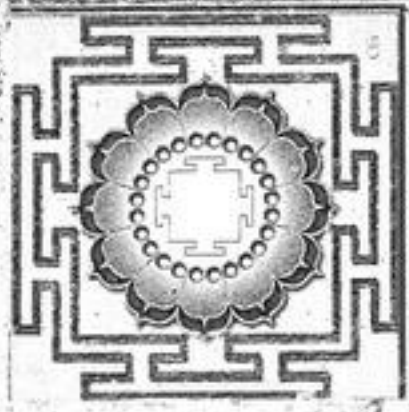




Warrior Medicine

### The Spiritual Warrior

M-105 Spiritual warriors do not fight; they just keep going on the path. We have to keep our minds free from agitation. The greatest warriors on this earth are those who keep their gaze on the Goal.



GREAT SPIRIT WE PRAY THAT YOU POUR THE SPIRITS OF OUR PAST ONES INTO OUR BOWLS OF SACRED MEDICINAL SOUPS SO THAT WE MAY KNOW HOW TO BRING A BETTER WAY OF LIFE TO OUR PEOPLE, OF ALL RELATIONS, ESPECIALLY OUR YOUNG ONES, WHO NEED US MORE TODAY, THEN EVER, BECAUSE WITHOUT DIRECTIONS TO HELP OUR YOUTH, HOW CAN WE CLAIM TO BE TRUE WARRIORS OURSELVES.



### Recipe for Happiness

- 2 Heaping cups of Patience
  - 1 Heart full of Love
  - 2 Hands full of Generosity
  - 1 Head full of Understanding and a Dash of Laughter
- Sprinkle generously with kindness, add plenty of faith, and mix well. Spread over a period of lifetime and serve to everyone you meet.

*"Five Simple Rules for Happiness: Free your heart from hatred. Free your mind from worries. Live simply. Give more. Expect less."*

**"Everything that irritates us about others can lead us to an understanding of ourselves."** - Carl Jung



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### CIRCLE TO CIRCLE ;))) BROTHERS & SISTERS :

The Sacred Path to a Long, Happy, Prosperous and Successful Life is an Attitude. An Energy. A Formula. That Everyone can Achieve with Concentrated and Direct Thoughts: (1) Do All Things In Peace, (2) Achieve Personal Unity of Heart and Mind; (3) Learn Truth; (4) Maintain Your Body; (5) Correct Character Imperfections; (6) Be Free From Fear; (7) Live In Harmony With All-Beings and All People; (8) Eliminate Worry; (9) Be Poised; (10) Give Love; (11) Admire, Respect and Trust Yourself; (12) Know The Creator/Great Mystery; (13) Express The Creator/Great Mystery; (14) Know What Works For You; (15) Help Others; (16) Make, Have, and Keep Good Friends; (17) Solve Your Own Problems; (18) Find Your Proper Place; (19) Discover and Use Your Personal Talents; (20) Acquire Knowledge; (21) Share What You Learn With Others; (22) Relax; (23) Sleep Well; (24) Awake With Enthusiasm; (25) Stop Unwanted Habits; (26) Think Positively; (27) Give Freely; (28) Always Give Thanks For Everything You Have and Receive.

(BROS' OF THE BEAR CIRCLE)

