

Developing An Indomitable Iron Will And The Heart Of A Champion

IRON WILL

B. Gracian:
„The sole advantage of power is that you can do more good.“



Article Written By Dr
Joshua David Stone



THERE IS NO FORCE MORE POWERFUL THAN YOUR WILL!

Nearly all men can stand adversity, but if you want to test a man's character, give him power.
- Abraham Lincoln (1809 - 1865)

My Beloved Readers, I would like to begin this lesson and chapter with a quote from the Universal Mind through Edgar Cayce.

The birthright of each soul is its free will. The will which is from within is stronger than any influence that would be directed at a soul from without. It is the application of the will in regards to circumstances, events, and opportunities that determines that degree to which we move toward reclaiming our privileges as Sons and Daughters of God!

The Universal Mind also said through Cayce, that there is no power in the

infinite universe stronger than a person's will! It is interesting that the Seven Rays make up the Personality of God, and the Seven Rays begin with the First Ray of Power, Will and surrender to God's Will! I heard another channeling of the Universal Mind which said, the entire Spiritual path begins with the development of personal power and the will. The reason this is so is because one cannot develop self-mastery without personal power or will. Of course all the Rays need to be integrated and balanced, but it is no accident that the first of the Rays is personal power, will and surrender to God's Will!



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QUOTE BY EDGAR CAYCE:

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Very few people on Earth fully own their personal power. They give it away.

A great many people have awareness but they don't have personal power and will which is why people often say, ignorance is bliss! A person can have tons of awareness and still be an absolute total victim. Very few people on Earth fully own their personal power. They give it away to everything! They give it to their subconscious mind, inner child, negative ego, five senses, lower self desire, emotional body, mental body, physical body, energy body, weather, bad habits, appetites, addictions, impulses.

God does not want your power!

Then they also give it to other people, outside situations, they give it to the Ascended Masters, Archangels, Extraterrestrials, channels, psychics, clairvoyants, people with money, people with fame, authority figures, and yes even to God! Well, here is a news flash: God does not want your personal power. He wants to be approached by Masters, not Sons and Daughters who are completely run by the inner child and victimized by their internal energies and external forces.

POWER DECLARATIONS:	POWER	WILL	CENTER	PURPOSE
	Affirmation: I am 100% powerful and decisive in everything I do.	Affirmation: I own my personal power 100% in service of God and simultaneously surrender it to God's Will!	Affirmation: I am a center of pure self-consciousness and will.	Affirmation: I am powerful, centered, and loving at all times.

Life is a co-creation and God and the Masters want to be dialogued with, not them giving orders you follow in a spineless manner! The whole purpose of life is to learn self-mastery, and how can anyone learn self-mastery without owning their personal power!?

Now to achieve Self and God Realization and become an Integrated Enlightened Master, it is crucial that all Souls develop an indomitable iron will focused totally on God in an integrated and balanced manner! We are here to become Masters, not to be victims. The theme for this entire universe is courage, which is connected to power and will. Earth is a very tough school, and no one will realize God if they have not developed the Spiritual warrior within!

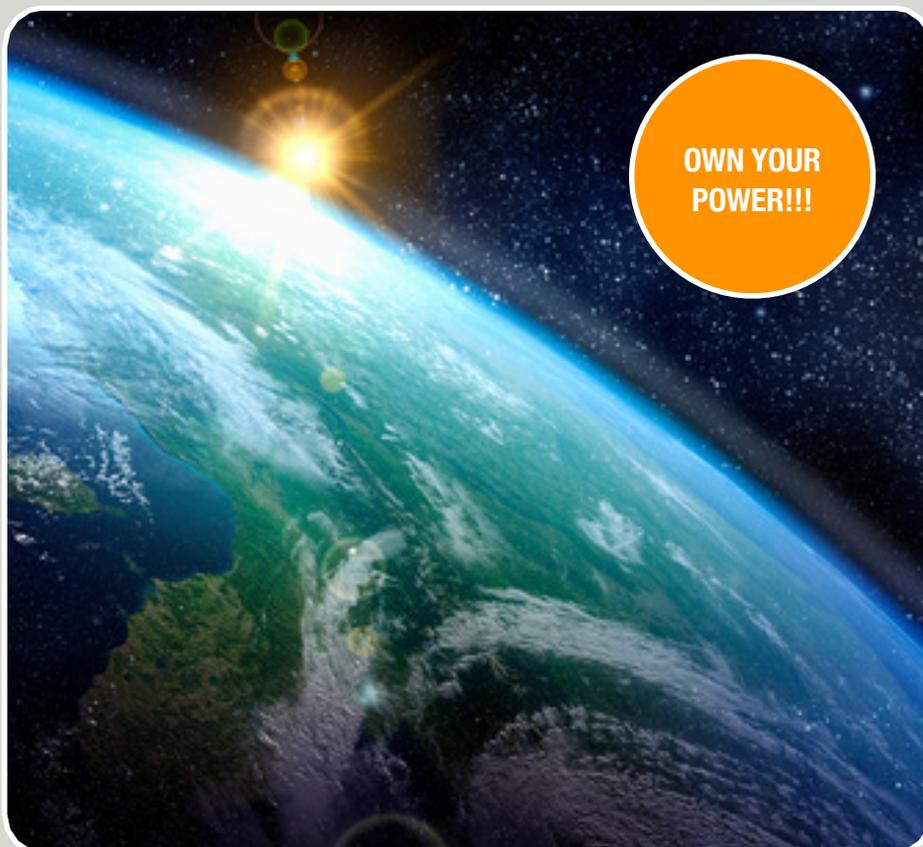
Self-discipline is the continuous use of using your personal power, will and

self-mastery! It is absolutely crucial if you are going to realize God that you don't give your power to all the factors I mentioned earlier and to other people and outside things!

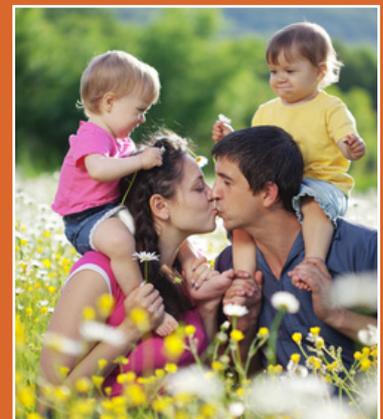
Most people equal their personal power with their energy level and the health of their physical body. The second that goes, there goes their personal power. A Master never gives their power to anyone or anything, and only uses their power in service of unconditional love and God!

Part of owning one's power is always being decisive, keeping one's Spiritual discernment and Spiritual vigilance, and not falling into automatic pilot! Also, part of owning one's power is never ever giving up!

Now a lot of people use anger as the source of their personal power, and anger has power in it, but it is a corrupted source of power, for the



100% POWER!



Power is the First Ray of God! Claiming your personal power is the very first lesson on the Spiritual path. You won't go anywhere in life without it! You claim your personal power by affirming it. Think power. Affirm power. Realize power.

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LIFE IS A BATTLE



Life is a battle between the lower self and higher self, light and darkness, God and negative ego, love and fear, separation and oneness, selfishness and God and the Godforce as one team.

definition of anger is that anger is a loss of control and an attempt to regain it. It is an emotional reaction and is really the opposite of real personal power, will and self-mastery. Anyone who gets angry will also be prone to depression and this is a fact! Depression is caused by giving up in life! The most important thing in life is to never give up. When things go wrong in life you need to become even more powerful and even more of a Spiritual warrior and you need to bless God and love God even more and thank Him for the Spiritual test and lesson!

Life is a battle between the lower self and higher self, light and darkness, God and negative ego, love and fear, separation and oneness, selfishness and God and the Godforce as one team. Without owning our personal power, we are knocked off balance by our thoughts, feelings, emotions,

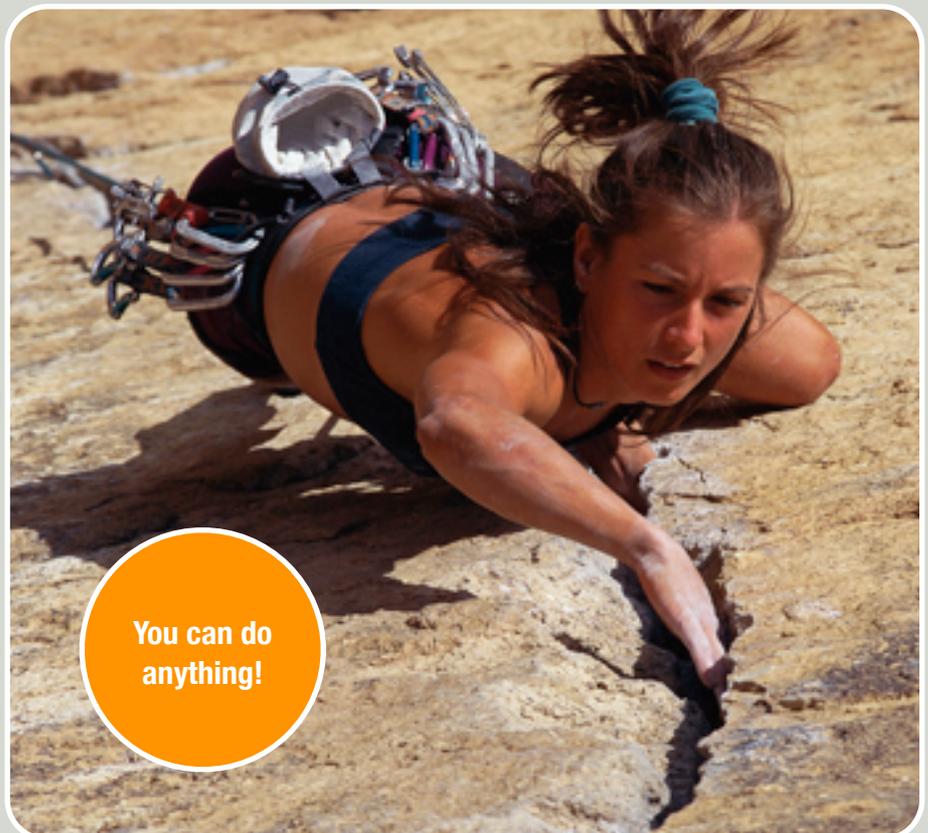
desires, appetites, bad habits, addictions, other people, outer situations, inner child, subconscious mind, negative ego, impulses, negative energy, willy nilly!

We must have a backbone in life! Our personal power, our will and our self-mastery is that back bone!

When personal power, will and self-mastery is channeled through unconditional love and God with absolute Spiritual fire and unceasing enthusiasm and a never say die, never say quit attitude, always seeking God's perfection in

everything you do in an impeccable manner you develop what I like to call the Heart of a Champion!

We see famous sports figures in their various fields of endeavor demonstrate this Heart of Champion attitude, feeling and behavior!



I remember one championship basketball game where Michael Jordan was sick with the flu, and should have been home in bed for he looked like death warmed over. However, if the Bulls had lost that game they probably would have lost the series, so he played and he demonstrated an indomitable iron will, and so he literally willed his team to victory and nearly collapsed on the floor when the game was over. This is a sports example which is inspiring; however, what I am talking about is of much greater importance.

I am suggesting you develop an indomitable iron will and heart of a champion in your life and demonstrate it on your Spiritual Path for an entire lifetime!

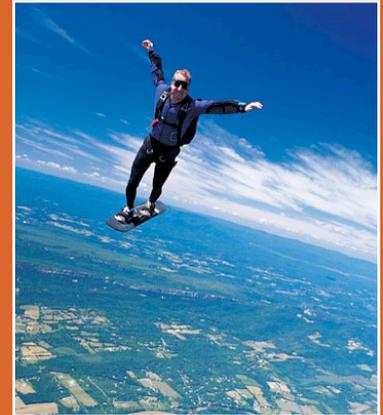
Your indomitable iron will helps you to live your Spiritual ideals, practice what you preach, walk your talk, be in integrity, not give in to temptation,

not give in to the lower self and appetites, bad habits and addictions.

I am not saying here, will and personal power is everything for it is not. We also must pray to God, the Masters and Archangels and Angels for help and we must do affirmations, creative visualizations and positive thinking to reprogram our subconscious minds so all three minds (subconscious, conscious and Superconscious minds) are working in unison to achieve our Spiritual goals.

However, I am here to tell you if you don't own your personal power, will and self-mastery, all the prayers and programmings in the infinite universe will not help you to realize God! The foundation of your Spiritual path is your thinking, feeling and consciousness, and without personal power, will and self-mastery, you cannot control your consciousness

WHAT FOR?



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and cannot process your life properly. We have literally incarnated to be Masters!

My Beloved Readers, I have very humbly achieved a high level of self-mastery and enlightenment in my life. If I look back at the key things I did to achieve this, number one on my list is that I have had an indomitable iron will and heart of a champion! I have been unceasing in my efforts like the ocean waves, or like the rising sun and setting moon. I am not saying I did not make mistakes for I made tons of them. However, each one I learned from and gained the golden nugget of wisdom and forgave myself and released all guilt and just moved on. My work ethic has been off the charts. As the Ascended Master Djwhal Khul has stated, sometimes the average man surpasses the genius because of his work ethic! Again I am not saying I am an average man or a genius, what I am saying is that by the grace of God at a relatively early age I learned the value of developing an indomitable iron will.

When I would make a specific Spiritual vow I would keep it. When I would establish a new Spiritual ideal, I would live it and demonstrate it. When I would put myself on a particular diet for a time I would follow it. I tried to use my indomitable iron will to follow all my Spiritual ideals and

live them with absolute integrity and impeccability. Every setback I had, and I had many, I would become even more of a Spiritual warrior and make myself even bigger and love God even more and bless and thank God even more.

Then a very interesting thing happened, which I didn't expect: the battle of Armageddon kind of stopped, for over time, I completely reprogrammed my subconscious mind and entire reality and so life was no longer such a battle as it had been earlier in my life. It became a positive habit to have an indomitable iron will and it didn't even take any energy. Even though I have humbly achieved a high level of Self and God Realization on a planetary level, I now use my indomitable iron will and heart of a champion to now go after my Cosmic

POWER

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GOOD NEWS!



Then a very interesting thing happened, which I didn't expect:

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Ascension, not just my Planetary Ascension. What is nice though is that I never feel like I am working. I have so reprogrammed my consciousness and reality that even though I continue to have an indomitable iron will and heart of a champion, to me it feels like I am just having fun for true pleasure is serving God.

I am explaining this for there is an early phase for everyone on the Spiritual path where there is a battle of Armageddon going on in your own consciousness, however, what I am trying to show you is that it is possible to win this battle if you have an indomitable iron will and heart of a champion. Yogananda said that if you want to realize God you have to want God like a drowning man wants air, or otherwise you won't realize God!

This is what an indomitable iron will and heart of a champion does for you. It channels all your mental power and all your emotional enthusiasm and Spiritual passion for one purpose and one purpose alone which is Self and God Realization and service.

Many people have strong wills but they don't channel it towards God and their Spiritual path so it is doomed to failure in the end. The way to live is to develop this indomitable iron will and heart of a champion, which I might add allows you to have self discipline which is crucial if you want to make any progress on the Spiritual path. It also allows you to have patience which is one of the three dimensions of reality according to the Universal Mind through Edgar Cayce, the three dimensions being time, space and patience. On this



PASSION AND WILL!

You cannot have true Spiritual passion and enthusiasm if you don't have an indomitable iron will that underpins it.

plane of reality everything and I mean everything is a lesson in patience.

Anyway, once you develop this indomitable iron will and enthusiastic, Spiritually passionate fighting spirit, then the key to life is to call on God and the Masters and Angels to support your life and Spiritual mission with their indomitable iron wills and championship hearts. Then by mastering your subconscious mind, it becomes your servant and your heart of a champion also inspires it to give its all. Then your physical body is inspired and it gives its all. This indomitable iron will and heart of a champion is contagious in a positive sense and so the people all around you will start doing it and you will soon form a Spiritual community of people who are doing it. This is how I have created with Spirit and the Masters the I AM University. Some have caught this Spirit through the books, some through Wesak, some through the audios, videos, emails,

phone calls, friendships and so on.

You cannot have true Spiritual passion and Spiritual enthusiasm if you don't have an indomitable iron will that underpins it. So when you bring this indomitable iron will and heart of a champion working not only willfully, but also in unceasing prayer, unceasing positive thinking, affirmations, visualizations, unceasing physical action and effort, unceasing energy work, unceasing light work, sound work, and getting all levels of your being God, Christ, Holy Spirit, Ascended Masters, Archangels and Angels, Elohim Masters, Christed Extraterrestrials, your Mighty I AM Presence, your Oversoul, your Superconscious Mind, your Soul, your conscious mind, subconscious mind, physical body, friends, family, students, associates, lightworkers, all working with this indomitable iron will



Time, Space and Patience

and heart of a champion you can only imagine the results you will achieve on your Spiritual path. This is called having an integrated and consistent-on-all-levels iron will and heart of a champion!

As the Universal Mind through Edgar Cayce said, righteousness in the eyes of God is trying! It is not being perfect.

I have had this indomitable iron will and heart of a champion for almost 30 years, and it gets stronger every day. I am not saying I have not made mistakes, or lost my self discipline, or never broken a Spiritual vow, however, what I am saying is I have given the supreme effort, and if I made a mistake I didn't make a big

FOCUS ON SPIRIT:

Many people have strong wills but they don't channel it towards God and their Spiritual path so it is doomed to failure in the end.

THE WAY TO LIVE:

The way to live is to develop this indomitable iron will and heart of a champion in service of Spirit.

YOU ARE POWERFUL!

You are 100% invulnerable to other people's negative energy.

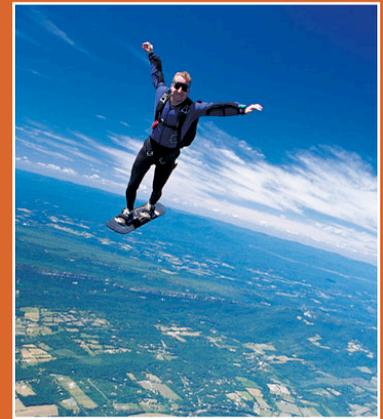
deal about it, I just learned from it, and made another Spiritual vow, and set up a new self discipline program or plan. Where in the beginning it was a battle and I would give in to self indulgence on many levels, after a while I stopped giving in and just kept my consciousness and mind steady in the light. I just kept my attunement and attention on God, and stopped leaving so much.

Now again I say, even having become an Integrated Enlightened Master on a high level, I am not saying I never ever make a mistake. Of course I do, and so do the Ascended Masters on the inner plane. Mistakes are part of the learning process, and there is always another level of the diamond to polish. So what you want to do is win this initial battle of Armageddon, get your subconscious mind basically reprogrammed which you can easily do if you will study the work of the I AM University. Once you become

right with self and right with God and become a cause of your reality and develop unconditional self love and self worth, then you develop right relationships as well. After a while it just becomes a habit to stay attuned to God, to keep your attention on God and to keep your mind steady in the light.

There is no feeling better than this for when in this state of consciousness you find your refuge at all times with God. You are in a state of oneness with God and all things with no separation. You have no negative thoughts or negative feelings and emotions. Your energy is stronger. There is a thought and feeling of God purity, egolessness, saintliness, Godliness, holiness, sanctification, selfless service, humbleness, humility, protection, harmlessness, defenselessness, unconditional love, happiness, joy, inner peace, evenmindedness, forgiveness,

SUPREME EFFORT



I have had this indomitable iron will and heart of a champion for almost 30 years, and it gets stronger every day. I am not saying I have not made mistakes, or lost my self discipline, or never broken a Spiritual vow, however, what I am saying is I have given the supreme effort, and if I made a mistake I didn't make a big deal about it, I just learned from it, and made another Spiritual vow, and set up a new self discipline program or plan.



The Force is
with you!

NEVER LOSE HOPE!

CLAIM YOUR POWER!

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nonjudgmentalness and causality you never want to leave. The indomitable iron will and heart of a champion becomes automatic and it takes no effort. Maybe at times of symbolic storms, hurricanes, tornadoes, cyclones and earthquakes so to speak it might have to be mustered up a little, but it is so automatic to be this way and you have had so much practice over the years, it is just what you always do.

So Spirit, the Masters and I now ask you if it is your Spiritual desire to do



so, to claim for yourself this indomitable iron will and heart of a champion! Everyone has one; it is just a matter of claiming it.

Also pray to God, the Masters and Angels for help in stabilizing it and making it a habit!

Spirit, the Masters and I end this chapter with a quote we just came up with, “If your indomitable iron will and heart of a champion, your Spiritual/ Christ/ Buddha/ God Consciousness in an integrated and balanced way, God, the Masters and Archangels, your fully reprogrammed subconscious mind, your lighted physical body, all be with you, who or what can be against you!”

In this way you have the indomitable iron will and heart of a champion of not only yourself, which is the most important part, but also of the Spiritual, mental, emotional, subconscious and physical levels all using their indomitable iron wills and heart of a champion consciousness as well, for you have inspired them to help you, for all this energy is only channeled to serve God and unconditional love, your brothers and sisters and all sentient beings!

Hence you have achieved this in an integrated and consistent manner on all levels.

As the Master Jesus said, with a slight addition, “If your eye be single, your integrated body and selves will be filled with light helping you to build



It becomes a habit to own your power.

your personal New Jerusalem and bring in the Seventh Golden Age on Earth!” This is the New Age Ascension version.

So let it be written! So let it be done!

ABOUT THE AUTHOR:

Dr Joshua David Stone was one of the most influential Spiritual teachers, leaders and forerunners of our time. He had a Ph.D. in Transpersonal Psychology and was a licensed Marriage, Family and Child Counselor in California, USA. He served as Official Spokesperson for the Planetary Ascension Movement and made his mark in the Consciousness Community as a prolific writer, authoring

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the 15-volume Easy to Read Encyclopedia of the Spiritual Path, published in several languages, as well as eight major Ascended Master Training Courses and several comprehensive Training Programs ranging from channeling, the psychology of astrology, the Book of Life of God, to his legendary 2,000 page Counseling Manual, and much, much more. He also brought Wesak to the West, hosting ten Wesak Celebrations in Mount Shasta, California, for thousands of

people around the world, and he introduced inspired ideas such as striving for “integrated full spectrum prism consciousness” to become a perfect living reflection of our Creator and transcending the negative ego mind™ as a requirement to realize God.

He was a pioneer in the field of Spiritual psychology and authored the concept of integrated ascension™ as well as the noble ideal of striving to become an Integrated Ascended Master™, both terms which he coined to stress the importance of mastering and integrating the Spiritual, psychological and physical/Earthly aspects of self to follow an integrated and balanced approach to Self and God Realization.

To facilitate this purpose of training aspiring Integrated Enlightened Masters, he started the I AM University, an acronym that stands for “Integrated Ascended Masters University.”

The I AM University is today a global Austrian-based educational institution with a single focus: to provide those who can grasp the noble ideal of pioneering in this world as a living Integrated Ascended Master with all the training and tools they need to fulfill this lofty call.



**Dr Joshua
David Stone**

Today, the I AM University is the one and only Integrated Ascended Master Training Facility in this world. It stands firmly on the foundation of a comprehensive and ever-expanding curriculum which Dr Stone dedicated his life creating.

In 2005, Dr Joshua David Stone passed over to the Spirit world where he continues to Spiritually support the expansion of the I AM University the continuation of which he entrusted into the hands of Gloria Excelsias, his long-term personal assistant, good friend and protégé.

Dr Stone is one of the most widely read authors in the New Age Movement and known as the world’s most trusted source for integrated Spiritual development.

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