

SPIRIT OF THE EAGLE

**How Keeping a Journal Will
Lift You to Greater Heights**

**By
Maggie Jalufka Sova**

PRAYER

Dear God, I pray that you awaken dreams within me; rekindle the talents that are stifled; refresh my spirit and renew my strength. Help me to become the person that I have always dreamed of being.

DEDICATION

***To my loving husband Nir, spread
your wings and soar like an eagle
in our journey through life together.***

I dedicate this book, in loving memory, to my father, Alphonse Emil Jalufka, who would be proud to see this achievement. He is soaring with the eagles! I love you, Dad!

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ACKNOWLEDGEMENTS

With special love and thanks to my husband; as I went through boxes of journals from past years, you shared my excitement and you were thrilled with my discoveries, giving me the inspiration to write this book. Thank you for your support, for being there and for helping make this dream a reality. You are my gift from God. I love you very much!

Toda Raba!

HABAKKUK 2:2-3 -

*“Write down the revelation
and make it plain on tablets
so that a herald (anyone who reads it)
may run with it.
For the revelation awaits
an appointed time;
It speaks of the end
and will not prove false.
Though it linger, wait for it.”*

My gratitude and a heartfelt thanks go first to God. Within each of us are hidden dreams that only He can guide to make them become a reality. After writing the text of this book, I can say that it surely came about as *Habakkuk* says. After reading the above text, I began to cry. Joy overflowed from deep within as a vision was born. We are each unique; we are all able to soar. Release the gifted treasures that lie within. Commit to God whatever it is that you do and your plans will succeed.

A warm, special thanks to my friend, Kimmie Swan. Thank you for such wonderful support, for cheering me on and helping me to overcome my frustrations and for encouraging me by telling me that this day would come, and with great joy! It is finished! Let your music spread its wings. May God give to you exceedingly, above and beyond all that you ask!

Special thanks also to a mentor whom I was truly blessed to have had in my life, who encouraged me to develop my talents, who imparted much wisdom and also taught me to keep a journal that would one day reap many benefits. Lots of love to you, Donna Keener; keep soaring!

Sona Knedlova, bless you! You took my messy notes and created the first rough draft. What a gift to me, and all the way from the Czech Republic.

To my dear friend, Tanya Pinto: You always inspire me with encouragement! I do enjoy those “Royal Thai” pow-wow lunches and sharing life’s experiences. Thank you for being in my life during this season, the “iron that sharpens iron”. Keep the creativity flowing. Wishing you God’s very best! *SHANTI!*

With sincere thanks to all who have helped me with my manuscript, who read it over and over and reviewed the drafts, and to all others who listened to my thoughts and helped me to prepare for this dream. Thank you for the inspiration. God bless all of you!

Sometimes people come into our lives and pass out again, but their friendship is never forgotten. SVJ, I remember meeting you at a downtown department store when our friendship first began. Your artistic, creative spirit added color to my life! I still have cards that you sent to lift my spirits, and I recently thumbed through some of them and was overcome with eagle inspiration. You cheered

me on so that I would pursue that eagle dream and begin writing this book. It begins with the first sentence on paper. So I did it! We may lose touch, but our spirits will never forget. Bountiful blessings to you!

Thanks to my editor, Janice Elkins, whose patience and creativity brought everything together. I know that through this book, many lives will be inspired. I thank God for you!

Mom, I thank you for bringing me into this world. I was able to fulfill my God-given dream! My love for you is forever.

To all the eagles who read this book: May you rise on eagle wings and soar with great ambition, strength, endurance and wisdom. May there be peace within you. May you trust God that you are meant to be, giving courage to those who dare to dream!

NUMBERS 6:24 –

“The LORD bless you,_____

and keep you;

the Lord make his face shine upon you

and be gracious to you;

the LORD turn his face toward you and

give you peace.”

GOD BLESS YOU!

Maggie Jalufka Sova

INTRODUCTION

During years past, I recall that eagles were sometimes brought to my attention but at the time, I didn't understand their significance or focus upon them; therefore, I didn't research the ways of the eagle. It wasn't until this season of my life, when I began to reminisce over my personal journals, that the importance of the eagle became apparent. I came across one journal dated October 1997, and when I read my heart's dreams, desires and prayers on those pages, I finally realized that I had expressed myself in a way that would develop self-empowerment and renewal of my spirit. I understood that if I had taken the time to set my mind at ease before I began recording my daily thoughts, I would have been able to soar, free-spirited.

I call this type of therapy writing "prayer journaling." Having conversations with God makes me transparent; yet, I now see the amazing, positive effect from recording the storms and challenges that I faced during my daily life. Later, it was exciting to see how

some of my prayers had been answered and how freely I was able to express myself regarding emotional setbacks. This was enough to motivate me and to make me continue writing.

JEREMIAH 33:3 –

“Call to me and I will answer

you and tell you great and

unsearchable things you do not

know.”

While compiling this material, I visualized it as my secret garden. I alone knew what I was feeling, or facing. Now that time has passed, my journals allow me the opportunity to pursue a dream that I had written but hidden, even from myself.

Seasons come and seasons go and, depending on where life took me, sometimes I wrote more frequently than at other times and there were times when I had no desire to write at all. During those nesting seasons, I was creating a spirit within that eventually would allow me to soar. Journaling created a mental stamina, a

tranquil heart and a strong faith. My journals of joy have been a precious gift.

GIFT OF THE EAGLE

As I pondered over the material in my journals, I realized that a *gift* was being given to me. Like the eagle, I am a unique individual and I was given a unique universe in which to soar, to enable me to reach new heights so that I could enjoy the many blessings that have been and still are being set before me daily, if only I could recognize and become aware of these opportunities and pursue my interests.

One afternoon when I was writing, I came across a passage that I had recorded earlier and when I read it, I felt it leaping off the page to speak a personal message directly to my heart:

“As I sat talking with my friend in her living room, she happened to notice that the painting on the wall above us portrayed two eagles. One was soaring and this was a sign, she said, for me to begin writing my book.

Fly as fast as you can!”

It is amazing how many years have past and I still find this moment when I wrote about my friend one of reflection – hers was a special message, like that of an angel! My dream was about to become a future reality.

God has given me the gift of the eagle to enable me to assist others so that they may soar. How patiently I have waited and now I am about to fly! There is a creative restlessness within, an ongoing process that prepares us all for flight.

PSALM 37: 4, 5 –

“Delight yourself in the LORD;

And he will give you the desires of your heart.”

We all desire certain things. We wish our prayers could be heard and answered. Well, maybe not all; sometimes, we are thankful that God does not answer our prayers because we know that it is not in our best interest.

At times we are so scattered. We find ourselves running here and there, attending unimportant events. Our agenda is not prioritized. Take a minute to think about this: Do we take a breather so that we can slow down and have a

quiet moment to be alone, to pray or to meditate? What does meditate mean? The definition of *meditate* is to reflect, contemplate or to engage in devotional contemplation, especially prayer.

After I was told about yoga and meditation and its healthy benefits, I began going to *Bikram* yoga classes and soon I became aware of many positive results. My skin glowed; I felt detoxed and I was able to concentrate much better. I had a more peaceful feeling. Because my metabolism had changed, I formed new eating habits and I soon realized that healing was beginning to take place with some of my personal health issues.

I never could sit still. When I first began taking yoga I started with a small class, just to learn to meditate and to do a few yoga stretch exercises. It was a challenge to quiet my inner being but, as I practiced, I gradually adapted and soon I began to enjoy it.

My husband once attended a yoga class with me. He had a difficult time with yoga exercises; it really was a workout for him, and trying to coordinate his moves and finding balance was tough.

As we were walking out of class, he said with a grin, “This is not for me, honey. Although it gives my body a strong workout it is too much, with everything else that I do. You continue to enjoy the yoga. I can’t stand on my own two legs without losing my balance.”

So tell me, when does the rest period begin?

I am one who usually burns the candle at both ends and I often find myself spread thin. I guess I am a social butterfly. My husband and I adhere to our weekly calendar but we do look forward to those days that are not filled and we are able to get some rest.

The dictionary defines ‘*resting*’ as “peace, ease or the cessation of an activity.” When you are resting properly you will find yourself in a place where you will be able to soar and not feel like you are cornered or having to constantly struggle. You will feel free to simply stroll along. Sometimes I laugh when I picture myself tip-toeing through the tulips (or flowerbeds), as the saying goes.

One afternoon I was reading an article and, in hindsight, I feel as if God were showing me that

I had come to a point in my life where I could find peace, that place of rest in the midst of daily living. I was able to see how certain areas of my life had stabilized after I had taken on the roles of a wife, entrepreneur, working woman and business partner while harboring a strong desire to become a woman of strength and dignity.

How could I become a better role model?

The following prayer helped me. I remember reciting this verse:

PROVERBS 31:25 –

***“She is clothed with strength and
dignity; she can laugh at the days to
come.”***

Frequently, I wrote this prayer in my journal:
*“God give me wisdom and understanding, that
others may see me as a woman of strength and
dignity.”*

To elaborate on this excerpt, as a woman I wish to be seen as strong and secure in my position, and rejoicing over my future. My optimism is obvious in my character. This is one of many traits that attract people.

During the process of completing my book, I would often think, *“Here I am in the midst of my career, working fulltime, and my husband and I recently launched a second store. I quickly took on the responsibility of marketing this eaglet as well as assisting at both businesses while also maintaining the duties of our home. A wife’s role is never done, yet here I am, able to pursue my heart’s dream.”*

The realization that we are all connected to each other’s dreams and that it is possible for each of us to build upon those dreams is the greatest gift an individual can pass on to others. Now, here I am, in the midst of realizing my own dream.

The spirit never dies!

JOURNALS OF PRAYER

I began to talk to some of my acquaintances and family members and ask them their thoughts on the eagle and, as I shared some of my own thoughts, they were in awe. Their response was, “I never looked at this subject from a wider perspective but now you

are sharing with us the details of the characteristics of the spirit of the eagle.

“You have a great analogy on how unique we all are and, like the eagle, how we have the opportunity to be free and to soar in the abundance of a full-filled life.”

I also shared with them one of my journal entries, that one day I would accomplish my dream of writing a book. Here is what I wrote in my journal on October 16, 1997:

“...as I share these journals with other people, may it empower them to look unto you, LORD OUR GOD, and trust that you will guide their every step, that with faith they may soar the universe, for it is like a journey.

“I know that doors of opportunity will open and I pray, dear God, for you to give me direction so that I may write a book. Guide me into the paths of others who have begun, as well as to those who have already accomplished this goal.”

Needless to say, my dream is now fulfilled and it is in your hands, and you are reading it! God is amazing! Our lives have all been destined and, if we truly follow our hearts and chase

those dreams that lie within, they multiply and with wings spread, we will be able to weather any storm while fulfilling our dreams. I can say that my wings of *hope* and *faith* carried me in the direction of fulfillment and motivated me until my own dream become a reality.

On my desk sits a frosted acrylic figure of an eagle with outspread wings. It reminds me that we can soar and achieve all that we desire. I challenge you to pick up a pen and write out your thoughts, to begin a journal and to list your heart's hidden desires. Just see what it brings you! May you find a deeper connection to the LORD; may you experience a calm soul and dance with joy that leaps within as you write. Let your heart run with your dreams!

I love this quote, attributed to St. Francis of Assisi:

“Start by doing what’s necessary, then what’s possible and suddenly, you are doing the impossible.”

Immediately after returning from one of my trips to Israel, my path was intertwined with an individual who had recently had her book published, and my passion to write about the eagle became very strong. This author’s zeal

caused a spark within me to ignite and I was anxious to get things moving and to see some achievement from the first tiny steps that were taken - the NTS (Next Tiny Steps) method. I looked into my reservoir of eagle material that I had collected. Isn't it amazing how I found a prayer that I had written in my journal, asking God to guide me into the paths of others who had already accomplished the goal of writing a book? Wow! How things come directly to us when we need assurance that all is well and that we are on the right track.

Once I began searching for an editor, another angel of inspiration came into my life. I was given an individual's name and I called her. This lovely woman had published a book several years ago. She shared her knowledge with me and told me how the publishing process worked. She warned me about the many frustrations that would come my way. I can say that I had my share before this project was finished. Mentors lead us by example.

I pray that God will give back to all those who blessed my life in abundance! Sharing our success with others brings us great satisfaction when we acknowledge that all things are possible. This author's energy blessed me and I

marvel at how our paths connected. Prayer is powerful. Prayers will be answered!

I can attest that my prayer journals have given me:

...WINGS OF FAITH

...WINGS OF HOPE

...WINGS OF JOY

...and I pray that you, too, can spread your **Wings and Fly...**

God's Eagle!

WINGS TO OVERCOME THE STORM

We live in a world filled with turmoil. We are inundated with all types of news on television and in the newspapers. There is always conflict in this world; we put out one fire and another occurs. The cycle repeats itself. The upheaval and the chaos that we meet in our daily lives are burdensome and they weaken our strength. We become weary and we are unable to take wing; however, we can drift away, knowing that prayers will activate our wings. Prayers are not in vain. God isn't deaf. Take wing!

What types of storms have you encountered? Did you find peace in the midst of chaos? Take the challenge and make a list of the storms you encounter. Make three detailed columns and when you look at the results, hopefully you will learn from this in a positive way.

Example:

<u>Storm</u>	<u>Action Taken</u>	<u>Result</u>
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PSALM 23: 2-3

“He makes me lie down in green

pastures; he leads me beside quiet

waters; he restores my soul.”

“THOUGH IT TARRIES, WAIT

...For there is a season for everything, and a purpose.”

It took patience for me to pursue writing my book. Webster’s definition of patience emphasizes calmness, self-control and the willingness or ability to tolerate delay. Yet, when I tried to figure this out, I had a battle within. For seven years I had put aside my

dream of having my book published, and I kept questioning myself. I didn't know if this was the proper time to follow my motivation and to pursue my dream. Sometimes we put things in boxes on shelves and forget them, don't we? Timing! Isn't that the answer to all?

Sometimes we find ourselves not wanting to wait. Who wants to do nothing? Impatience causes us to argue with ourselves and to despair. There are many different aspects of waiting, as I stated at the beginning of this book when I quoted *Habakkuk*: “...*though it tarries, it will surely come.*”

To ‘*tarry*’ means to “wait or to delay”, but we become impatient; we want immediate answers. We want to see the big picture. I am always amazed at God's timing, which is perfect. He is always on time: he is never late!

When did I become aware that I had set aside this dream? My spirit was awakened after my visit to Israel in 2003, when my creativity began to flow and a still voice that I heard within caused me to become aware. It is strange, but it felt as if a light bulb had turned on. With such passion, the zeal to write followed shortly thereafter. My magical

moment at the Western Wall in Jerusalem caused the little eagle within me to stir, and then to take flight. Once I was home again, I began writing and it continued for months thereafter, as I revised the text.

During December 2003, my husband and I were vacationing in Cancun, Mexico, to rest and refresh ourselves. Most of my time was spent relaxing beside the pool or on the beach with my pad and pen, brainstorming and writing. Being in that atmosphere, sitting in the sand beside the water and hearing nothing but the sound of the waves breaking the silence, caused me to ponder and this brought such inspiration to my spirit. Once again, I wanted to write. This haven is where most of this book was processed.

My husband sat across from me with his laptop, in his own world, sending me smiles and saying, “You are still writing.”

As I have already shared with you, the seasons of life lead us to different accomplishments and we go from one thing to the next. We are all connected and can bless each other’s lives.

EAGLET AWAITS

See how the eagle is dependent on the parents to be nurtured, fed, protected and trained to fly? The parents know that the baby eaglet one day will soar into the unknown on his own, once his waiting process is over and he has mounted and taken wing. Isn't he anxious to fly, this baby eaglet? But he can't. Eaglets must wait until their wings are strong enough. The mama bird is on call, watching, in case danger appears while her brood is in training. As the baby eagle waits, it gains the confidence needed to attempt to fly, just as our own confidence grows when we see that we are able to overcome situations that challenge us. Many times these turning points in our lives bring about our greatest growth.

The eagle is the king of the birds and it has been given a gift, the renewal of strength. We, too, have within us this renewal and we have hope. May the content of this book, through wings of prayer, cause the eagle's renewal to stir within your breast and allow you to realize that God is with you in all circumstances of life. He offers us a powerful source of wisdom, power and knowledge as well as an enduring joy – all that is needed to conquer our obstacles.

PSALM 27:14 –

***“Wait for the LORD; be strong and take
heart and wait for the LORD.”***

CHAPTER ONE

THE EAGLE'S WAY

ISAIAH 55:9 –

“As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

There are times in our lives when we become confused. This is the time to turn to God and ask him to guide us in the proper way - his way. His may be a way that we do not understand but if we obey him and continue on, we will soon realize that we have been able to work through our confusion and we have arrived at our destination, right where we were meant to be.

PROVERBS 30: 18 - 19 –

“There are three things that are too amazing for me, four that I do not understand: the WAY OF THE EAGLE IN THE SKY, the way of a

*snake on a rock, the way of a ship on
high seas and the way of a man with a
maiden.”*

It was King Solomon who wrote this concept, questioning the ways of the eagle.

The eagle is a truly astonishing creature. His life is magnificent.

During my twenties, I was given a promotion and the responsibility of managing a store. My duties included operating a high volume business, keeping up with employees, trying to be creative for promotional events and exceeding goals for productivity as well as being audited. Many of life's challenges were included with the title 'manager'.

Later, my career took me from Texas, my home state, to Oklahoma City, Oklahoma, to pursue another opportunity in an entirely new market, and to glean new rewards. I was excelling in my career!

During my *Bon Voyage*, I joked about the pleasant arrangement of restructuring my life in order to search for new places to accommodate

my needs, and to build new friendships. My clients were like family to me.

Two years later, one of my District Manager's took me to lunch and said, "Look, you have done a good job but, unfortunately, the company has a new focus and we have decided to eliminate the Women's Apparel Division. Therefore, all managers involved will either be offered an opportunity to go into a different division or take a severance package and follow a new career." Talk about being taken aback by unexpected news.

Here I was, still a young lady. I felt a moment of despair and confusion, and I questioned myself: "Now what? Where is my career? What is next? Which *way* now?"

Within a month, I was back in Texas. During this transition, I took advantage of my six-month sabbatical to travel, shop, read books and enrich my soul. I had always been an avid reader and when I went to bookstores, I usually found myself in the self-help section. My curiosity to solve and to understand things caused me to seek, search and read, and to pray for answers.

When I relive this moment or think about this period, I recall a time of leisure. I frequently drove to Magnolia Beach, an hour and half from home. I enjoyed sitting beside the water, alone with my notebook and writing journals, and expressing the emotions I felt. This activity filled my soul with peace and I felt free to meditate on the beauty of the ocean. My mother often told me that when I was in hiding, I disappeared to the beach! She said that she never could figure out why I loved to be in the sun. My great escapes have always been trips to the ocean, and still are today. My husband and I search for spots that have a serene atmosphere, places that allow our souls to freely soar.

When I sat on the beach writing, I wept many tears and felt deep pain, and I envisioned sealing these tears and the pain in a bottle and throwing it into the depths of the sea - my own message in a bottle.

Leaving behind emotions that confused my thinking brought about inner peace. My nest comforted and protected me, yet the little eagle within was awakened and began to stir, and would soon begin to fly again. With memories of special places and friendships, I carried on.

Sometimes, when change approaches, the direction we are to take in life is covered with clouds. The course of the road to greater heights, new advantages, opportunities and much more awaits us ahead.

Which way are you being directed by the hand of God?

PROVERBS 4:26 –

“Make level (consider the) paths for your feet and take only ways that are firm.”

When I look back on my journey through life, as I traveled and worked in different companies, I am able to understand that I was always exactly in the right place at the right time. We are placed where we are needed until other circumstances force us to change. With much wisdom and knowledge gained from past experience, I have been able to contribute to the blessings of many individuals and to motivate and inspire them, to give them pick-me-up bouquets and gifts that brought a smile to their faces. What lessons have you learned? Stop and think about what you have been contributing, and try to make a difference.

When you think of something being woven, there is always a process involved. The same goes with life; many things are interwoven to bring us to completion.

...Traveling life's road can be a maze.

JEREMIAH 33:3-

“I know the thoughts I think toward you,” says the LORD, “thoughts of peace and not of evil, to give you a future and a hope. Then you will call on me and pray to me, and I will listen to you. And you will seek Me and find Me, when you search for me with all your heart.”

MAJESTIC IS HE

Many of us may have had children involved in one of the greatest organizations in our country, The Boy Scouts of America. I am sure you know what this is all about. The program is very significant; it teaches young boys and girls to

build character. Merit badges are awarded for endurance, and for each child's accomplishment. The highest is called the Eagle Scout and these eagle patches are worn with great honor, since they represent the highest achievement.

Where else do we see the symbol of the eagle used?

God never runs out of resources. Just as birds need to fly in the air, they must also survive. Flowers are beautiful and they are maintained so that people may enjoy them. The green in the grass remains hidden when it withers in winter and it comes alive again every spring.

God is a symbol, representing the role of Mother and Father Eagle. Majestic is he, his power never fails!

RENEWAL OF HOPE

Self examination is an ongoing process that allows us to visualize the core of our hearts and to understand the adversity

with which we struggle. Confessing the results of our soul-searching brings purity within one's self.

King David, a man after God's own heart, was a perfect example:

ISAIAH 40:31 –

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

The meaning of this verse, as I see it: When we are fatigued and troubled and we put our hope and trust in the LORD, we can expect and hope in him, and our wings will lift us and cause us to rise up close to God, just as the eagle's mount up and then they soar close to the sun. This is a strong position.

We need to renew our strength and refresh ourselves. ***When I am weak, I am at my strongest; when I am weary, I can run!***