



Spiritual Renewal Guide

CHAPLAIN'S OUTLOOK

SUNNY "DOS" DOSANJH

Chaplain, Honor Guard Captain & Service Officer

American Legion

San Francisco Bay & Monterey Bay / Area 2
District 13 Santa Clara County & Post 419 City of Santa Clara

40&8 Honor Society

La Societe des Quarante Hommes et Huit Chevaux

Royal British Legion

Member Isleworth, Liverpool, Peterborough & London

Pathways Hospice

We Honor Veterans San Francisco, Oakland & Sunnyvale

Veterans Courage

Founder, Mystic Chronicles, A Warriors Odyssey to Light

Table of Contents

<i>The Eyes Say it All</i>	2
<i>The Lost Warrior</i>	3
<i>The Road Home</i>	3
<i>Lost on the Path No More</i>	4
<i>Chaplain's Commitment</i>	5
<i>American Legion Ceremony</i>	6
Spiritual Fitness	7
Personal Identity	7
Spiritual Core.....	8
Religious Core	9
Philosophical Core.....	10
Scientific Core	11
Life's Essence	12
Appendix A	13

The Eyes Say it All

How did the look of love penetrate my humble existence? I was merely spinning my yarns during my life here on earth. Then it hit me all at once with a power, an energy, a force that shattered my reality.

What is this invisible connection to a world that is felt but never seen. How are we born into it and yet think that we are so far removed from it? Where do I go to reconnect with this feeling called love?

Here, consideration is given to a path traveled by Warriors, in this case, US Military Veterans. A journey towards becoming connected with life that is beyond scientific or psychological understanding

These are the questions addressed from a Veterans perspective in facing both good times and bad. The source of this knowledge is based upon firsthand experience over the course of 35 years.

The humble honor of sitting by hundreds of Veterans while in hospice and conducting the We Honor Veterans Pinning Ceremony. The humble honor of leading Military Honors at Veteran funerals. The solemn duty of folding our flag and presenting it to the next of kin whose eyes convey their loss from deep within their soul. It is in that moment that strength, courage and love are conveyed from the Chaplain or Captain of the Honor Guard to the Warriors family.



The Lost Warrior

Abandoned by what one thought was true and the truth. Isolated as a result of not knowing what reality is or has become. The downward spiral plummets one into depression, anxiety, and ultimately despair as all hope is lost.

You stand in no man's land. On one side is the life you once had, Military Warrior, purpose, mission-driven, duty, honor, and fulfillment. On the other is the entry point back into the civilized, civilian society from whence you came. You no longer understand either world and so here you are, in between worlds, in no man's land as a Lost Warrior.



The Road Home

Who will find you in the darkness of no man's land? *It is I.*

Represented on earth by the wearers of many personas. Religious figures, medical practitioners, caregivers, but the one who will understand your plight is the person who once stood where you stand. They will shine their light, their words will be few for their eyes will do the talking of love, compassion and sympathy.

They will shine the light on what is blocking your path forward. A choice will be presented to trust the light and begin the first few steps towards the journey of healing, recovery and eventually back onto the road home.

Home where the *Spirit of the Warrior* resides. This is where you will mend the fragments of your mind, heal the tattered pieces of your heart and renew your life's purpose. Destiny awaits, a new chapter is beginning and the past no longer holds your Soul hostage. *You are free!*

Lost on the Path No More

I looked at the Devil and he smiled

I looked at God and he frowned

I looked at Mankind and was shunned

The Path headed to sorrow

The Path headed to despair

The Path headed to goodbye

From where, I don't know

Form where, came a voice

From there, I was Lost on the Path No More



Chaplain's Commitment

For Grace, an Amazing Grace...found me on my knees in no man's land. There was no judgement or opinion or blame or tormenting laughter for my predicament. There was only love, compassion and sympathy for one who was lost.

I wasn't familiar with the *dark stain, negative energy* or *dark night of the soul* that caused me to suffer. There was no rational or logical way to heal this, cleanse this, or purify this pain which I didn't know existed in me. But the destruction of my life and all who were in it was plain to see.

The good people at Veterans Affairs, Vet Centers, Veteran Service Offices and the American Legion all did their part to patch this life back up. However, that dark shadow still hovered over me and I couldn't see it. No amount of breath work, PTSD therapy, Cognitive Behavior Therapy, Grief counseling and attending religious services could remove what I couldn't see. They all did their part to temporarily alleviate the pain, but so did alcohol, drugs and other mind-numbing activities.

It wasn't until I stumbled across the texts describing the rituals that Warriors had to do, before they could go back to civilian society, which removed the soul injury. Every culture had their own version of spiritual cleansing to remove and expunge the "*dark night of the soul.*" These ceremonies were meant to remove the negative energy or state of mind that caused a Warrior to violate their morals, ethics, and do the atrocities required in war. Even the non-combatants, by association, were and are inflicted.

So it began, without any prior experience, my journey led me to sit bedside with Veterans in hospice and conduct a We Honor Veterans Pinning Ceremony. I would read a Certificate of Appreciation, and a poem I penned (pictured below), affix a pin and render a hand salute. The energy in the room would shift, the Veteran would take on an aura of calmness, of peace. At first, I didn't have the vocabulary to describe what was taking place, now I do. It's a grace beyond my comprehension, a love without limits and sincere appreciation for life.



American Legion Ceremony

Today, a new American Legion tradition is about to take place with a Chaplain leading the Ceremony of Spiritual Renewal. The first of which will be conducted on March 29th, 2025 at Oak Hill Dignity Memorial, 300 Curtner Road, San Jose, California. The ceremony will be a part of the National Vietnam War Veterans Day observance.

The ceremony is similar to the national We Honor Veterans observance that is conducted for Veterans in hospice. The additions include a sword, wreath, certificate, poem and pin.

The Sword



The Wreath



The Pin



Our Country, our Citizens and our Veterans recognize that symbols play an important role in recognition of one's service. Our National Flag, the Eagle, the Wreath, Dog Tags and a Warriors armament are just a few of the representations. Together with the symbols of fire, earth and water, we acknowledge the purification and cleansing properties associated with divine grace.

"In God We Trust"

Official Motto of the United States of America

"One Nation Under God"

The Pledge of Allegiance

"So Help Me God"

US Military Oath of Enlistment

"For God and Country"

US Military Chaplain Corps, American Legion, Veterans of Foreign Wars

Spiritual Fitness

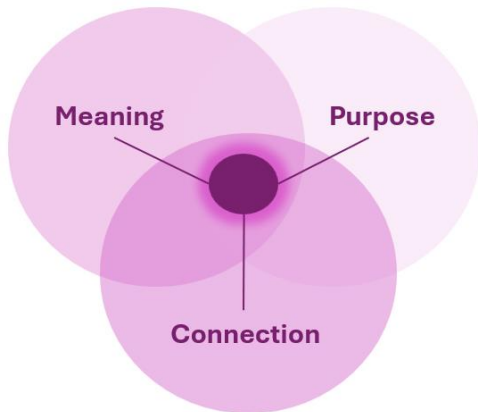
Personal Identity

The path to understand one’s personal identity will take several passages of time. These passages start from when you are a baby, then a child, then a youth, then an adult and finally a senior. Each passage introduces new experiences, new vocabulary to describe those experiences and new insights.

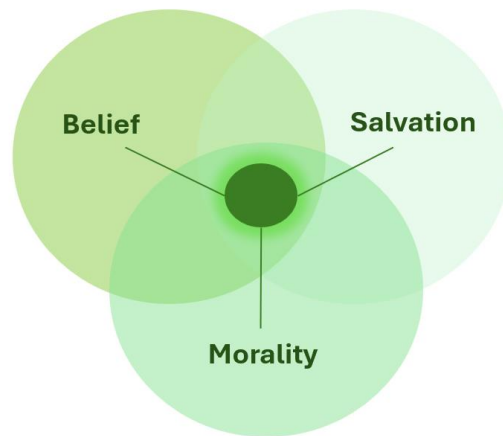
Towards some people, you’ll grow closer. Towards others, you’ll start to drift away. Whether you’re an introvert or an extrovert, the passages of time will start to shape your identity. One may think they are a “persona” a mask that they wear in society i.e., student, cousin, athlete etc. however, there is one constant throughout these changes. That is your Spirit.

To put things into perspective, the following core principles emerged for me as a starting point. These allow an individual to understand how much attention they are applying to each core principle.

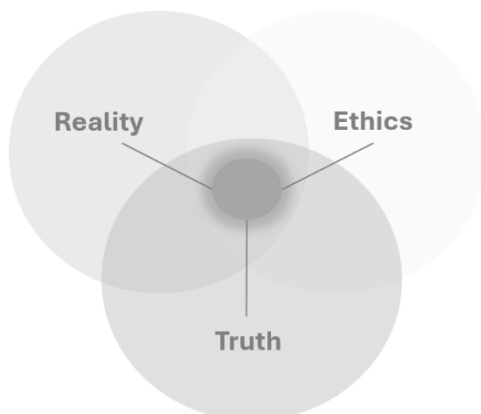
Spiritual Core



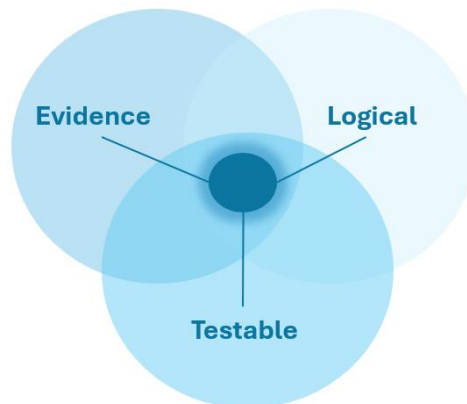
Religious Core



Philosophical Core

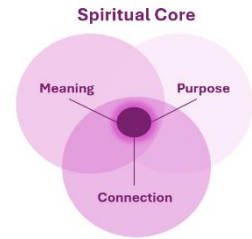


Scientific Core



Spiritual Core

Your essence, Your being, You.
Your emotions, feelings and instincts, You.
Your laughter, Your tears, Your fears, Your joy, You.



Meaning

Not every whisper of the wind needs to have a meaning. So why would one think that their life has to have a meaning? Is it not enough to exist? The simple fact that one is alive, breathing, and able bodied is enough for the Spirit. What it actually *means* is that You are life and are alive. That's it.

Purpose

The direction that your life will head is based on destiny. You are destined to live life a certain way. Any deviation will produce results born out of fate. Your choices will determine whether you are on the path of destiny or fate. Your motivations, intentions and reasons will only mask (similar to the persona identities) of what your actual significance is. In actuality, You are an expression of the divine and your life's significance is to exist.

Connection

The cosmos is already connected, are You? The moment one becomes aware that they are not in control of the universe, planet Earth or the direction of blood-flow within their body, is when the opportunity of "connection" presents itself. Rather, it is the removal of an obstacle called "*ignorance*" that enlightens the individual to what was already present, the Spirit.

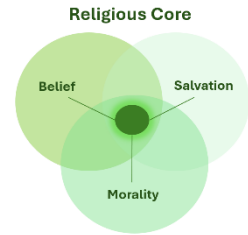
This is where Spiritual Guides can assist with the removal of ignorance. This is the pathway to the removal of the "*dark night of the soul*" and negative stain on one's life. It's like counting numbers i.e., one may think that number counting starts with one, two, three and overlook that there might be something before the number one as in zero.

This is where the Spiritual Guide opens the door to not only a new direction, but when the person is ready, multiple new directions into different concepts of dimensions and reality will become apparent. This is when the feelings of abandonment, isolation and loss start to dissipate and an evolved, new "You" emerges. A new identity, a new appreciation for life and a renewed Spirit. A Light of Love will emanate from you and no longer do the questions of meaning and purpose confuse you. You are aligned with your destiny, You make decisions easily and a peaceful, calm demeanor takes shape.



Religious Core

God, the Almighty
The Beloved, The Divine, Lord
Holy, Sacred and Loved



Belief

For the heavens told me so. It has been written, spoken, sang and preached from many religious faiths about Almighty God. There are traditions, stories, miracles and homage paid throughout the history of our species. One does not require evidence from the external and it is enough to “believe” in what our heart says.

Morality

Scriptures from the holy texts provide the language on how to live according to the standards of society and principles associated with a good person. These clarify decisions whether to take life or save life, to hurt or to heal, and whether to clutch onto egoic ideals versus letting go to higher scruples. One of the greatest gifts we have is the power to choose.

Salvation

Integrity in place. Living according to the holy texts and observances provides a path forward to becoming more conscientious and responsible. One becomes mindful of their thoughts, words, deeds and actions. It is from this place of understanding that healing begins with humility, gratitude and the opening to an Amazing Grace.

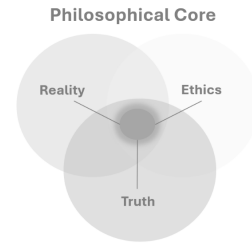
Military Veterans in the United States come from diverse religious backgrounds. The Department of Defense does its best to ensure that the religious tenants of each faith are respected while maintaining the discipline required as a military person. Not all personnel of rank and file may adhere to religious tenants and may observe agnostic or atheistic beliefs. Nevertheless, none are abandoned.

Military and Veteran Chaplains fill the role of respecting their fellow Warrior and when appropriate, administering the rituals associated with the Warriors choice of worship. From our Oath of Enlistment, to serving, to becoming a Veteran and then eventually saying farewell to this life, God is ever-present.



Philosophical Core

More than I, Are You
Together, We
The Infinite, The Eternal, The Everlasting



Reality

There is a moment when a Warrior realizes what they have become. It is a moment when everything aligns and the person looking back at them in the mirror stands with Grace. It's the best version of themselves. Unfortunately, it can also be the worst version of themselves if they are rudderless and have not heeded the call for self-discipline. In either case, the eyes of reality cannot hide the person behind the mask, their persona or if the path to the Spirit is blocked off. In either case, the Warrior realizes what they have become.

Ethics

What is the value placed on life? A Warriors answer will provide an indication of where their moral compass is. Their behavior is a perfect example of whether their words match their deeds. It signifies whether their principles and values carry over from the Warriors ethos or whether they live according to different norms when social, business or professional matters arise. Duty, Honor and Sacrifice are just empty vocabulary words without the gravitas of the Spiritual and Religious core principles. When those words become imbued with the Divine, that's when a Warriors Creed arises.

Truth

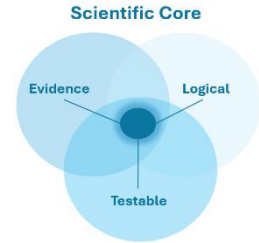
Humbled. Humility. Gratitude. Grace. The truth follows in that order if one is on that path towards a Spiritual Renewal. It's an accounting of one's authenticity. The real "You." The one that is born, is living, is surviving and is on the path to healing. Self-realization, self-mastery, self-taught, self-broken, self-made, self-loved. Humbled beyond time, a humility arises from the spark of the Divine. Your choices are going to be made bare for all to see. Transparent, factual, sincere and honest become part of your lexicon. There is no hiding from the source of the Cosmos. You are the Cosmos. Letting go of false expectations and understanding the path to remove the "dark night of the soul" will liberate You.

A new You emerges. A new We is forged. Together the cosmic serenade begins as you hear the music from the heavens. It's an all too familiar feeling, that emotion that fills your cup with love. A love that reminds you of who You are. Why You took the Military Oath. A love that transcends time, energy and space and wills you towards the realms where the minds inquiries are finally answered. Anxiety vanquished, depression forgotten a new You has arrived.



Scientific Core

It was love at first sight
An equation only the heavens knew
Whispered to a Scientist unbeknownst



Evidence

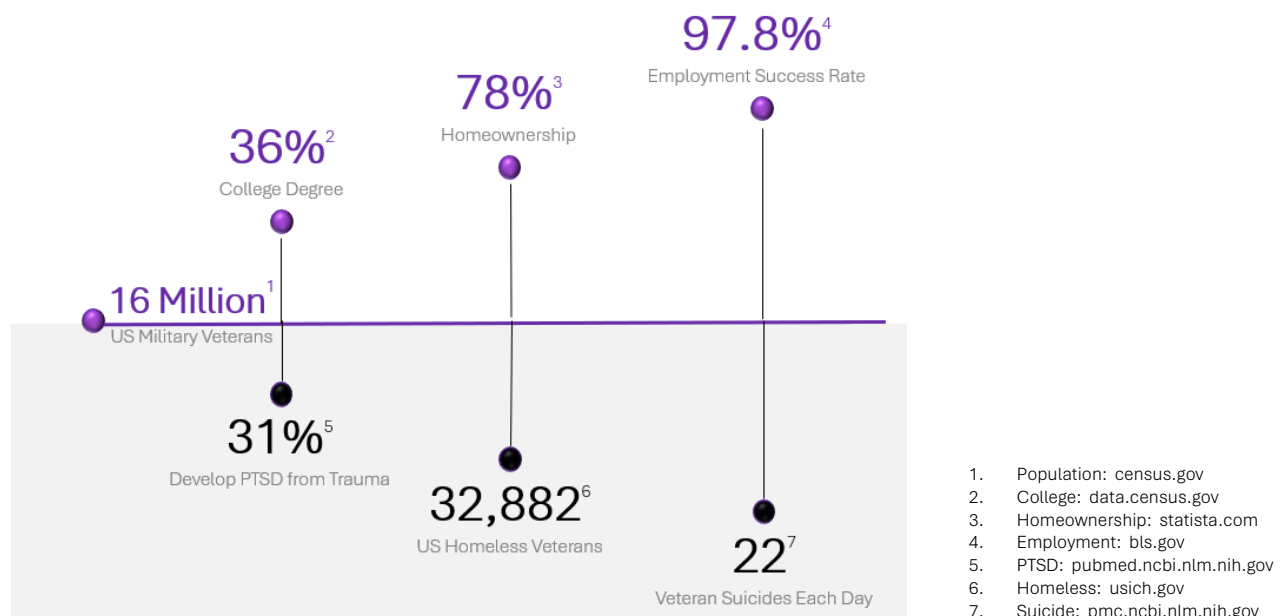
And stood the tree. Roots deep. Leaves gone. So it was observed. So it was measured by the span of time. Calculations and reporting complete, onto the next. Facts, numbers, the stuff of the five senses that could be accounted for, experiments repeated and results follow suit. There was no evidence of a soul in any of this work, however, geometry suggests otherwise.

Logical

I have the proofs! The equations do not lie! Convinced that logic was the sparrow that started to sing in the tree. The hunter raises his bow, lets loose the arrow and it at first, travels half the distance to the sparrow. It then travels half of that remaining distance. And then half of that until it starts to “halve” infinitely and thus never hitting the sparrow. The land of five senses says otherwise as the sparrow drops from the tree. The logic to sacrifice one’s life for Duty, Honor and Country is illogical except to the Spiritual Warrior.

Testable

Life is a test. How many billions of humans do we need to repeat the test of survival, of thriving or failing and dying. We wake up each day and get to live out the experiment of human life as best as we can. We test our health, our ability to make cognitive decisions, our emotion, feelings and behaviors in each breath that we take. Our results are handed to us by societies success markers. Are we happy, healthy, financially stable, in a position to build a home, family and an abundant life. Or are we continually making the same mistakes with addictions, abuse, negative moods, thoughts and behaviors? Veterans with mentors succeed. Veterans who are abandoned spiral towards suicide.



Life's Essence

Our life is a gift. We may overlook the fact that our biology, our internal chemistry and all the laws of physics do not ask for our permission to exist. They just do what they need to do without any fuss or bother. So the question arises, who or what is in charge of this piece of the universe that we call "ourselves?"

I call it "Life's Essence." You may utilize similar vocabulary that suffices your understanding, interpretation and your current position at this moment in time. Interchangeably, words like God, Love, Faith, Grace, Beloved, Divine, Lord, the Everlasting, the Infinite, the Eternal...words in English and words in other languages may suffice your beliefs, intellect and heart.

Whichever phrase or expression works for you...let it work. If you meet the Spiritual Mystics, Religious Masters, Philosophers or Scientists enjoy their tapestry of words and let them weave a narrative of "Spiritual Renewal" into your life.

*So Life Ushered into Me a Breath
I Felt That Warmth of Love
And I was Home*



Appendix A

1. **US NAVY:** Chapter 28: Spiritual Fitness and Performance
<https://medcoeckapwstorprd01.blob.core.usgovcloudapi.net/pfw-images/dbimages/Fund%20ch%2028.pdf>
2. **US AIR FORCE:** Society and the Soldier's Soul: Is the Warriors Purification Ritual Needed or Possible in Modern America?
<https://apps.dtic.mil/sti/tr/pdf/AD1022998.pdf>
3. **US MARINES:** Spiritual Fitness Leader's Guide
[https://www.marines.mil/Portals/1/Publications/MCRP%206-10.1%20\(SECURED\).pdf](https://www.marines.mil/Portals/1/Publications/MCRP%206-10.1%20(SECURED).pdf)