

Featuring the Inner
Power Map Technique™

Self- Mastery & Fulfillment Workbook

*50 Exercises & Master Keys
for Living Like You Mean It!*

Antonia Martinez, Ph.D.



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The Self-Mastery Workbook

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for Living Like You Mean it!*

Antonia Martinez, Ph.D.

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To Celeste Harper, my first teacher on this path, thank you for opening my soul. This book is a direct result of your presence in my life.

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*You are about to evolve. You are about to close the chasm
between who you are and who you are meant to be.*

~ Author's Note ~

This work is dedicated to the enlightenment of Humankind so every soul might come to see its own spiritual brilliance. The *Self-Mastery & Fulfillment Workbook* was written with the intention to help you embrace the authentic power within and use it consciously to move toward your destiny. The contents of the book represent an important collection of wisdom teachings, mystical insights, and spiritual guidance acquired during my first twelve years of meditation, spiritual training, and metaphysical study. I share with you the same guidance that has motivated me, inspired me, and impacted my well-being and spiritual growth. This wisdom has touched me in a most profound way and given me the energy and spiritual substance to pave and walk my own path. It can do the same for you.

~Antonia Martinez

Beginning the Shift to Self-Mastery

What will it mean to master yourself? Will it mean enjoying the freedom, success, or love that you've been looking for? Will it mean greater happiness and well-being? Perhaps it will mean developing the confidence, courage or character that you wish you had. Beginning the shift to self-mastery means breaking down the internal barriers that interfere with your ability to become the kind of man, woman, lover, leader, parent, entrepreneur, artist, politician, student, teacher...human being...that you really want to be. It means fearlessly seizing opportunities to create a life that you're truly excited about living. That's what the *Self-Mastery & Fulfillment Workbook* and online course will help you do.

Mastering yourself may seem easier said than done. The road to self-mastery can be littered in some places with personal roadblocks. A roadblock, however, is like a shadow puppet; it is a distorted projection of something you perceive to be bigger and more powerful than it really is only because of the light in which you see yourself. Change your self-image and you change the apparent power an obstacle has over you. The first leg of your journey in the *Self-Mastery & Fulfillment Workbook* is a personal renaissance during which you revolutionize the way you define yourself and approach your life.

You may not know it...or perhaps you do know it but are reluctant to embrace it, but there is something about you that is absolutely brilliant and awe-inspiring. This "something" is the seat of your success in life. It is the secret of the legacy you will leave behind. When you stop hiding it, judging it, fearing it, squandering it or holding it back, you begin to shine. When you shine, you naturally excel and inspire growth all around you in everything you do and everyone you meet. *the Self-Mastery & Fulfillment Workbook* helps you overcome obstacles, blindspots, hangups, self-doubt and self-sabotage that obstruct your inner light so that you can uncover and command the presence, power, and artistry of being the real you.

Think about this for a moment: what most people know about

themselves (or think they know about themselves) is obsolete—their self-knowledge is based primarily on what they remember about the person they used to be yesterday, a week ago, six months ago, twenty years ago, or more. And some, unfortunately, have mostly second-hand knowledge (theories really) about themselves, passed on to them by friends, lovers, relatives, and society. Those theories and memories are but shadow images of the Self. Who you were yesterday is who you were yesterday. Today is a brand new day. You have the power to choose to be a different kind of person with a different kind of destiny. The guidance and self-mastery exercises in this workbook help to lift you out of the roles, routines and life patterns in which you have become stuck so that you can connect with a more fluid, flexible and authentic sense of self. What follows is a gradual opening to possibilities that were previously unthinkable to you.

To aid your development, the *Self-Mastery & Fulfillment Workbook* features the Inner Power Map™, a holistic technique that facilitates the process of identifying and making the mental, emotional, physical and spiritual shifts that are essential in experiencing a breakthrough. Your experience with this workbook will be unique because it is interactive and shaped by your personal experiences. The exercises have a cumulative effect on the growth process. Each empowers you to make choices and take action that more effectively, meaningfully, and accurately reflect the person you are truly meant to be. The training and exercises in this workbook and the online course at www.HealingSpirit.com will help you to:

- Master yourself, your power and your life.
- Know your worth, clarify your values and live your vision.
- Be decisive, disciplined and in control of yourself.
- Maintain your balance and focus, even while under stress.
- Understand why you do the things you do.
- Build trust and respect between group or family members.
- Assert your personal power in a balanced way.

- Identify and correct hidden causes of stagnation in your life.
- Be powerful, live purposefully, and experience fulfillment.
- Connect with your innermost Self and deepest passions.
- Stop hiding from yourself and your power.
- Build confidence, courage and self-esteem.
- Embrace the totality of who you are.
- Manage your emotions and your mind.
- Handle change gracefully.
- Stop procrastinating and wasting time.
- Uncover and change self-defeating patterns.
- Understand and improve your relationships.
- Approach life more creatively, openly, and spontaneously.
- Take effective action, especially in areas where you have been timid or non-committal.
- Access your untapped potential.
- Regain your balance and sense of direction after making a "wrong turn" in life.
- Understand your emotional and psychological motivations as well as the situations they create.
- Discover how you invest your energy and how your investment influences your personal cycle of cause and effect.
- Face your fears and self-doubts.
- Identify hidden areas and causes of stagnation in your life.
- Commit to your life path with certainty and enthusiasm.

~*~*~ The Journeys to Mastery ~*~*~

The foundation of every journey is its beginning. Did you start at “The Beginning” (page 3) or did you skip it? Did you skim through it quickly without paying close attention to the message? How many false starts have you experienced in your life because you bypassed the crucial beginning stages? Getting off to a proper start is the first step in this process of authentic self-fulfillment. “The Beginning” preps your mind for the work you are about to do and the metamorphosis you will undergo. Like a first impression, the first step can influence the entire course of events that follows. If you bypassed “The Beginning,” go back, begin again, and build a proper foundation for walking this path.

The *Self-Mastery & Fulfillment Workbook* takes you on a series of journeys through different aspects of your awareness, emotions, and personal power. Along the way, as you learn and apply the wisdom and principles of nurturing your radiant Self, you reach a number of personal milestones that strengthen your awareness of and connection to your spiritual sunshine. Every journey and milestone initiates you into a new level of self-knowledge and purposeful living.

Journey I: “Your Personal Renaissance” (Master Keys 1 - 22)

“Your Personal Renaissance” is the first and longest of the journeys, consisting of twenty-two master keys that can produce significant shifts in your life and help you distinguish your authentic self from your “scripted” self. The scripted self is the you that thinks, says, feels, and does everything it’s been conditioned to. It never deviates from the script—not even to experience fulfillment.

When people say, “*So tell me about yourself,*” your scripted self is who you talk about when you tell your story. Maybe the story starts with what you do for a living or the kind of family you come from. Whatever the details, the more of them people know, the more they think they know you. But the story of yourself and the authentic reality of yourself are two completely different things.

Very few people know themselves outside of the story they tell. The twenty-two exercises for the renaissance, and the milestones they help you reach, propel you to get to know yourself outside of your story. It is only from outside of your story that you are free to move toward your destiny.

Journey II: “Your Goal in Life” (Master Key 23)

“What were you thinking?” Have you ever asked anyone that? Has anyone every asked you that in the wake of some disaster that could have been foreseen and avoided? Right now there are millions of people who are waiting for the end—the end of the year, the end of their career, the end of their marriage, the end of the road, the end of some particular chapter in their story, the end of their life—before taking a serious look at where their life is heading. Are you one of those people? Are you so distracted by your outer achievements or setbacks that you remain oblivious to your innermost Self as you deal with them? Although hindsight may sometimes be 20/20, the truth is, by the time you look back, what’s done is done. If, however, you can gain insight into the present moment, you will enjoy the unrivaled creative power and immediate satisfaction of making the most of the moment. Your journey work through “Your Goal in Life” can lead you to very important insights about your life goals, choices, and what they can create for you right now.

Choices make the world go ‘round because they commit our thoughts, energy, and attention in one direction or the other. Every choice you make—to lie, to tell the truth, to go, to stay, to apologize, to keep quiet, to smile, to frown, to sleep, to stay awake, to punish, to forgive—commits your life to one direction or another. It is in the choosing that life really happens. While some choices may be difficult or unpleasant, if you are deliberate about making appropriate choices in the moment, then you can also be at peace in the moment with how your life is going. The exercise for this journey helps you reach a milestone that empowers you to choose authentic goals that bring immediate peace to your life.

Journey III: “Your Essential Nature” (Master Key 24)

Do you know the story of *The Little Engine That Could*? A train hauling toys and other things to anxiously awaiting boys and girls on the other side of a mountain suddenly breaks down. Several big trains pass by offering one excuse after another for not stopping to help. Finally, along comes the Little Engine. Small though it was, and seemingly incapable of pulling the broken-down train full of toys over the mountain, the Little Engine chooses to call upon its inner strength rather than be hindered by its apparent limitations. “*I think I can, I think I can, I think I can,*” it tells itself as it struggles to the mountaintop. As it finally reaches the peak and starts to run effortlessly down the other side toward its destination, the Little Engine praises itself, “*I knew I could, I knew I could, I knew I could.*” The journey to “Your Essential Nature” is the journey of *The Little Spirit That Could*—the spirit that could envision its potential and rise to a challenge; that could think beyond its apparent limitations and dare to achieve the impossible; that could motivate itself to reach the mountaintop and run toward its destiny. That spirit, of course, is you.

No matter how much you ignore or deny the inner strength of your spirit, it is still there within you anyway. When you resist it, you merely weaken your ability to use it effectively and favorably to reach your potential. The exercise for this journey allows you to reach a personal milestone that opens you up to your true potential for greatness—if you let it!

Journey IV: “The Mind of Doubt” (Master Key 25)

The truth hurts. That’s what we’ve been told. So when doubt enters your mind about why someone did what they did, or why this thing or that did or didn’t happen for you, the tendency is to gravitate toward ignorant bliss rather than investigate the truth. You gravitate toward ignorance when you’re afraid of what you might learn if you start asking questions. Knowledge of the truth often breeds responsibility. You gravitate toward ignorance when

you're afraid of what you may have to confront—what you'll have to be responsible for—once the truth is confirmed. You run from the truth when you're terrified it will make some negative or humiliating statement about you. Contrary to popular belief, truth does not hurt. What hurts is the judgment you make about yourself and others based on the truth. Judgments perpetuate doubt, fear, and confusion. They do nothing to transform the situation. Judgments cloud the path to destiny and authentic self-fulfillment. Your work with "The Mind of Doubt" helps to clear it. The exercise empowers you to make decisions based on your truth, and deepen your connection to your authentic Self.

Journey V: "Your Energetic Bottom Line" (Master Keys 26 & 27)

Whatever personal gain you may acquire in life, how profitable is it really if you overtax your mind, body, and emotions in the process of attaining it? If you invest time, money, and effort into things that are fleeting and insignificant, you will find the true grandness of your life escaping you. You will find yourself losing hope, faith, energy, vitality, health, clarity, opportunity, respect, joy, support, friendship, love, and attention. You will find yourself losing your ground, losing your grip, losing your balance—losing yourself. To lose sight of what matters is to suffer quite a loss indeed. Many people are running on empty—some without even knowing it—because the outer trappings and distractions of the material world temporarily mask the depletion of their inner resources. To journey successfully across "Your Energetic Bottom Line" is to replenish and multiply the authentic value of your life. The exercises for this journey, and the personal milestones you can reach by completing them, help you inventory and wisely invest your vital energy and authentic power.

Journey VI: "Relationships" (Master Keys 28 - 33)

Relationships with others have such an impact on our sense of

self. Relationships can offer an external view of your innermost thoughts about yourself—who you are, who you hope to be, who you're ready to be, who you're afraid to be, and what you're willing or unwilling to do about it. The responses, reactions, and interactions you experience in your outer relationships directly reflect the relationship issues you have with your innermost Self. Sometimes you unconsciously use relationships to distract you from the inner reality that needs attention. When you relate soul-to-soul rather than ego-to-ego, you can recognize and seize opportunities for mutual growth. Work with "Relationships" intensifies your collaborative, creative power to reach your destiny.

What you see in others, what attracts, repels, empowers or disempowers you when you relate to others, offers important insight into your own capacity for self-love. True self-love and self-fulfillment are interdependent. The exercises for this journey, and the Master Keys you reach by doing them, help you distinguish true, soul-based love from that which passes for love in the ego's eyes.

Journey VII: "Diminishing Conflict, Ego & Stress" (Master Keys 34 - 45)

Ego is the fabricated, surface identity we come to erroneously accept as Self. Over time it becomes a hardened shell of conditioned responses and views, and seeks endlessly to justify itself and remain unchanged. The ego is always on the lookout for a threat—some potential breach of inner security. When in doubt, ego assumes the worst and goes on the defensive to resist, protect, deny, enforce, judge, distract, isolate, divide, and conquer. A threatened ego is the number one cause of inner and outer conflict and stress. The journey through "Diminishing Conflict, Ego & Stress" is a journey through common experiences in which you are most likely to get caught up in your ego and lose sight of yourself, what's real, what matters, and what works.

The ego is not a creative problem-solver. It always does whatever it has always done. Ego leads to rigor mortis of the mind and emotions, eventually rendering you inflexible in your thoughts,

perception, approach, character, and courses of action. When you diminish ego, you increase exponentially your identification with authentic Self and your ability to consciously interact with what's happening within and around you. The less ego you have, the easier it is to maintain equilibrium while life happens. The exercises for this journey help you reach milestones that prevent you from losing hold of yourself when the pressure is on. They can help you connect with the right choices and action that will bring peace, healing, resolution, and fulfillment in the heat of the moment.

Journey VIII: "Social Consciousness" **(Master Key 46)**

How much of what goes on in the world happens because of what people do? How much of it happens because of what other people don't do about it? If your individual thoughts create your personal reality (and they do), then understand that our collective thoughts create our social reality. Local and global events are the stage on which our collective thoughts are dramatized. The journey through "Social Consciousness" is an examination of your role in those dramas.

Dependency, complacency, apathy, and fear of rocking the boat are chronic problems in today's society. On this journey, you examine the line between where you end and where you allow society to take your place. You also examine how this affects your ability to create the life you are meant. Individual and collective fulfillment, as well as dissatisfaction, are reflected back to you through the outer reality. The exercise for this part of the process helps you recognize the extent of your power and take your sense of purpose to a new level.

Journey IX: "What Must Be" **(Master Key 47)**

Sometimes a soul's gotta do what a soul's gotta do. The journey through "What Must Be" empowers you to do just that. What you experience up until this point in the process helps you gradually

clear your consciousness of things that keep you from authentic self-fulfillment. You will see for yourself, however, that there are times when there simply is no time for anything other than instantaneous transformation. If you intend to live the life you are meant, you must let yourself arrive at the moment when you stop crawling and choose to take a stand.

The journey through “What Must Be” is an important process in which you begin to mature into your real power. You press onward, go deeper, and make the changes that really matter without making excuses for yourself. You realize there is no excuse for not living the life you are meant because that’s what you came here for. This journey offers very simple wisdom, yet it is difficult to stomach if you have grown accustomed to spinning your wheels and going through the motions when it comes to reaching your destiny. The exercise for this journey challenges you to reach an important milestone: to stop stalling and go straight to your destiny.

Journey X: “Responsibility” (Master Key 48)

How serious are you about living a fulfilling life from an authentic place of power, while moving consciously toward your destiny? Once you have successfully traveled the previous journey through “What Must Be,” you will have not only reached an important level of maturation, but you will have also started radiating your spiritual brilliance with increasing power and consistency. The journey through “Responsibility” puts you in touch with a deep and powerful level of inner authority, and urges you to accept full creative and spiritual responsibility for yourself. It is an empowering step that takes guts. In the earlier journey to “Your Essential Nature,” you learn that you wield the power of the universe in everything you do. The journey through “Responsibility” urges you to be ready, able, and willing to wield that power deliberately for the highest good. The exercise reveals how you sabotage and cheat yourself out of what is right, and allows you to finally get out of your own way.

Journey XI: “Desire” (Master Key 49)

Who is in control of your life, you or your mind? The real you is not your mind; neither is it your body nor your ego. When you permit the desires of your false self—the inauthentic self—to overwhelm you, you lose control, you lose momentum, and you lose your capacity to reach your destiny. The desire that manipulates you, the desire over which you relinquish control of yourself and the moment, does not lead to fulfillment. It cannot because only the authentic Self can experience fulfillment. The false self can only be pacified—until its next craving.

Although desire can drive you to action, uncontrolled desire can drive you over the edge. False, uncontrolled desire enslaves you and diverts you away from what is meaningful and real. You gravitate toward false desire when you seek distraction from something you don’t want to address. Underneath false desire is an authentic need to fill a void or heal a wound. This journey takes you right into the void, which can only be filled with self-love and truth—things that restore you to the totality of yourself. Authentic self-restoration cannot be wished into being. It can only be brought about through clear intention and consistent focus. The exercise for this final step of the process leads you to a pivotal milestone that helps you fill the void, fulfill your authentic desires, and live the life you are meant.

Journey XII: “Your Divine Self-design” (Master Key 50)

This unique journey will be completely different for everyone who undertakes it. It puts the power of total self-fulfillment directly in your hands.