

5 Steps for Cultivating an Arsenal for Spiritual Fortitude



Step 1: Get Right With God

Regardless of the name we call, God is still God. Not the universe... God; Creation; Source. In the times we are living through, it has become even more crucial for us to plug into our divine source. Getting a closer and more intimate relationship with this energy is the first step towards doing so with yourself. Forgive past hurts. Let go of outdated circumstances. Strengthen your prayer life. Build your faith. It is the only thing that will help you stand firm through life's trials and transformations.

Step 2: Build an Intimate Relationship with Yourself

In a world where we have been taught to neglect ourselves for the sake of others, building Self intimacy can be one of the most difficult parts of the journey. At the same time, the power that comes from this step is indescribable. With all the talk about Self Care and Self Love, we owe it to ourselves to get to know ourselves; *deeply and authentically* - only then will we know how to best show up for others with healthy boundaries and sustained capacity.

Step 3: Build an Intimate Relationship with Your Ancestors

The term 'Ancestors' refers to blood family members who have lived on earth and transitioned to the spiritual realm. We are innately *connected* to them, but having an *intimate relationship* with them will require us to cultivate it, just like any other relationship does. Our ancestors serve as gatekeepers in our spiritual journey, and also guide us in the intergenerational healing that ensures we can fulfill the roles of our 'Ori' (highest consciousness/authentic self/destiny).

Step 4: Locate Your Tribe (& stick with them)

We - African people - are communal in nature. However, colonization and Westernized enculturation have stripped us from our abilities to embody this. Couple that with the influence of the media, and 'cut off' culture, our people are in a serious state of emergency. With messages like "*it ain't nothin' to cut that b**** off*" flooding our psyche, it can be tempting to overgeneralize the need to end relationships. The times we are living in have no room for us to travel alone. Get connected to spiritually-rooted, loving communities that are healthy and reciprocal. You are worthy of spaces that *both affirm and challenge* you to elevate.

Step 5: Commit to Your Journey (even when it gets hard... because it WILL)

The journey towards elevation is not easy, and never will be. There will be discomfort, transitions, highs, lows and everything in between. The sooner you accept the calling on your life and commit to the road ahead, the sooner things will make sense; *the first time around*. Resistance only prolongs you. Do your best to stay hydrated; breathe and indulge in high vibrational experiences. Know that your lessons are your lessons, and through them, you will obtain your blessings. Stay prayed up. Trust the process.