



REVERSE WIRING INDICATORS

These seminars give you a new way of looking at pain and discomfort. It's human nature to avoid life situations that cause pain. However, avoidance and denial lead to a limited life. We tend to keep ourselves in a zone where we're comfortable and unchallenged. Then you aren't having your life, life has you. Ultimately staying in the comfort zone equals slow death.

An intention of these classes is to support you while surrendering the old ways; then making new choices. Make a new choice and you expand your life beyond your comfort zone. You take new risks. You push past your limits. It's easy to give this lip service. Actually doing this requires accountability, diligence, vigilance, focus and the commitment and support of those who have gone before you. If you're serious about moving outside your comfort zone, then you'll appreciate the support of these classes and an understanding of reverse-wiring-indicators.

A reverse-wiring-indicator is an emotion that feels unpleasant as it informs you that you're making progress. It's an "indicator" of progress, and yet it seems reversed because it's good for you and yet feels uncomfortable. The more discomfort you feel around a new choice, the more progress you're making. This isn't masochism. It's not the pain that you want, it's the progress. Pain is the result of the resistance to the natural flow of the universe. Discomfort is the sign that you've moved outside your comfort zone.

This isn't about being uncomfortable all the time; just in the areas where you choose to expand. Reverse-wiring-indicators are like road signs. You know you're driving toward progress if you're encountering the unpleasant feelings associated with the unfamiliar territory of your new journey. Because it's familiar and known it's easy to stay stuck in the addiction to the pain associated with the resistance to expansion; rather than opening to the universe and the discomfort of the unknown. The level of energy is equal in both situations; so why not open up? If you're not having uncomfortable experiences you're probably not making new choices. You're not taking risks. You're staying small and not expanding.

One classic reverse-wiring-indicator is guilt. Those who are co-dependent, who revolve their lives around others, feel guilty the moment they take time and space for themselves. Guilt is the road sign that lets you know that you're becoming independent. Guilt lets you know that you are moving towards pleasure. Initially, if you're not making demands on others that bring up feelings of guilt then you're not making progress—you have lapsed back into your old habits. Eventually, as you rewire, you release the guilt about becoming independent and fulfilled.

Another typical reverse-wiring-indicator is shame, the fallen feeling that you're no longer a lovable person. This often comes up when someone is trying to expand in their career. We like to think success comes to us because of our skills or our objective goodness. It often comes through a network of human connections. They're often

based on making you pleasing to others. Currying the favor of others makes most of us feel ashamed. Initially, if you're not feeling some shame, you're probably not expanding your connections.

A third example (there are many others) is fear. If you're timid, or phobic, you have to instigate behaviors that frighten you to make progress. Placing yourself in fearful circumstances is like medicine. You face the fear. Learn to walk with fear and through fear and eventually you penetrate and dissolve your perception of fearful events. This cures you of avoidance.

When you feel a reverse-wiring-indicator you know you've entered the zone of progress. You don't have to pretend you like the feelings. Initially, in order to begin the process of rewiring you must face and re-label each experience perceived as a "negative" as "positive or beneficial." Then you're applying a new model to your life.

Let's say I asked you to help move some furniture and your arms got sore from the effort. The experience of soreness would be of little value to you. You would just ignore the sensation. However, if you were working out in a gym, the exact same pain would have a positive meaning. In the gym, without thinking about it, you're applying a different model. Your objective is to develop strength and you know there is some discomfort involved. Reverse-wiring-indicators work the same way. When you encounter discomfort you know you're on the right track. The discomfort is a guide while applying a new life model that lets you know you're on the right path.

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