



*Spiritual*  
WARFARE  
(The Battle Within)

*What Is Spiritual Warfare?*  
(The Battle Between Your Head & Your Heart...  
Between Your Soul & Your Spirit)



# *Spiritual Warfare: What Is It Saying?*

- ★ You did X. You are X. You'll never be anything other than X...
- ★ So you might as well...
- ★ Do X, eat X, focus on X, feel X....
- ★ X-cetera
- ★ All this amazing stuff in your life, the blessings, your gifts...
- ★ DON'T focus on those...
- ★ Focus on X — focus on what you're NOT doing, being, or having.

# Signs & Symptoms: *Spiritual Warfare*

- ★ Anxiety and depression
- ★ Thoughts that create shame, blame, comparison-itis, embarrassment, fear
- ★ Thoughts focusing on what you don't have, what you don't like, what you don't want more of
- ★ Feelings of hopelessness or dread
- ★ The desire to isolate, disconnect, or separate yourself from others
- ★ The feelings or thoughts of "I don't care"
- ★ Numbing out, distracting, procrastinating, totally checking out of your life
- ★ Using food, Netflix, social media, games, alcohol, or any other coping mechanism to numb out or suppress
- ★ A general feeling like something isn't right or that something is wrong, but you can't put your finger on it, and you can't for the life of you connect back to yourself.

# *My Big Discovery:*

- ★ I realized that it's not ME! It's THAT!
- ★ Not in a "victim-y" kind of way – just in a DATA kind of way!
- ★ It's this 'thing' that's happening. It's data.
- ★ It's not ME "doing this". It's some thing that is happening, and a circumstance, but it's not who I am – it's not "my fault."
- ★ There's no shame, blame, guilt, or embarrassment about it.
- ★ And once I see it for what it is, I can label it. I can "call it" as the data of what it is.
- ★ And then I can go break through it...because it's NOT personal.

# *Is It Raining? Yes or No?*

- Just like acknowledging the weather outside, I can look at it as black-and-white INFORMATION
- Kind of like saying "Oh it's raining outside, I should probably grab my umbrella today!"
- The same is true of Spiritual Warfare: "Oh I'm experiencing spiritual warfare or spiritual turmoil inside of me, I should probably connect to the tools that I need to break myself out of it."

# Again: *It's Not You!*

- ★ Again the beauty of calling it (something like) Spiritual Warfare is that it's not you. It's not me. It's THAT. It's 'a thing'.
- ★ It's a circumstance. It's a Data point.
- ★ You don't have to justify it or explain it or try to psychoanalyze it.
- ★ You can just label it as that: Your spirit is being attacked (or feels attacked... or it feels like you are attacking your own spirit) and separates yourself from your higher self that you know you want to be.
- ★ So... Let's figure out a game plan for when this happens!



*First Of All: Name It!*  
(Remember: Language Matters)



# *Your Words, Not Mine!*

(Remember: Language Matters!)

- ★ When you're "in it"... what do you want to call it?
- ★ Spiritual Warfare?
- ★ The Enemy Within?
- ★ The Devil On Your Shoulder?
- ★ Make sure it resonates with YOU!
- ★ Reminder: We are always creating YOUR version of this language, this paradigm
- ★ Resonance is what creates those "positive neuro-associations" in your brain!
- ★ Once you have the 'term' that you want to call it (so you can label it as Data), then we can create YOUR reliable system for breaking through it....



*Who Is Your Villain? Who Is Your Savior?*

*Let me say this another way...*

(Remember: Language Matters!)

- ★ When you're "in it"... who is your villain? What is YOUR Spiritual Warfare saying, feeling, and doing? Give it a face, a name, a picture in your mind. Is it a villain? The enemy? The devil? (There's no right or wrong here – what's most important is that the language resonates with YOU!)
- ★ When you need help getting out of it...who is your savior or heroine?
- ★ If you have a spiritual life or faith life, this is a great time or place to connect to that.
- ★ If you don't have a spiritual life or faith life, this is a great time to connect to those unconditional eyes of love, your "fairy godmother" (so to speak), or any other eyes that you might need to borrow when you can't seem to connect to your "higher self".
- ★ What is your heroine or savior saying, feeling, and doing?
- ★ RIGHT NOW: Get really familiar with the characters inside this narrative.

# *Get Intimately Familiar With Both Sides...*

- ★ Who is your villain? Know your villain when it shows up, so that when it does show up you can literally just label it as "data"
- ★ Know that villain inside it out, and then you can literally say "Oh I see you villain, I see you Satan, I see you fairytale voice"...and you can literally label it as data the second it shows up.
- ★ I also want you to get yourself super-familiar with your savior or heroine.
- ★ This is actually the harder part for most women – – they're super familiar with the villain, but they haven't carved out the hero or the heroine in their life.

# *Do With This What You Will...*

(Always an invitation **WITHOUT** expectation!)

- ★ This is where I also want to just interject that if you do have a faith or spiritual life, and your God or your savior is a God that gets mad at you when you feel weak... or is punishing you...or you feel like you have to work to earn their love...
- ★ This is where I absolutely invite you to enter into a new relationship with God and your hero or Savior, because the God that I know, he is kind and gracious and loves you unconditionally -- and especially when you're experiencing times of Spiritual Warfare –that's when he is the most loving and most gentle and most kind.
- ★ Again we get to create our reality, so if you have a story that your God is mean or "mad at you" or feels like you're weak for not being able to handle this, it's time to write a new narrative – and that goes for spiritual conversations or not. It's time to write a new narrative.

*First Comes Awareness! Now What?*

(How to break through...)





*But First, A Reminder About How Thoughts Work:*  
(The Cascade)

- ★ Circumstance
- ★ Thought about circumstance
- ★ Feeling
- ★ Action
- ★ Result

# The Tale Of Two Cookies...



*Joy. Pleasure. Permission.*

- ★ Parasympathetic (relaxed) Branch
- ★ Dopamine, Serotonin, Oxytocin
- ★ 'Metabolism' Efficient
- ★ Nervous system practices relaxing
- ★ One 'frequency'



*Guilt. Shame. Obsession.*

- ★ Sympathetic (fight/flight) Branch
- ★ Cortisol, Adrenaline, Epinephrine
- ★ 'Metabolism' shuts down
- ★ Nervous system practices stress/reacting
- ★ Totally different 'frequency'



It's not about what you're  
**DOING**. It's about who you're  
**BEING** and how you're  
**FEELING** that makes the  
biggest difference.

# *Back To Breaking Through:* (Your Action Plan)

- ★ Notice the Drama
- ★ Bring yourself back to the data
- ★ Reality Check: Accept the data, even if you don't like it
- ★ Reverse Engineer the [Who/How/What]...Now? ("Who do I want to be?, how do I want to feel?, what do I need right now to influence myself/get back in alignment with myself?")

# Back To Breaking Through:

## (Example of Plan In Action)

- ★ Notice the Drama ("What's wrong with me?". "Why do I always do this to myself?" "I'm going backwards/regressing!" "I'm always going to be like this!" – Identity the villain in the narrative!)
- ★ Data (Oh, I'm experiencing symptoms of Spiritual Warfare right now. There's my villain voice showing up! I see it! It's not ME – it's THAT! It's a circumstance.)
- ★ Reality Check: Accept the data, even if you don't like it ("I don't have to LIKE the data (or the feeling my thoughts are causing), but this IS happening right now, and the sooner I can accept it, the sooner I can move through it, because when I argue with reality I suffer")
- ★ Reverse Engineer the [Who/How/What]...Now? ("Who do I want to be?, how do I want to feel?, What do I need right now to influence myself/get back in alignment with myself?" AKA what's my savior's voice of reason right now?)

*Who Do You Want To Be?*

*How Do You Want to Feel?*

You ALWAYS Have A Choice!

# Bonus: Anchor In Your Sensory System

- Breadcrumb #1: For the days you feel your past dragging you around... Mary Lambert "Secrets"
- Breadcrumb #2: For the days you feel like giving up... Rachel Platten "Fight Song"
- Breadcrumb #3: For the days you catch yourself hiding your light from the world... Imagine Dragons "On Top of the World"
- Breadcrumb #4: For the days you catch yourself trying to be someone you're not (or people please)... Natasha Bedingfield "Strip Me"
- Breadcrumb #5: For the days you catch yourself fighting, resisting, defending... Sara Bareilles "Hercules"
- Breadcrumb #6: For the days you witness yourself punishing yourself for past 'crimes'... Florence and the Machine "Shake It Out"

# Bonus: Anchor In Your Sensory System

- Breadcrumb #7: For the days I need to remember that I am NOT alone in this world, and there is a God that loves me and is here to save me. ...Anne Wilson "My Jesus"
- Breadcrumb #8: For the days I need to "break up" with that villain in my head, that devil in my spirit, and the thief of joy in my soul....Francesca Battistelli "The Breakup Song"

## Other Faith-Based Breadcrumbs for me:

- "Awake My Soul" by Hillsong Worship
- "New Wine" by Hillsong Worship
- "Oceans" by Hillsong Worship
- "Goodness of God" Jenn Johnson

# You Get To Choose: *Victim* vs. *Victor*

(Powerless Self vs. Powerful Self)

★ **VICTIM**: "Why is this happening?" "Why do I do this?" "Why am I like this?" "What's wrong with me?" "Everything is falling apart!" "Nothing is working" "I'm a lost cause, unfixable, broken". Shame, blame, learned/practiced helplessness, looking for someone to 'save' you. Focusing on what's NOT working, what you CAN'T control, what you DON'T have or DON'T want. Self-pity. Self-condemnation. Totally turning your back on your dream. Holding on to the belief that you have NO power right now.

★ **VICTOR**: No matter what happens, I get to choose how I show up, and who I get to be right now. Even when everything feels OUT of control, the one thing I can influence is my state and who I choose to be. This does NOT define me. 'Where' I am right now is NOT 'who' I am. I am NOT my circumstances, and thankfully I have the tools to 'ground' myself. I am NOT a victim! Where's the good? Where's the gold? What can I be grateful for right now? How damn blessed am I?

*Who Do You Want To Be?*

*How Do You Want to Feel?*

You ALWAYS Have A Choice!