

# Teachings of the 7 Arrows

7 Arrows	7 Arrows of the Dark	7 Arrows of the Light
<b>The 1<sup>st</sup></b>	<b>Attachments</b> <i>Strong Needs not met, motivated by ignorance.</i>	<b>Self Awareness</b> <i>Concept of Self – Who am I?</i>
<b>The 2<sup>nd</sup></b>	<b>Dependencies</b> <i>Strong Wants</i>	<b>Self Appreciation</b> <i>Concept of Self Worth Find Value inside Self</i>
<b>The 3<sup>rd</sup></b>	<b>Judgments</b> <i>Ego putting others down in order to feel ok</i>	<b>Self Acceptance</b> <i>Concept of Self Esteem You did/do what you knew/know is the best you could/can do</i>
<b>The 4<sup>th</sup></b>	<b>Comparisons</b> <i>Strong group identity At the effect of life, self, others Needs support system to verify their judgments &amp; separations Self Serving.</i>	<b>Self Pleasure</b> <i>Concept of Loving Self</i>
<b>The 5<sup>th</sup></b>	<b>Expectations</b> <i>Caught in delusions Strong past/future Needs not met</i>	<b>Self Love</b> <i>Concept of Self Confidence Knowing the 5 Human responses to any action: love-hate, like-dislike, &amp; not caring or neutrality.</i>
<b>The 6<sup>th</sup></b>	<b>Needy, Wounded, Abandoned Child Syndrome</b> <i>The absolute need for love, recognition, acceptance, security &amp; support from others as a way to define &amp; identify self Self Indulgence</i>	<b>Self Actualization</b> <i>Concept of Self-Respect</i>
<b>The 7<sup>th</sup></b>	<b>Ego Self-Importance</b> <i>Holding 6 Dark Arrows all at once. Having your buttons pushed by tyrants of life; e.g., the weather, time, your inner dialogue, other people, situations, etc. Caught in self-destructive patterns.</i>	<b>Impeccability</b> <i>Warrior's Freedom Always following the Maximum Efficiency with Minimum Effort Law Never being at the effect of anyone or anything in any way Never taking yourself or life seriously Concept of Self-Realization</i>

We are the Bow. The Quiver of Arrows is our Resource Circle of choice in self-expression. The Target is ourselves, life & others. What arrows we shoot is determined by our **attitude and approach** to life. **Life is a choice**: do we choose the dark or do we choose the Light Arrows? Choosing the Light Arrows breaks the Dark Arrows. Persist in this practice and one day you will discover that the Universe has placed the \*Rainbow Arrows in your quiver in place of the Dark Arrows. \*The 3<sup>rd</sup> Quiver to choose from of Illumination, True Introspection, Trust & Innocence, Wisdom/Alignment/Balance & Harmonic Resonance, Heart-to-Heart Open Communication. Full Balance of Energy, Abundance & Prosperity ... you've 'Danced Your Dream Awake.'"

*Thanks to my teachers, Harley SwiftDeer, Lynn Andrews, Hymeyohst Storm for their teachings and wisdom from the Enlightened Masters and the Star Maiden's Circle. May we all learn to touch Life, Self, and Others with Beauty. \*For additional teachings on the 7 Arrows, please contact me at [universalessenes@gmail.com](mailto:universalessenes@gmail.com) .... Jackie*

