



CREATING AN ENERGY MAP FOR LIFE

In the book, Alice in Wonder Land, Alice asks the Mad Hatter, "Where am I?" He replies, "Where do you want to go?" She replies, "I don't know." He replies, "It really doesn't matter where you are then does it!"

How you do anything is how you do everything. Watch how you approach this map making task. How you approach this is how you do everything. Will you let it be easy? What you focus on from moment to moment is what expands in your life. If you think I don't have, you won't have! If you focus on avoiding things that is what you will get. Your life will be filled with the things you don't want. What you focus on expands. If you complain about things constantly you become a crap magnet, because that is what you focus on.

If you're lying to yourself about where you are, nothing will change, as you aren't telling yourself the truth about reality, this invalidates your starting point. If you have no sense of your starting point you cannot reach your destination. If you don't know where you want to go, you'll wander aimlessly through life. We make up our lives from moment to moment from an unseen mythic structure. If you have no starting point, or vision, no destination; aimless wandering is what you get. Whatever your unconscious mythic structure, this is what you get by default! Your thoughts produce a matching reality in every situation, whether you are aware of what you're thinking or not! The universe is completely unemotional, it will give you whatever you ask for from moment to moment.

Read everything once before you begin: then follow the instructions. Begin with your empty circle. This circle is the mystical cosmic egg. Within the emptiness awaits all possibilities. This map is an energy blueprint for your life. It can be anything you choose.

- On the line at the top write your name
- Then at the position where one o'clock would appear on the face of a clock, place your present age
- At two o'clock write one week
- At three o'clock write one month
- At four o'clock write one year
- At five o'clock write two years
- At six o'clock write five years
- At seven o'clock write ten years and fill in the rest of the numbers up until 11:00 o'clock
- At eleven o'clock, put down the maximum age that you would like to attain plus a few years for an extra measure of quality life

This is like building a new house, you start by making up a design and then the blueprints. Then you start laying the foundation and then build on from there.

For each daily, weekly, monthly or yearly increment, on the clock face, make an entry relating to each of the five areas below. When completed this circle is an energy mapping tool for your conscious and unconscious mind, to use as a reference, a blue print from which to begin creating your future. As you read the questions below give yourself permission to visualize the ideal for each, release all sense of limitation, imagine that you can have whatever you choose.

The big secret is, if you do not know what you want just make it up. That is what creative people do. They have no sense of limitation. They create a vision and then begin to live as if they were already there, in the vision. Then as if by magic the vision begins to show up. This isn't about believing. A belief is a fantasy, a form of addiction, a longing or desire, usually what you believe isn't true. What you want or desire energetically you push away. A belief is external, in the future, and a choice is an internally felt "now" experience. Choice is an action that manages energy, you only need to make this choice once, and then let the feeling run all the time in the background. Once you are open to outcome rather than attached to outcome things begin to show up. The energy of choice is what fuels the law of attraction.

This is about choice and a choice is more than a belief. You make a choice and then take supporting action. Pay attention to the results you get, unconscious mythic structures may invisibly misdirect the energy and your outcome. If the results you get vary from the choice, make corrections in your actions until the outcome matches the choice. Creative people don't see the mismatch between action and result as a mistake and beat themselves up. They see the mismatch as an opportunity for self-inquiry, to refine the action, without hesitating they make a correction, they make another choice.

What you love to do will ultimately make money for you. Let go of all the mythic stories that bind you to your past, stories and myths we learn and mimic from our family and culture. Stories that limit and hinder, such as I am too old or I don't have the right education, whatever, just let it all go. If you don't know you have limitations you won't have! You have nothing to lose and everything to gain. Every time you write something on the energy map, listen inside for any mythic negative voice that is shouting you down. Acknowledge the voice, thank it for sharing, release the story and make your new choice. The negative voice is an automatic choice, a survival strategy from your mythic structure that is trying to help. However, the negative voice of the mythic structure blocks forward progress, that is the purpose, to keep you safe and limited. Thank the mythic voice and move on.

If there were no limitations and you could walk out the door tomorrow, to a new life, what would you choose? What was it that you used to do as a child, where you lost all sense of time? Pay attention to the slightest sense of the things you used to love to do. This is where your true passion lives. What do you really have passion for that you ignore?

Below are five examples of questions to ask yourself to help bring your vision more clearly into focus. If there are other questions, which come to mind, in addition to

those listed, use those as well:

1. What level of income do you choose for the next month, the next year? In five years? In ten years?
2. What living conditions would you like? A new apartment? A new house? A new location etc.? Include how much you'll pay for the apartment or house. Where it is located. The type of structure. A house that it looks like and when you will purchase the house.
3. What about your relationships with friends, family, lover? What would each relationship look like?
4. What about your career, your business, your job? What does it look like in one year, two years, three years, when, where, how much? Take a moment and go inside to check this all out.
5. For each of these questions, take a look at what you would like to achieve in the next week, month, year, five years, ten years, etc.; as if there were no limitations and then enter that on the energy management map.

Make a new choice and you create, sustain or release a mythic structure. Commit it to writing. This helps focus and bring what otherwise might be mythic fantasy into reality. Begin to feel the possibility in your body. You may discover negative or limiting beliefs or thoughts that might inhibit you. Listen inside for all the mythic stories of what you have to have, or be, or do, first, before you can have what you choose. Acknowledge and face this inner dialogue, go to the center of each voice and feeling, penetrate them and the power of the story dissolves its hold. The energy released when you penetrate the story is the natural resource from which you create the new vision. Make any choice that feels right. If you hear negative thoughts, look at them, realize you once believed they had power to hold you back, face them, penetrate them and they dissolve.

Desire and wanting actually pushes what you want away from you. You can desire something, long for it, and it will not manifest until you choose it and allow yourself to become the "energetic experience" of the choice. Begin living in your vision as if it has already happened. Feel the vision has already happened, it is your current experience; that it is already manifest and present in your life. Step into it. It is now. It is the present moment. Taste, feel, smell, and become your vision. Just like a child who imagines they have a new red fire engine. They run around the house playing with an imaginary version. Then one day the real toy shows up.

Allow yourself to project into the future to see what it feels like to already be living in your vision. If you like what you feel, then choose it and write it down, add it to the map. If you are uncomfortable with or unable to accept the outcome of the new place, this will block the flow of energy to the creation of the vision. If this happens, then you know you have some inner clearing ahead. If you can see yourself and feel comfortable

in the experience, in the future, then the energy is free to create the vision.

Keep referring back to the energy map on some regular basis, daily, weekly or monthly. Feel free to change your mind and update the map at any time. The key is to make choices. To set a new course. To get the energy moving you. You can always make another choice if you find you don't like where you are going. It is easy to make a correction in your course if it does not feel like the right direction; just change the energy map.

Years from now, when you look back at this map, you will be astounded at how fast some things happened. You will also see why certain choices did not manifest in your life. You will see that the choices you held in fantasy did not happen because on some level it was a belief rather than a choice; you did not feel they were possible. You'll see the parts of the map that were fantasy and did not happen as a result, and the parts you stepped into and lived and then became reality. You have all the power. Just choose!

“If you don't know it's impossible, then it's possible. Almost everything you see around you was once considered impossible.” Karl R. Wolfe

“Everything is energy and that is all there is to it. Match the frequency of the reality that you want and you can not help but get that reality. It can be no other way. This is not philosophy. This is Physics.”

Albert Einstein

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