

Principles of Spiritual Faith

Sunny “Dos” Dosanjh

Current American Legion Chaplain, District 13 Santa Clara County / Silicon Valley

Former Veterans SF Bay Area Chaplain, Honor Guard Captain, Service Officer

2025

Truth | The Spiritual Glow of Grace

Truth

Awareness

Patience

Spiritual

- A direct, personal experiential realization, inner knowing, non-conceptual insights
- Independent of doctrine, texts or authority i.e., felt resonance
- Inner certainty of presence as an eternal flow of energy from source

Religious

- Agreed upon philosophical & social norms constructed by groups & cultures
- Collectively agreed upon i.e., religious rituals, dogma and agreed adherence
- Institutional authority obtained by doctrines, sacred texts or authoritative teachings

Scientific

- Systems of truth, constructive mathematics, logic or structured theory
- Useful, predictive & practical in practice, i.e., scientific models that produce results
- Evidence based, provable by testing theories and postulations

Acceptance

- Staying curious, update beliefs with evidence
- Obey divine command and align every act with sacred law
- Aware of presence, meeting the moment as it is, surrender to the divine flow of grace

Uncontaminated by Thought | Presence Aware of Itself | Fully Accepted & Directly Felt

Awareness versus Fear | Reinterpret the Flow of Grace

Truth

Awareness

Patience

Physical

- Threats in your physical environment trigger the fight, flight or freeze actions
- Faster heartbeat, quick breaths, muscle tension and heightened senses
- Patience in the moment is required to *change fear into awareness*, change the interpretation

Psychological

- Perceived threats, psychosis, demonic attacks translates to fear, uncertainty, doubt or death
- The danger is not real, but the mind believes it is and the body reacts the same way
- Re-label the *noise of "fear" into the spiritual signal of "awareness"* the need to pay attention

Spiritual

- Fear causes ego reactions, when faith wavers, doubt creeps in with a separation from truth
- Replace ego with presence, the threat with observation, and reactivity to mastery
- Rise above the primitive mind and stand in the *"seer"* rather than the *"seen"*

Transform the Label

- Reframe the emotion of fear to awareness in the moment
- Upgrade the interpretation to emotional grace, spiritual clarity, and psychological strength
- Transform the fear from something happening to you to awareness as a tool you use

Re-label Fear into Awareness | Pay Attention | Act with Faith

Patience | The Natural Response to Life's Situations

Truth

Awareness

Patience

Stay Calm

- Build the inner spiritual conditions where patience becomes the natural response
- Endure the situation without losing your center, sense of spiritual self-love
- Not reactive to distractions around you...remember the signal of grace, not noise

Anchored By Purpose

- Your patience will be quickly drained when circumstances overwhelm you
- Remember "**why**" you're enduring the moment, i.e., self-love, compassion, gratitude
- Move with the intention of self-love, i.e., spiritual grace, and not reaction

Shorten Time Horizon

- Stay within the moment and allow the next step to emerge from grace
- Remember to breath the next breath as an intended breath, not reactive breath
- Reduce scale to the next right action, do what is in front of you, not far off into the future

Small Rituals

- Breath with intention, inhale, hold, exhale cycle
- Repeat a spiritual mantra that focuses on the moment, not past or future
- Visualize that you are taking each breath, thought, word and action with grace



Stay in the Moment | Anchor to Grace | Allow Grace to Bring Forth the Next Step



Principles of Spiritual Faith

Sunny “Dos” Dosanjh

sunny@veteranscourage.org

www.veteranscourage.org