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Mapping Technique™

The 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 &
Fulfillment
Workbook

*50 Exercises & Master Keys
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

“Live a little!” That’s what people sometimes say to encourage a sheltered, stuck-in-a-rut, timid or unjustifiably cautious friend to let go, loosen up and dare to do something different. Intuitively, they know that life is about feeling alive. What makes you come alive? I mean, *really* alive, organically from within, not artificially. Do you know? If you do know, are you doing it often? Are you living your life like you mean to be more alive each day for the rest of your life? Or are you living like you’ve gotten as good as you’ll ever get? Imagine what it might mean for you to master the art of being alive...and being yourself in a completely fulfilling way.

Perhaps for you it will mean enjoying the freedom, success, or love that you’ve been looking for. Perhaps it will mean greater happiness and well-being. Or maybe it will mean developing the confidence, courage or character that you wish you had. Whatever it means for you, the road to self-mastery begins with a personal shift—one that breaks down the internal barriers that block you from becoming the kind of man, woman, lover, leader, parent, entrepreneur, artist, politician, student, teacher...human being...that you intend to be. It means fearlessly seizing opportunities to create a life that you’re truly excited about living. This is what the *Self-Mastery & Fulfillment Workbook* and the online courses will help you achieve.

Mastering yourself may seem easier said than done. The road to self-fulfillment 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 it and yourself. Change your self-image, change your perception, and you change the apparent power an obstacle has over you. Revolutionizing the way you define yourself and approach your life is your first step in the *Self-Mastery & Fulfillment Workbook*.

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 brilliant and awe-inspiring. This “something” is the seed of your suc-

✦ The Inner Power Mapping Technique & ✦ the Holistic Approach to Self-Mastery

The holistic approach to self-mastery takes the whole person into account as an interactive system of mental, physical, spiritual, and emotional and energies. Each affects all the others because they are essentially different sides of the same coin, rather than four separate energies. To create permanent change in your life, that change must penetrate all four sides of yourself, so to speak. This is called integration, meaning that the change becomes a natural part of your whole being, not just a fake skin you're trying to wear. When it's real, every part of you from your cells to your ideas resonates with the new you.

Mind, body, spirit and emotions must all be in sync with the new tune you are trying to play on the instrument called your life. If any one of them is off key, your tune falls flat, despite your having played the right musical pattern. If you've ever found yourself doing "all the right things" but getting all the wrong results, then something within you is out of tune. The Inner Power Mapping Technique™ aids the internal tuning process, allowing you to quickly pinpoint your most discordant energies in a given situation (the "real problem") and resolve them. Because it taps the creative mind, the technique minimizes the mental strain usually associated with this kind of work and turns it into a creative and dynamic process of self-discovery. It is also an extremely valuable technique for those who are uncomfortable about, unable, or unwilling to express themselves verbally or in writing.

Many people have been taught to take a generally one-sided approach to bringing balance to their lives, focusing primarily on the psychological, intellectual or material aspect of a problem. As a result, their success (if there be any) tends to be lopsided and impermanent. A particular problem may appear to be resolved, yet in other areas the person continues to flounder. Why? Because they have only treated an outer symptom of the real problem, which is a much deeper issue at the root of several seemingly unrelated difficulties, that has yet to be discovered and addressed.

~ The Power of Journaling ~

A journal is the soul's notebook. A place where the power of the pen, the word, awareness and intention meet for the unified purpose of educating and unfolding the Self. When kept consciously, a journal becomes an interactive and dynamic vehicle for incubating your selfhood and humanity.

On the surface it may appear that keeping a journal is automatically a conscious process. You're writing about your experiences and articulating your thoughts and feelings about them. But from a metaphysical point of view, archiving and memorializing your experience on paper is not in itself a conscious activity. What transforms journaling into a conscious and meditative process is its use as a catalyst for life change.

If you have kept a journal for any length of time, look back over the years. Have the names and places all changed while your status quo remained virtually the same? Have you written about the same things, had the same thoughts, the same ups and downs over and over again? Have you vented your frustrations within the safe confines of a journal page while conveniently never confronting the issue directly in your everyday life? Have you been very creative, journaling about many different things without much of it making a difference in your life? If your answers is yes to any of these questions, your experience with this workbook will help take your journaling (and your life) to a new level.

Practiced consciously with introspection and purpose, journaling is a powerful tool for mastering mind, body and emotions, and becoming attuned to spirit. It is a path for discovering personal truth and examining how best to demonstrate it in your experience. The *Self-Mastery & Fulfillment Workbook* introduces both the new and experienced journal keeper to a holistic journaling approach that stimulates organic growth and simultaneously transforms your inner and outer life.

✦ The 12 Journeys to Self-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 or did you take it to heart? How many false starts have you experienced in your life because you bypassed the crucial beginning stages or lacked a fundamental piece of knowledge that would have made all the difference? Getting off to a proper start is the first step in this process. “Beginning the Shift to Self-Mastery” 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’ve bypassed the “Beginning...” of this workbook, if you’ve bypassed the beginning of anything else in your life recently or have gotten off to a rocky start, then begin again. Build a proper foundation for walking a new path.

The *Self-Mastery & Fulfillment Workbook* and online courses take you on a series of twelve developmental journeys. Each teaches a key holistic/metaphysical principle or concept that, once applied, lets you transform yourself the way you desire in all the “layers” of your life simultaneously.

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

Your first journey in the workbook is “Your Personal Renaissance”. It consists of twenty-two exercises and master keys that can produce significant shifts in your life. Your journeywork here helps 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

— About the Author —

Specializing in personal, professional and spiritual growth, Antonia Martinez, Ph.D. holds a doctorate in metaphysics and is pursuing a second in metaphysical psychology. One of the first producers of metaphysical and holistic Internet talk radio and online learning in the 90's, Dr. Martinez has served an international audience for nearly 15 years. She continues to offer online classes, coaching and professional training via her website, as well as develop custom programs for private groups, businesses and non-profit organizations.

Dr. Martinez draws on a unique blend of eastern, western, indigenous and urban wisdom in her work. After 9/11, she developed a number of corporate programs to help address workplace issues from a holistic perspective. In 2002 she became an ordained metaphysical and shamanic minister. And In 2007, Dr. Martinez created the International Meditation Instructor's Training & Certification program for the Inner Life Society—a nonprofit spiritual organization that promotes conscious living.

Titles by Antonia Martinez, Ph.D.

- *Self-Mastery & Fulfillment Workbook*
- *7 Spiritual Necessities for Changing Times*
- *Self-Determination Journal*
- *Spiritual Sunshine Meditation*
- *Tapping Your Power*
- *Letting Go of Pain, Grief & the Past*
- *The Best You Can*
- *Purpose & Destiny Workshop*

Invite Dr. Martinez to speak at your next event or develop special content or programs for your organization. Learn more about her products and services on her website.

www.AntoniaMartinez.com

~ Self-Mastery & Fulfillment Programs ~

Explore new possibilities for your life, career or relationship's direction. Programs based on the *Self-Mastery & Fulfillment Workbook* and related material are excellent tools for individuals as well as for managers, parents, mentors and other leaders to use with their family, group or team.

- **Online Self-Mastery Course**

An interactive online course and workbook offers bonus self-coaching material from the author. Journal and track your progress online. Share experiences with like-minds.

- **90-day Self-Mastery Camp™**

Intensify your focus. Achieve more profound results sooner with web-based coaching from the author. Access bonus material and interact with other camp members online.

- **Train-the-Trainer**

Web-based self-coaching programs and 90-day intensives with the author are available for mentors, managers, parents, educators, etc. Learn to implement, facilitate, and adapt in-house holistic programs that use self-mastery, Inner Power Mapping™ and other personal growth techniques.

- **Self-Mastery Programs for Groups & Organizations**

Bring holistic programs to your members, staff or students. In-house or online programs as well as informal self-mastery circles based on the workbook or custom lesson plans tailored by Dr. Martinez focus on specific growth objectives or skill development.

For more information, visit www.SelfMasteryCamp.com

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This is not just a book. This is a dare. Should you choose to accept it, you run the risk of embracing your greatness.

If the life you envision is not the life you are living, *The Self-Mastery & Fulfillment Workbook* is your opportunity to change that. This book reveals some of the most essential wisdom every human being should possess to close the gap between who you think you are and who you are meant to be.

The Self-Mastery & Fulfillment Workbook features:

- A dynamic and interactive "self-coaching" program in a book.
- 50 "personal workshops" to help you master body, mind and spirit in your personal, professional and spiritual life.
- Powerful tools for building stronger teams, groups, families and relationships that thrive.
- The Inner Power Mapping Technique™ for accelerated personal growth with a purpose.
- Holistic and metaphysical exercises to wake you up.
- A simple and creative process for getting out of your way and into your element.



Antonia Martinez, Ph.D. holds a doctorate in metaphysics and is pursuing a second in metaphysical psychology. She's taught and coached in the field for nearly 15 years covering such topics as conscious living, enterprise and parenting, stress management, meditation, energy medicine, workplace spirituality, and others. Her work draws on a unique blend of eastern, western, indigenous and urban wisdom to develop practical, results-oriented programs for adults and youth.

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