learn from meditation master and ordained monk, Robert W. Wiest, as he teaches you how to win in today's mental battlefield that is our society. He has studied with monks, mystics, shaman, gurus, and martial art masters from around the world and now offers this knowledge to you with this home study program to help you make the best of your journey. The Waiest® Arts is unique for it was developed and is meant to be done on one's own, an individual journey of discovery with universal life as your teacher and guide.

You will learn how to...

- Restore Balance & Focus
- Forge Mental Discipline
- Increase Energy & Strength
- Relieve Pain & Stress
- Heighten Flexibility & Power
- Maintain a Healthier Lifestyle
- Control Your Emotions & Thoughts
- Skillfully & Logically Make Decisions
- Achieve Personal Success



### Why A Martial Arts For Your Mind? Your Mind Is Your Most Formidable Weapon.

You will not find yourself in a fight or mugging daily, but you do find yourself at work, driving, shopping, going to school, in relationships, and other socially challenging situations in your life's journey every day! You will become more successful if you are better mentally prepared.

There are nearly 7 billion people on this planet all buying for the same limited resources. Where will you stand within this number? The Warrior's Path Home Certification Program™ teaches you the life skills you need to be successful in today's more competitive world!

The disciplined mind is the sword of the new day. Surviving in today's society is a mental battlefield. This battle is not won by fist, sword, or gun but is endured through the disciplined mind. The true test of your life journey is to strive for this personal strength, personal success, personal freedom, and an enlightened consciousness in your journey despite all of the obstacles that stand in your way.

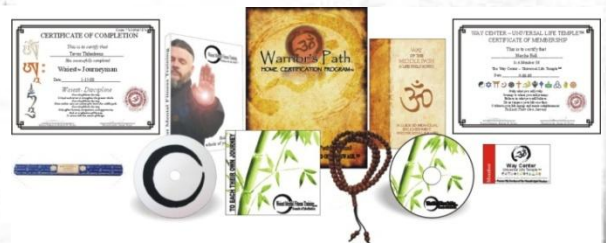


### The Warrior's Path Home Certification Program™ ~ Taking The Life You Live And Making It The Art In Which You Train

There is nothing in our program that you cannot figure out for yourself with a little perseverance, ingenuity, and creativity. Everything you need to achieve personal success in your life is within the **Warrior's Path Home Certification Program™**. Yet, the journey is yours and you must walk the path. Our organization offers you the tools you need and an opportunity to succeed. To be honest, we're not really interested in trying to sell you this program but only to offer this program to those who are truly ready to believe in themselves and make a positive difference in their lives.

## With the Warrior's Path Home Certification Program™ you will receive:

- **"The Door"™** ~ This manual is a guide to the Warrior's Path and is the doorway to becoming a Waiest® Spirit Warrior.
- **Way of the Middle Path® Manual** ~ your guide to individual enlightenment and personal success
- **Chi Focus™ Warrior's Path® Manual (fully illustrated)**
- **Chi Focus™ Life Force Energy Training® DVD** ~ This works in conjunction with the manual taking you step by step through the Waiest® Arts!
- **Chi Focus™ Sounds of Meditation® CD** ~ This wonderful CD of relaxing music will help enhance your meditative experiences and can be used as a meditative timing tool.
- **The Waiest® Spirit Warrior's Mala Beads** ~ These beautiful handmade mala beads are blessed by the Waiest® Spirit Warrior Monks.
- **Nag Champa Incense** is a special blend of natural herbs, resins, flowers, and oils hand-rolled to perfection. Its rich, earthy fragrance will enhance any environment.
- **Certificate of Membership and Membership Card** ~ Walk the path of the **Waiest® Spirit Warrior** as you become a lifetime member of a global community, a brotherhood/sisterhood bound by honor and driven by the warrior's code!
- **Waiest® Spirit Warrior Certificate of Completion Opportunity** ~ Complete your first level exam and receive your Certificate of Completion as a Waiest® Spirit Warrior, a Monk of the Waiest® Order. This is the equivalent to receiving your black belt.



### PLUS!!!! Upon completing your first level, you will receive the Guru's Program for FREE!

- You will get your **Certificate of Ordainment** as a **Waiest® Spirit Warrior Monk**, the **Guru Program manual**, **"The Teachings®"**, the **Guru Chi Focus™ training DVD**, and a **special gift!!!! PLUS!!!! Upon completing your Guru Program, you will receive the MASTERS Program for FREE!** You will get your **Certificate of Ordainment** as a **Waiest® Guru Monk** and the **Masters Program manual**.

You will receive all of this for only \$89.99+ shipping & handling ~ Join the Waiest® Spirit Warrior movement online at [www.waiest.com](http://www.waiest.com) and take advantage of our **FREE** online **Warrior's Path Home Introductory Program™**.

## ~ The Waiest® Spirit Warrior ~

**The Way of the Waiest® Spirit Warrior** ~ You must find your own way and learn from the teachings of universal life or not, for this is the purpose of the journey- to experience it yourself. ~ Study what you will study, believe what you will believe, journey to where you will journey, better yourself daily, do not impose your life on others, and to each their own journey. This is the Way of the Waiest® Spirit Warrior.

**Temple of the Waiest® Spirit Warrior** ~ Everywhere is my temple, every day is my special day, and universal life is my teacher. I am not confined by book, building, or idea but am open to the very essence of creation and all within that is my journey.

**The Armament of the Waiest® Spirit Warrior** ~ The Waiest® Warrior's Code is my shield, enlightenment is my sword, indomitable will is my armor, immovable mind is my castle, and faith is my strength! Now that I am armed, I will step forth into the trials of life with true faith, honor, actions, and deeds, and I will conquer the day.

**The Mission of the Waiest® Spirit Warrior ~ Personal Mission** ~ I will follow the path of the Waiest® Spirit Warrior. I will approach my life as a personal test of faith. I will willingly seek out the challenges of living and learn through the teachings of life and through faith, honor, actions, and deeds, I will hone my mind as a weapon to overcome the trials of life, to conquer the warrior within, to better myself daily, and to achieve enlightenment in my journey.

**Universal Mission** ~ We are not here to covert anyone's way of thinking. We are here to engage your mind in thought and to offer discipline and enlightenment to those who seek it and are willing to help themselves along their journey. We do this by offering the Waiest® Arts. It is up to each person to walk his or her own path. I am a Waiest® Spirit Warrior and this is my most solemn mission and study that I pursue daily.

**The Test of the Waiest® Spirit Warrior ~ The world is as it should be. Each path is as it should be. The true test is within.** We are not meant to fix this world but to engage, endure, overcome, to better ourselves daily, and to achieve enlightenment and inner peace despite the obstacles laid before us. This is the test of life, of faith.

**Ordained Monk of the Waiest® Order** ~ Every Waiest is an individual living individual lives and with individual beliefs. We are a non-religious sect of monks dedicated to the discipline of the study of the journey and enlightenment. We train in the way of chi, mental discipline, and honor. **The Waiest® Spirit Warrior Monk is bound by honor and driven by the warrior's code.**

**The battle of the Waiest® Spirit Warrior** is to achieve an enlightened inner peace and a oneness with universal life despite the obstacles laid be for us, despite the material weakness of man. This is the purpose of the Waiest® Order.

**The Power of the Waiest® Spirit Warrior** ~ Chi, universal life force energy, allows us to connect and to be at one with universal life. A Waiest® Spirit Warrior's strength flows from universal life. Universal life force energy is all around us. It is what binds all things together. It flows through us as we flow through it.

**Universal Life Force Energy** is the power we use to fight the battle, to strengthen the body, to raise the spirit, and to fortify the mind; therefore, raising your awareness, forging your mind as the sword of a new day. Conquer the warrior within, become one with universal life, and achieve enlightenment in your journey.



**We are not meant just to survive day to day and paycheck to paycheck. We are meant for so much more.**

**You may not be able to change the world but you can take control of yourself, of your life's journey, and, by doing so, the world changes for you!** To walk the path of the **Waiest® Spirit Warrior** is a lifestyle and a way of thought. It is an empowering code of conduct and a personal discipline akin to that of a modern samurai's, knight's or monk's life code that helps you to achieve **personal strength, personal success, and personal freedom of journey!**

We all have a connection with universal life. Most of us are just slightly aware of it as a background noise. Our focus is on the daily attachments of life, which cloud our minds and has made us lose our way.

**To train in the Waiest® Arts allows for a greater awareness of universal life and its teachings.** The more you train in the Waiest® Arts the stronger this awareness becomes, opening you up to **a greater power within, personal success, and freedom of journey** unlike anything you have ever known. **The power is within you!**

**WALK THE PATH OF THE WAIEST® SPIRIT WARRIOR AND LET YOUR LIFE BE SOMETHING MORE!**

This introductory program is meant to get you started on the path of a Waiest® Spirit Warrior.

**To become an official member of Waiest®, join us online at [www.waiest.com](http://www.waiest.com).**

## Waiest® Enlightenment ~ The Universal Life Experience™

**One's connection to universal life, the universal life journey, is all you truly have. All else can be taken from you.** It is the only thing at the beginning and is the only thing you have at the end! All else is nothing more than tools to be used along the journey but are not the journey.

**It is this individual relationship with universal life that is your journey.** One's individual relationship with universal life is what makes you an individual, makes you special, and that is your journey. **No one will ever experience the journey quite the same way you do. It is the journey that teaches you and allows you to grow and become stronger.**

**To become one with universal life is to learn to flow with universal life's energy all around you and to find peace and harmony in universal life's teachings, bringing balance to your journey.**

**The Waiest® Arts takes the life that you live and makes it the art in which you train, helping you to forge your oneness with universal life.**

This is the inescapable truth. Most of us think that we are far smarter than we really are. We are so focused on the mundane and material that we have lost sight of the way. If you read these words and feel that they have nothing to do with you, then you also have something to consider for we have all wandered blindly in our journeys at one time or another. It has been said to know is to understand that you do not know and this is the beginning of the way.

**The Journey ~** You are a direct link to creation. You are of creation. Books, buildings, governments and religions are secondary, man-made items. They are important in that they can spark the truth within, but it is **within your journey that the answers are found.** Reading a book or watching a show makes you think; therefore, sparking the word within. **The power resides within you.**

**The Journey's Path ~** We are here for no other reason than to better ourselves daily and to cultivate innate enlightenment in our journey.

There have been times when we all thought everything will be great when I get married, get that new job, move to a new town, go to that new church, or take my yoga class. Yes, these things are great and can bring a moment of joy and one should find a passion for your job or for your social activity, but it is not your journey. These are but passing moments in that journey. The moment eventually moves past you. When you pass, the journey does not stop. Governments may rise and crumble, universes may begin and end, but the journey moves ever forward. If you want to **find a true and lasting inner peace** you must take an inward journey to discover **your individual connection with universal life.**

**The life that you live is an individual journey but the spark of life that is living it is a part of all.**

**Waiest® Enlightenment is one of the singular most important points of study for a Waiest® Spirit Warrior.** If seeing is believing then here is living proof of this theory, which can be measured by science and cannot be disproved by theology.

- ☞ One's connection to universal life is the only thing at the beginning & is the only thing you have at the end.
- ☞ One's connection to universal life is the one thing that makes you an individual.
- ☞ One's connection to universal life is the one thing that can never be experienced by another.
- ☞ One's connection to universal life is the one thing you have that no one can take from you.
- ☞ One's connection to universal life is the one thing you can never turn your back on.
- ☞ One's connection to universal life is the one thing that will never turn its back on you.
- ☞ One's connection to universal life is the one thing that you will have even after death. **Nothing ever truly dies.** It is merely transformed. Physics 101 states that matter and energy cannot be created or destroyed, only transformed within a system.
- ☞ One's connection to universal life has shown you all that you know. It is the master teacher of us all. All you know has been taught to you by living and by doing.
- ☞ One's connection to universal life is what you were, what you are, and what you are going to be. It is the universal life journey.
- ☞ **It is this individual relationship with universal life that is your journey.** Through understanding this and facing your inner self, you will find a strength that no threat can conquer.

*We know these things to be true in our hearts. All you must do is look within to find the way.*

*We can keep ignoring these facts if we wish, but the universe around us will not, and the life that we live and the lessons that we learn will get harder and harder each time we must try to learn them! The choice is yours.*

**JOIN THE WAIEST® MOVEMENT ~ TAKE A STAND**  
**Contact us at [www.waiest.com](http://www.waiest.com) or call us at 1-888-353-9414.**

**The Waiest® Order ~ The Knights, Samurai, and Warrior Monks of the Modern Age! We do today what others won't, so we can do tomorrow what others can't. These are not just words to us but a way of life.**

- **Become a member of the Waiest® Order.** To become a **Waiest® Spirit Warrior** is a way to take a stand, taking your life to the next level, making the life that you live the art in which you train! Taking this action states, "I may not be able to change the world but I can take control of myself, of my life's journey." and, by doing so, the world changes for you! **The True Test Is Within!**
- **Join the Waiest® movement and take a stand** as you train from apprentice to master level. Reaching for this goal is something you can strive for and obtain! It is not just given to you but it will be something you have earned! Make a true difference from within!
- **Ordained Monk of the Waiest® Order** ~ We use the word "monk" to describe our different training levels in the **Waiest® Arts** like a martial arts system uses different belt levels. We use the idea of the monk to describe ourselves because of the discipline and dedication that the idea of a monk inspires. This ordainment as a monk of the **Waiest® Order** can be obtained by men and women. We offer this ordainment as an accomplishment in one's life.
- **Waiest® Spirit Warrior Monks ~ Bound By Honor ~ Driven By the Warrior's Code!** When you become a Waiest® Spirit Warrior Monk, you become a **lifetime member of a global community, a brotherhood /sisterhood** bound by honor and driven by the warrior's code! We may never meet or we may be of the same household but this does not matter for we are family in spirit and bound by honor on the Spirit Warrior's path.
- **The life that you live is an individual journey but the spark of life that is living is a part of all. With this study program I will show you how to become more aware of this connection, to reach out and touch it, to become one with universal life.**

*To conquer the warrior within, one must learn to control his/her emotions and thoughts rather than being controlled by them!  
To take control of yourself and to make a difference from within yourself is the only way you can truly conquer your warrior within.*

- ☪ **The Waiest® Spirit Warrior Movement** is not based on beliefs but on how one conducts oneself, on **self-reliance and perseverance of journey**, and to stand on one's own two feet; therefore, achieving personal strength, personal success and personal freedom in one's journey. There may be only one mountain but many paths up it.
- ☪ **A Test of Life, A Test of Honor, and a Test of Faith** – Life is a test of faith, a test to achieve enlightened inner peace despite the obstacles laid before you and a test to be able to maintain this faith, your inner peace, when all seems lost. This is the test and life's journey is a training ground for the truly faithful. Do you learn to have faith, to win with the hand you were dealt, and to rise above what it is to be a human animal despite the influences around you or do you become lost in the trappings of life to wander blindly in complacency? **The choice is yours!**
- ☪ **Waiest®** does not follow one organized religion nor are we one, but we leave that up to the person's individual journey and respect them all. **We are not here to convert anyone's way of thinking but only to engage you in thought.** We are not here to tell you what to believe or how to believe it, what to experience or how to experience it. We are only here to offer tools to better help understand the experience. The **Waiest®** organization was founded on the concept that if we give you a fish you will eat for a day but if we teach you how to fish you will eat for a lifetime.
- ☪ **The core of the Waiest® Philosophy** is that we acknowledge each individual journey, belief, and faith as a part of the universal life journey that we all follow. We feel that all faith is one faith, that all life is one life, that there may be only one mountain but many paths up it. **We are the anti-cult. We want nothing from you that we cannot earn on our own. We are about individuals standing on their own two feet with honor.**
- ☪ **There is no conversion necessary.** The Waiest® Philosophy is revolutionary for it is about your journey. We do not have to agree with you but we also do not have to hate you or judge you for it either. We all have had to walk the path. **Our programs are developed around this philosophy of journey** and in doing so converts themselves to your journey rather than you converting to it. It takes what you are already doing and offers you tools to make it better, **not to change your life but to grow within it.**

**Waiest® Spirit Warrior ~ I'd rather lay down my life than lay down my honor because without honor, there is no life.**

**BECOME AN ORDAINED MONK OF THE WAIEST® ORDER**

**It's not what you say but what you do that defines you.**

**Contact us at [www.waiest.com](http://www.waiest.com) or call us at 1-888-353-9414.**

# Warrior's Path Home Certification Program™

Here are some introductory training guides as you prepare to join the order of the Waiest® Spirit Warriors! May you find peace and happiness in your journey.

## Waiest® Spirit Warrior Power Mantras ~ The Way to Inner Peace

The Waiest® Spirit Warrior Power Mantras have been developed to calm the mind and focus the spirit. Recite or visualize a Waiest® Power Mantra when you feel the need to power up your life. Reciting the mantras of the Waiest® Spirit Warrior builds mental clarity, strength, and discipline, allowing one to enter into the sanctum of one's mind. **Thought becomes word and words become action.**

**One's connection to universal life, the universal life journey, is all there is.** All else is nothing more than tools to be used along the journey to cultivate innate enlightenment. *Believe and you will find your way.*



**Life is good!** Another day to do what I am called to do! The Journey, Enlightenment, & the Way!  
~ The True Test Is Within ~



~ **To Each Their Own Journey** ~ We must all find our own way and learn from universal life's teachings or not. The journey is yours to be experienced.



**When the mind is enlightened the spirit is freed,** not trapped by emotional burdens, opinions, or attachments but free to become one with the journey.



**The world is as it should be. Each path is as it should be. The true test is within.**

We are not meant to fix this world but to engage, endure, overcome, to better ourselves daily, and to achieve enlightenment and inner peace despite the obstacles laid before us. This is the test of life, of faith.



**I am not for or against** ~ The only actions I can truly control are my own, the only warrior I need to conquer is the warrior within, and the only person I am in competition with is myself!



**To know is to understand that you do not know.** Study what you will study, believe what you will believe, journey to where you will journey, better yourself daily, do not impose your life on others, and to each their own journey. This is the Way of the Waiest® Spirit Warrior.



**I am the ripple that has become aware that I am the water.** All life is one life. All chi is one chi. All faith is one faith.



**I awoke to the middle path.** Everywhere is my temple, every day is my special day, and universal life is my teacher. I am not confined by book, building, or idea but am open to the very essence of creation and all within that is my journey.



The enlightened mind is not hindered by loss or gain for all is passing. Good or bad, as you see it, will come and go. It is what you make of it that matters.



**One's universal life relationship is the journey. To cultivate one's innate enlightenment is the way. Chi, universal life force energy, is the connection to become one with the journey. The journey is enlightenment.**



**The Armament of the Waiest® Spirit Warrior** ~ The Waiest® Warrior's Code is my shield, enlightenment is my sword, indomitable will is my armor, immovable mind is my castle, and faith is my strength! Now that I am armed, I will step forth into the trials of life with true faith, honor, actions, and deeds, and I will conquer the day.

**JOIN THE WAIEST® MOVEMENT ~ TAKE A STAND**  
Contact us at [www.waiest.com](http://www.waiest.com) or call us at 1-888-353-9414.



## The Waiest® Spirit Warrior's Code ~ A Guide to the Warrior's Path

There are 9 Waiest® Spirit Warrior's Codes which function as a map, allowing us to improvise, adapt, and overcome life's challenges that come our way. They are a guideline that helps define your way in the journey. The Waiest® Spirit Warrior's Codes have been developed over 30 years of research and are derived from many sources, such as knights, samurai, and monks and have been **retooled, enhanced, and reformed** as the sword for a new age. The Waiest® Spirit Warrior's Codes offer one the opportunity to achieve personal strength, personal success, and personal freedom, making the best of your journey. Walk the warrior's path! **This is one of the codes to get you started.**

### ~ The Waiest® Spirit Warrior's Creed ~

I have no home; I make the heavens and earth my home.  
I have no divine power; I make faith my divine power.  
I have no means; I make honor my means.  
I have no magic power; I make actions my magic power.  
I have neither life nor death; I make the journey my life and death.  
I have no body; I make universal life my body.  
I have no eyes; I make logic and reason my eyes.  
I have no ears; I make sensibility my ears.  
I have no limbs; I make promptitude my limbs.  
I have no laws; I make self-protection my laws.  
I have no strategy; I make always following through my strategy.  
I have no designs; I make seizing opportunity my designs.  
I have no principles; I make holding strong convictions my principles.  
I have no tactics; I make adaptability to all circumstances my tactics.  
I have no talent; I make ready wit my talent.  
I have no friends; I make my mind my friend.  
I have no battle ground; I make overcoming life's trials my battle ground.  
I have no enemy; I make ignorance my enemy.  
I have no armor; I make indomitable will my armor.  
I have no castle; I make immovable mind my castle.  
I have no sword; I make enlightenment my sword.



I walk the path of the Waiest® Spirit Warrior and if universal life bids that I should follow this journey then I will with honor and faith! I will make the best of my journey, and through faith, honor, actions, and deeds, I will hone my mind as a weapon to overcome the trials of life, to conquer the warrior within, to better myself daily, and to achieve enlightenment in my journey. So may it be.



**I am a Waiest® Spirit Warrior bound by honor and driven by the warrior's code.** There is nothing you can give or take from me. **It is my journey. It is the path I must walk.** It is a single journey that can never be experienced by another! I am not confined to a building or to one idea but I am open to the very essence of creation. Universal life is my master teacher and the whole of existence is my training area, my dojo, my temple. **I own nothing other than discipline, honor, faith, loyalty, and courage of heart that I bring with me on my journey! "Power Mantra"**



**Chi – Universal Life Force Energy** ~ Chi, Ki, and Prana are names from different cultures that describe **Universal Life Force Energy** or what a **Waiest® Spirit Warrior** may refer to as Life Force Energy or Chi. There are three levels of chi. Individual chi is the energy of you. Natural chi is the energy of nature, and universal chi is the energy of all. **Life force energy** is a focal point of our **training**. Life force energy is the spiritual energy of life. It is in all things, and it is universal. Life force energy is the very living energy that is life's spirit within. Life force energy is the very spirit of creation. It flows within all things; it surrounds us and penetrates us, and is what binds the universe together. It is the sum total of all things. You will feel it more intensely from living things but it flows through all things, living or not. You are a direct link to creation. You are of creation. Books, buildings, governments, and religions are secondary, man-made items. They are important in that they can spark the truth within, but it is within that the answers are found. A **Waiest® Spirit Warrior** will learn to journey within, to flow with universal life force energy, and to feel universal life force energy all around you. A **Waiest® Spirit Warrior's** strength flows from universal life and universal life's energy. Through it we enhance our natural, physical, and mental abilities, taking our lives to the next level. Every time you breathe, eat, or traverse the world, you absorb, emit, interact with, and are life force energy. With mental and physical practice you can focus your life force energy, unlocking the energy of life, becoming one with the universal process. **See it as like being a ripple in the water. The ripple cannot take or give to the water for it is the water, but it can draw its strength from being the water. Physics 101- Energy is neither created nor destroyed but can be transformed.**

#### **Meditations Do's and Don'ts**

**Do** start slowly and simply perhaps with 5 or 10 minutes in the morning or night so not to be disturbed. Take a few meditation breaks during the day.

**Don't** focus too hard. That will only heighten stress. Only do what is comfortable for you.

**Do** gradually increase your practice to 20 minutes in the morning and 10 minutes at night.

**Don't** start a goal that makes you feel that meditation is something you have to do or is work.

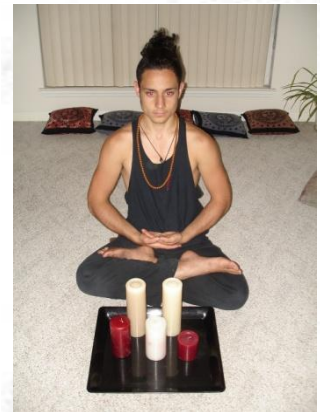
**Do** meditate in a way that feels useful, fun, and experimental.

**Don't** sit in a posture that is too uncomfortable.

**Do** sit on a pillow or two to support the curve in your back.

#### **Waiest® Discipline ~ Breath of Life**

**The Breath of Life** is the foundation and the starting point of all other **Waiest® Discipline** meditations. You will start all **Waiest® Discipline** meditations with the breath of life. No matter which one you are doing - sitting, standing, or moving - all are to be done as you practice the breath of life.



**The Breath of Life** ~ You can go a little while without food and water, but without breathing you could not survive too long. Breathing is one of our most important functions, yet it is rarely practiced or even thought about. Deep breathing is a great focus point, helping you to shift consciousness to a meditative state. It is essential for the building of life force energy. It also activates the lymphatic system which is the sewer system of the body and can help to cleanse your body. Breathing is also one of our buffering systems that helps to eliminate cellular waste build up in our bodies. The body's cleansing process is increased by up to 15 times the normal pace just by deep breathing. When you breathe, oxygen does not just go in and out of your lungs but the process takes place throughout your entire body, bringing more nutrients into your system, nourishing, cleansing and absorbing life force energy making for a healthier body. Every time we breathe, life force energy flows within us. Allow your breath to become one with the rhythm of life's energy all around you.

**The Breath of Life Meditation** - Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. This diaphragm, or deep belly breathing, is the focus of the Breath of Life and is done throughout the meditation. Visualize that you are breathing in from between your legs and out through your arms. Allow your breathing to develop naturally. Do nothing that is uncomfortable to you. Now imagine that you are a tree and your roots grow strong into the ground from your hips, legs, and feet, rooting and balancing you and connecting you to the chi of nature. It is very important to pay attention to your posture. Do not slouch or hunch. You cannot breathe freely when you do. Imagine a "white light" holding you up from the base of your neck to the heavens, centering you and connecting you to the chi of the universe. The tip of your tongue should be touching the roof of your mouth, which is connecting the Governing and the Conception Vessels, the Yin and Yang, sending life force energy pulsing through your body. Clear your mind. Allow inner silence. Focus your mind just on your breathing and your lower Dan Tian/center of energy, which is three fingers width below your navel. Relax your spirit, mind, and body while entering into a natural state. Allow your breath to become one with the rhythm of life's energy all around, becoming one with the nature of things. You can stay in this focused state of meditation, balanced and aware of life energy all around you, for as long as you like. Just go with the flow of the universal journey and let your intuition be your guide.

**Training Note** ~ If your mind becomes "noisy," as it will, do not be self-critical. Let the thought move through your mind like a cloud in the infinite "sky like" nature of your mind, holding no attachment to it, and simply become aware of how you are breathing. Refocus on your breathing and your mind will become silent again. This form of meditation is called a singular meditation and will help you to focus your mind on one thought. One of the concepts of this meditation is to learn to focus your mind on one thought without being distracted, yet being aware of all around you. This will take practice to achieve.



~ **Creating Your Own Waiest® Spirit Warrior's Sanctuary/Sanctum** ~

You may need:

1. Sage or sweetgrass
2. Bell or chime
3. Table or shelf for an altar
4. Other objects that are special to you, such as incense, crystals, candles, etc...



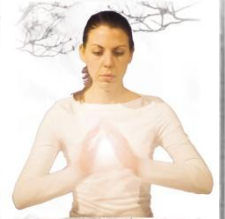
For Waiest® Spirit Warriors, everywhere is our temple; every day is our special day, and universal life is our teacher. We do not confine ourselves to one building or to one idea but open ourselves to the very essence of creation. The whole of universal life is our temple, yet each Waiest® Spirit Warrior monk should create their own personal sanctum where they can train, hone, and forge their minds. It can be anywhere. It can be inside, outside or both. Your Waiest® Spirit Warrior's sanctum can be a whole room or, if you do not have the space, just a shelf. It is all up to you. Be creative and let your intuition be your guide. This is how universal life can show you the way and guide you on your path.

**How to Create Your Waiest® Spirit Warrior's Sanctum** ~ First, decide on the room that you want to use and clean it thoroughly. You do not want to cleanse a cluttered room. Decorate your sanctum any way you like. Set up an altar. You can have meditation cushions, tapestries, plants, or anything that makes you feel comfortable and relaxes you, preferably natural items. Let your intuition be your guide and make a relaxing space where you can be alone to hone your mind. Now you can cleanse your sanctum. Start with the **Breath of Life** calming your spirit, mind, and body. Then place the herb (sage or sweetgrass) in a pot or other container. Light the herb. (Warning: Watch for hot embers and fire.) Wave the smoke around yourself first cleansing your aura. Now wave the smoke around your altar to remove unneeded energy from it. Next move around the circumference of the room in a clockwise manner back to where you began. Now move your herbs in a figure eight motion to seal the room. You may use a bell in the same manner you use the herb as well as the Waiest® Spirit Warrior Mantra Om, Ah, Hum to further refine the blessing. To complete your sacred space cleansing meditate giving thanks. To put out a smudging stick you can tightly roll it up in a piece of tin foil. There is no right or wrong way to do something like this. If it works for you then it is the right way for you.



**Hugging the Tree** ~ Stand with your feet shoulder width apart. Hands are by your sides to start. Begin with the **Breath of Life Meditation**. Breath in and out ten times, letting your mind become clear and calm. Now raise your arms as if you are hugging someone or a big round tree, and hold it as long as you can. This is a good way to help your life force energy (chi) flow more freely throughout your body. Doing this meditation for 5 minutes is a good start. Try to work your way up to 10 minutes by holding it a little longer each time. Twenty minutes is the ideal goal. This Chi Focus™ training form helps to build your inner strength, balance, and focus.

**Focus Meditation** ~ Sit or stand comfortably. Begin with the **Breath of Life Meditation**. Cup your hands as if you are holding something. Bring them close enough that you feel like they are repelling each other. You will feel a warm sensation or as if there is something between them. This feeling is your Chi. It can feel different to each person. The next step is to move your hands around as if you are molding your life force energy but never so far apart as to lose the feel. Do this meditation for 5 or 10 minutes.



**Grounding Meditation** ~ Sit or stand comfortably. Begin with the **Breath of Life Meditation**. Visualize that you are breathing in from the bottom of your feet, leading life force energy up from the Earth as you inhale. Picture the life force energy coming up into your body. As you exhale, picture it running down your arms and out your fingers back into the Earth. Establish a relaxing and healing flow of energy. You can sit with your legs crossed, stand, or even lay down. Try to visualize your chi flowing into different parts of your body, warming them, and moving chi through them to help heal them. You can take a spirit walk as well, allowing your feet to touch the earth as you walk. Breathe and let the rhythm of life move through you as you become one with the nature of things. Do this meditation for 5 or 10 minutes.



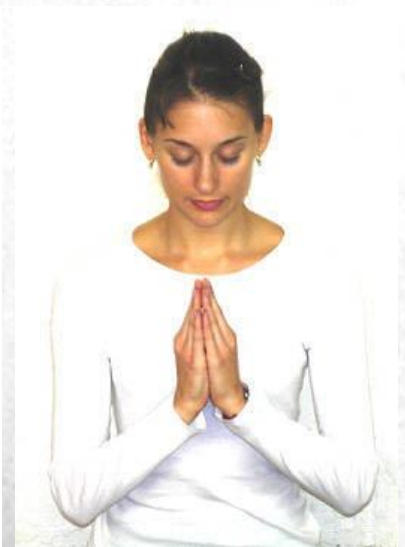
### PAPER MEDITATION

- ॐ Sit with your legs crossed. They can be normally crossed with both feet under the legs, in half lotus with one foot on the opposite thigh, or full lotus with both feet on the opposite thighs. You can stand, or even lie down (try not to fall asleep), or you can sit in a flat backed chair.
- ॐ Meditate in the morning or evening so not to be interrupted.
- ॐ It is very important to pay attention to your posture. Do not slouch or hunch. Sit up straight with your shoulders back.
- ॐ Imagine that you are a tree and your roots are growing strong into the ground connecting you to the earth.
- ॐ Imagine a “white light” holding you up from the base of your neck connecting you to the sky.
- ॐ Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. Visualize that you are breathing in from your connection with the earth. Allow your breathing to be slow and smooth. Do nothing that is uncomfortable to you. Clear your mind. Allow inner silence. Focus your mind just on your breathing. Relax and feel your abdomen move in and out slowly with your breath. Focus your mind on a blank sheet of paper. See only that blank piece of paper in your mind’s eye. Let your mind only be aware of the blank sheet of paper and nothing else or visualize a clear, calm pool of water letting your mind only be aware of the still water as you become calm and relaxed. This is good to do if you are feeling angry or experiencing negative emotions. Use this to calm down to prevent making a bad decision out of anger or frustration. Do this before taking a test or some other experience that might cause you to be nervous such as in a competition. Remember, with a calm, relaxed mind you can make better life choices. Seize the opportunity and share the vision. The very next step is up to you.



### WAIEST® SPIRIT WARRIOR’S MEDITATION

Sit or stand comfortably. Breathe a little slower than normal through your nose with a relaxed chest. Your abdomen will expand out when you inhale and relax back to normal when you exhale. Visualize that you are breathing in from between your legs. Allow your breathing to develop naturally. Do nothing that is uncomfortable to you. Clear your mind. Allow inner silence. Focus your mind just on your breathing and your lower dan tien/center of energy, which is three fingers below your navel. Relax your spirit, mind, and body while entering into a natural, calm state. Allow your breath to become one with the rhythm of life’s energy all around you. Now visualize a straight beam of pure white light from the top of your head through your body to your tailbone and into the ground. As you inhale and exhale, breathe into the light expanding it outward in all directions and around your physical body as if you are within a ball of life force energy. Now, as you feel relaxed and calm, inhale and hold your breath for a count of three and exhale. Now inhale and hold for a count of six and exhale. Inhale and hold for a count of nine and exhale. With each breath discharge unwanted energy, cleansing your spirit, mind, and body. Now claim this universal space as your own, your universal temple. You are becoming aware of your oneness with universal life. Relax and breathe. Be centered and balanced in all things. All Waiest® meditations can be combined to create a personalized journey. They can be done for as long or as short as you need. To each their own journey.





**The Waiest® Moving Wai Dan** is the movement that is Om, Ah, and Hum and helps to align your personal, natural, and universal selves while clearing and balancing your being. You can do this in the morning before you go to work, in the evening right before bed, or any time you feel that you need a renewal of spirit.

The first movement is Om, which is the unfolding of creation. Lift your arms up from your sides and bring them over your head, placing your palms together as you inhale. Exhale as you slowly bring your arms down the front of your body palms still together.

**Gassho** ~ Your hands are joined together in front of your heart. The right hand represents awareness, and the left hand represents oneself. It expresses reverence and unity.



#### Waiest® Moving Wai Dan: Om, Ah, Hum

**Wai Dan** (External Elixir) - Every molecule is a part of and flows with life force energy. In the beginning of your training, you will move life force energy using various physical postures and exercises in order to build up a surplus of life force energy in your limbs. Then, you will lead it into your body directing it with a physical motion or through a natural flow for nourishment to clear tension and blockages that you may have in your body. This will enable your life force energy to flow smoothly, naturally and increase your overall health. There are still wai dans and moving wai dans which will help you learn to direct your life force energy in a natural flow.

#### Waiest® Spirit Warrior's Mantra

A mantra is a powerful meditative tool that we use in some of our meditations. A mantra is more than just a point of concentration. It also has the power to cleanse the body and mind, invoke your spiritual power, and even to heal. A mantra can be chanted, sung, thought, or even written.

*A thought manifests as a word and a word manifests as a deed.*

- ☯ **Om** – This mantra represents universal life and the unfolding of creation as you reach up, expanding personal self into universal self.
- ☯ **Ah** – This mantra represents the merging of the universe with the natural being. Imagine a seed that contains universal life. Now visualize that seed growing to the size of the universe and then shrinking to fit inside your heart. You will begin to feel that there is no real difference between outside and inside.
- ☯ **Hum** – This mantra represents the universal self descending into and becoming embodied by the personal self, invoking the power of compassion while balancing all of your being.
- ☯ Other words that contain a spiritual meaning for you may also be used. For example, “I am as one,” or as an affirmation, “I am healthy and happy at all levels.”

**The Visual Enhancing of Three** - The repetition of a mantra or a Warrior's Wellness Set™ three to nine times increases concentration and focus, helping you resonate with the threefold nature of the universe.

- ☯ The first time you recite your mantra or perform a Chi Focus™ routine you are making a statement to the universe and planting the seed.
- ☯ The second time you invoke the energy of the universe.
- ☯ The third time completes the cycle and brings it to life.
- ☯ Performing this whole process nine times yields its power threefold.
- ☯ Three and nine are “healing” numbers with special spiritual properties for different cultures around the world.



अः

The second movement is the motion of Ah, which is the merging of the universe with the natural being. Bend forward from your waist and try to touch your hands lightly to the ground as you inhale. Slowly stand back up and swing your arms out wide to your sides as you arch your back so that your face and chest point to the sky, discharging any unneeded energy you may have picked up along your journey.



**It is in the harmonizing of body, mind, and heart that we find our spirit.**

- ॐ **Personal self** is your energy that emanates from your physical being. You are somewhat familiar with your personal self. It is the linear where your physical being resides and handles the details of day to day life. It is your state of conscious mind, personality and the ego identity. This part of you spends a lot of time reflecting on the past and planning for the future while dealing with the present.
- ॐ **Natural self** is your energy that is derived from nature. You are also somewhat familiar with this energy. It is your intuition and the force of nature that you are. You are as much a part of nature as the stars, the moon, or the wind, serving to strengthen the greater whole. You cannot live outside of life but only exist as life. By relaxing your conscious mind you can move through the doorway of your personal subconscious to your natural self, a realm of greater awareness and insight.
- ॐ **Universal self** is your energy of the universe and involves the idea that all life is as one. Most of us are only vaguely familiar with our universal self. It is our spiritual nature, not bound by the linear. It has a greater perspective of our life journey, moving beyond form and intuitively seeing beyond how life is presented to you. The universal self offers intuitive knowledge to the personal self through the natural self. It is believed in some shamanic cultures that the raw material of your thoughts, words, and actions of your personal self are taken by your natural self while you sleep and relayed to your universal self, creating the building blocks of your life.

**Om, Ah, and Hum ~ the Mantra and Blessing of the Waiest® Order**

Om, Ah, and Hum have no true conceptual meaning. Often they're associated with body, speech, and mind respectively, the whole of one's being, as they do for the Waiest® Order, representing the threefold nature of our relationship with universal life. For the **Waiest® Spirit Warrior Monk** they represent **Om – personal strength, Ah – personal success, and Hum – personal freedom**. By reciting this mantra or performing the Waiest® Moving Wai Dan, you are purifying the environment, as well as yourself and all other beings within it. OM purifies all perceptions, AH purifies all sounds, and HUM purifies the mind, its' thoughts and emotions **as you offer the Waiest® blessing of personal strength, personal success and personal freedom of journey.**



The third movement is the motion of Hum, which is invoking the power of compassion while balancing all of your being. As you let your hands drop down to your sides, return to the base stance from the Ah movement. Then slowly bring your hands up in front of your body, palms facing up, as if you are holding something as you inhale. Now turn your palms to face downward and lower your hands as if you are pushing down on something as you exhale, directing your life force energy all the way down past your feet into the Earth. Visualize storing the healing life force energy in your dan tian. The **Dan Tian • Elixir Field** is about three fingers width below your navel and marks the center of your body. It is associated with physical energy and is thought to be a storage place for life force energy.

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Performing this entire process nine times yields its power threefold.

Take time out of each day for inward study and quiet reflection to nurture and reclaim yourself and to obtain a higher insight of awareness. To hold this insight and evolved awareness may be difficult for we are surrounded by a culture that operates in the old skepticism of the temporary realm. You may find that you are even drawn back into this temporary point of view and unclear perceptions. It is important to take the time within life to focus on your path. Stopping to reclaim yourself several times a day will help you in focusing your life force energy (chi) and maintaining a higher insight of enlightenment. ***The Way of the Waiest® Spirit Warrior is in training.***

Now stop and have some green tea.  
Read Way of the Middle Path© or another uplifting book.



### Waiaest® Spirit Warrior Smudging Ceremony / Creating Your Wellness Space

1. Begin with the Breath of Life meditation, calming your spirit, mind, and body.
2. Then place sage or sweetgrass in a fire proof container.
3. Light the herb. (Warning: Watch for hot embers and fire.)
4. Wave the smoke around yourself first cleansing your aura.
5. Start at your feet and work your way up waving the smoke away with your other hand, moving unneeded energy that you may have picked up along your journey away from you and opening yourself up so needed energy can flow in.
6. Move back down to your feet. You may lift each foot letting the smoke move around the bottom of your feet where they touch the earth, opening up your connection to a greater flow of Earth's healing energy.
7. Now move your way back up your body waving the smoke away again, letting the smoke move around your head as you open yourself up to universal energy.
8. To complete the smudging ceremony cleansing, meditate giving thanks. To put out a smudging stick you can tightly roll it up in a piece of tin foil.
9. This is the same concept in creating your Waiaest® Spirit Warrior's sanctum. Remember, a little of a smudging stick can go a long way. You will not just light it and let it burn like a stick of incense. (unless it is outside) It may smoke you out of your home if you just allow it to burn.
10. Make it your own unique ceremony. Do what feels good for you and makes you comfortable. To each their own journey.



You cannot create or destroy energy. Energy can only be transformed. This is a basic law of physics. That is what is happening during a smudging ceremony. You are transforming energy. In nature there is only ripe or unripe, ready or not ready, needed or not needed. So in a smudging ceremony you remove unneeded energy you have picked up along your journey as you transform and open yourself up to needed energy.

**SAGE** ~ Sage is burned in smudging ceremonies at the altar, in a sacred space, consecrating the area, or in a personal smudging ceremony, transforming unneeded energy from yourself or the area and removing impurities as well as providing protection. There are many varieties of sage and most have been used in smudging. The botanical name for sage is Salvia. White sage is good to use but you can use whatever suites your needs. It can be blended with other herbs like cedar or sweetgrass to cause different effects. Sage is used in healing amulets, incense, and sachets and is also used in the same manner for bringing prosperity.

**CEDAR** ~ Cedar is burned during prayer, meditation, or in a smudging ceremony. The prayers, mantra, or affirmations rise on the cedar smoke and are carried into the universe. Burn cedar for purification in much the same way as sage as it transforms unneeded energy and allows needed energy to flow in. The spirit of cedar is considered very ancient and wise.

**SWEETGRASS** ~ Sweetgrass brings in the needed energy, the good influences. As with cedar, burning sweetgrass during your prayers, mantra, or affirmations will disperse them throughout the universe.

***The Journey's Full Circle - The universe moves the spirit, the spirit raises the mind, the mind leads the body, and the body experiences the universe.***

## About the Founder ~ Dorji Jangbu



*Brother Jangbu has students around the world. They call him Dorje Jangbu (Dor-Djay Jong – Boo), which is a name given to him by a brother monk. It is Tibetan and is meant as wise teacher. Dorje represents thunderbolt of enlightenment, as in an awakening. Jangbu is wise, learned, skillful, and clever.*

*“I live the simple life of a monk; I work, train, study, and rest when I can. Everywhere is my temple, every day is my special day, and universal life is my teacher. I am not confined by book, building, or idea but am open to the very essence of creation and all within that is my journey.”*

*Brother Jangbu ~ As a youth, I trained and studied with a monk named Brother Raiford. He taught me that universal life is the master teacher, everywhere is universal life’s temple, and that my ordainment comes from universal life’s calling. He taught me to let go and be at one with universal life for all else is nothing more than tools to be used along the journey but it is universal life itself that is the journey. It is this that I now pass on to you in the Waiest® Arts.*

*Brother Jangbu’s training exceeds over three decades. He has studied with monks, shamans, gurus, martial arts masters, and mystics from around the world.*

*He began training at the age of eight and started teaching at thirteen. Brother Jangbu holds the rank of Master Teacher or Shihan. Brother Jangbu holds certificates in Buddhist philosophical studies, Mikkyo, and received his diploma as a Certified Health Specialist from Trinity College of Natural Health.*

We have all asked the questions, “Why am I here?”, “What is the purpose of life?” and “What am I supposed to believe in?” It can be very confusing with so much information out there and so many people insisting they are right. Your path may become clouded. There is hope, and the answers are within you. You are a direct link to creation. You are of creation. Books, buildings, governments, and religions are secondary, man-made items. They are important in that they can spark the truth within, but it is within your journey that the answers are found. We each walk the path as teacher and student, not to impose our lives on others but to flow with the universal process. We are not meant just to survive day to day. There is a difference between survival and fulfillment. One must follow their own heart and make the best of their journey. Learn to see beyond how life has been presented to you and win with the challenges life has set before you. We are not human beings having a spiritual experience but spiritual beings having a human experience.

I am not here to tell you what you should experience or how you should experience it but only to offer tools on how to better understand the experience. All that I offer you is the opportunity to see beyond how life has been presented to you, to live more than just to survive day to day, to take your destiny into your own hands, and to achieve a higher insight for the betterment of all. For the life that you live is your journey, but the spark of life that is living is of us all. Thank you for your support.

**Dorji Jangbu**



**If you have any questions or would like to discuss booking Brother Jangbu for a guest appearance or seminar please call 1-888-353-9414 or email [contact@waiest.com](mailto:contact@waiest.com).**

The journey’s way is the one thing that makes you an individual. It is the one thing you had at birth and the only thing you will have at the end. It is the one thing you have that no other experiences or can take from you. They will never see from your eyes or hear from your ears or experience what it is to be you. Even if someone else has a similar experience they will perceive it differently. The journey is your individual relationship with universal life and the path you alone must walk. All else are nothing more than tools of the journey to be used along the journey but are not the journey. **May universal life guide you on your journey.**

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The Waiest® teachings are for everyone. Not all that train in the Waiest® Arts are obligated to become a Waiest® monk. Just like all of those who train in Yoga do not become Yogis and all of those who train in Shaolin Fist Kung Fu do not become Shaolin monks. It is a life calling that one must feel from within.

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**Om, Ah, and Hum** ~ the mantra and blessing of the Waiest® Order  
May universal life guide you and may you find peace and happiness in your journey.



The Waiest® Universal Life Om is the symbol of the **Order of the Waiest® Spirit Warrior**. It symbolizes universal life's journey. It consists of a Zen circle that represents the journey combined with the Om that represents universal life. It also symbolizes the ripple that has become aware it is the water.

**Warrior's Path Home Certification Program™ Introductory©**

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