

Veterans Spiritual First Aid

A 5 Minute Journey to Align your Spiritual Principles, Energies, Essence, and Soul to pave the way back home.

Introduction

I was walking alone. Nobody understood my journey. That's when, in the silence, a path emerged, a door was opened and without knowing, I stepped through the threshold.

As a result, the following words emerged and I wrote them down as a guide or in this case, a combined voice to render my Veteran Soul some Spiritual First Aid.

Starting Point: Spiritual Principles

I didn't know there was an order, a sequence on how Spiritual First Aid is administered. But here's what worked for me:

1. **Truth:** I fully surrendered to a Universe, a Cosmos that I didn't understand ~ so I called it the "Spiritual Glow of Grace."
2. **Awareness:** I didn't want anyone else's made up story, so I grounded my reality in what my five senses could observe and only said or did things that felt "true" to me.
3. **Patience:** Daily small wins is what I called them. I did the thought exercise, the physical actions of work and let the outcomes completely, 100% reside with Grace.

Energy Alignment: Divine Archetypes

I did away with the falsehoods of what everyone was trying to tell me, show me or teach me because they knew better. On my knees, bowing to Grace, I was made aware of an inner energy, a trapped energy, a submerged energy that was not allowed to breath.

1. **My Left-Brain Archetypal Energy:** Logical thinking, everything had to be in a straight line, 90-degree angles and all scientific, grounded in the 5 senses of reality. It was the only energy that was allowed to exist in my Military, Veteran mindset.
2. **My Right-Brain Archetypal Energy:** Creative thinking, outside-of-the-box mentality and magic, fantasy, illusion, delusion, or anything mystical was not allowed to persist. This was referred to as being an "outcast" and had no room in society.

My path forward was to combine the two into a new "me" and I discarded what society wanted from me, or how they wanted me to live, survive, or even interact with people.

Essence: Spiritual Renewal

I was in “no man’s land” a lost warrior walking on a path to hell, to death, to complete annihilation of my very essence. It was in that downward spiral that I “let go.” It was in isolation, in parks, by the water, solitary in a room and in a jail cell that a consistent, persistent nudge kept interrupting my thoughts.

Perhaps it was because I was broke, penniless and the drugs and alcohol were no longer available...I’m sure that’s part of the journey where supplies are diminished and all that’s left was the raw, unshakeable true version of “me.”

The “Dark Night of the Soul” or you can say my psychological demons, spiritual demons, embarrassment, shame, guilt, self-sabotage on and on and on stating that “I’m not worthy,” just disappear and die ... that’s when I refused to sell or give my last part of my essence, my soul ... I refused to give up on that which I called “love.”

Soul: The Integrated Whole

I would make a final stand. A mental stand, a physical stand, a stand made from the last breath of the tiger within me. I faced my inner demons, the devil within, the dark night, the mind-bending, psychological falsehoods, the curses, the spells, the omens, I faced them head-on ... named each vice and shattered them with Grace.

I built a Spiritual Firewall from Divine Warriors. The core of my Grace of Love was grounded in Faith. Nothing, no one, no spirit, no thoughts, nothing could reach me anymore except love. In that moment, I realized that I was in “no man’s land” not a Military Active-Duty identity nor a person integrated back into society as a Civilian Veteran identity. I was stuck in neutral waiting for something or someone ... and then it came. It was a name ... the liminal space ... now I had a vocabulary, a label and I could face it directly. So I did.

I merged my inner state of understanding, my energy archetypes with my principles while naming the negative forces implanted in me and mapped it to my five senses of reality ... the external world. What emerged was my new ability to allow, yes, to allow Grief, Sorrow and Sadness enter through my Spiritual Firewall, hear them, have compassion for them, and give them up to Grace. So they left me. They would appear every now and then, but I would do the same sequence ... and they left me again. I repeated this every day until all that was left was love.

The door opened, I crossed the threshold and found that I had made it home.

The Journey Continues ...

If you are walking a similar path, just know that other Warriors are on a similar path and that you are not alone. Whether we ever meet or talk ... this Spiritual First Aid guide is shared with you from my place of love ... from an inner light grounded in Faith, Hope, Love and Patience.

For more details regarding each step, please visit my website where you'll find the following downloadable guides:

1. Principles of Spiritual Faith
2. Divine Energy Archetypes
3. Spiritual Renewal Guide
4. The Integrated Soul

<https://www.veteranscourage.org/chaplains-corner>

From that place of love, you have a Chaplain's Permission "To Walk in Peace"



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