

# Essential Wisdom

Volume 1



Guidance for Living  
the Life You Are Meant

An interactive workbook for authentic self-fulfillment

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Antonia Martínez, Ph.D.

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Volume 1

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the Life You Are Meant

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New York

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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. *Essential Wisdom, Volume 1* was written with the intention to help you create a fulfilling life from an authentic place of power while moving consciously 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

## — The Beginning —

What is the life you are meant? Do you contemplate it involves some life mission you are to achieve or some special contribution you are to make to the world? Although the life you are meant does indeed include those things, in reality, they are only the byproducts of living the life you are meant. Simply put, the life you are meant is one in which you shine. It makes no difference what exactly you do in life as long as your spiritual sunshine beams through in everything you do. When you radiate spiritual sunshine, you naturally inspire life and growth all around you. It requires no thought, it requires no plan because when it is done authentically, it is effortless and ongoing. *Essential Wisdom, Volume 1* is an interactive guide and workbook on how to radiate your spiritual sunshine.

Some people live their entire life never knowing their true potential—never getting more than a mere glimpse of their own spiritual brilliance. Some know their potential but never figure out how to realize it. Still others achieve many things yet never live their dream. Making the transition from the life you are living now to the life you are meant is an exercise in stepping outside of yourself and the cramped little box labeled ‘life as you know it’. What is or is not possible for you to achieve, experience or express is directly related to your ability to dispense with the false sense of limitations created by your shadows—the shadows of your past, your ego, your negative patterns, etc. *Essential Wisdom* helps you set yourself free from those limitations. It guides you through a personal transformational and spiritual reorientation that gradually illuminates the dark corners of your life.

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. The guidance and exercises in this book take you on an evolutionary path that reconnects you with your essential nature and helps you recognize your authentic Self.

Working your way through *Essential Wisdom* will take you on several different journeys through your innermost Self. Each journey leads to one or more developmental milestones that move you closer to living the life you are meant. The transformation begins with a personal renaissance during which you reinvent yourself, become more dynamically self-aware, and begin to break away from your past so you can live in the present moment. What follows is a gradual opening of your heart and mind to possibilities that were previously unthinkable to you.

*Essential Wisdom* is not meant to simply be read. It is meant to be digested—its spiritual nutrients absorbed to fuel your transformation. It produces a unique experience for each reader because the growth process that it stimulates is interactive and shaped by personal experiences. Working through the exercises in the book has a cumulative affect on your consciousness, perception, and sense of self—and therefore your reality. Each exercise empowers you to make choices and take action that more effectively, meaningfully, and accurately reflect the person you are truly meant to be.

Together, the wisdom teachings and nearly fifty exercises in this book help you to:

- Reconnect with your innermost Self and deepest passions.
- Stop hiding from yourself and the grandness of life.
- Better manage your emotions and your mind.
- Handle change gracefully.
- Stop procrastinating and wasting time.
- Understand and improve your relationships.
- Uncover and change self-defeating patterns.
- Be more aware and proactive about creating your life.
- Approach life more creatively, openly, and spontaneously.

- Be decisive and take effective action in life, especially in areas where you have been timid, wishy-washy, uninvolved, and non-committal.
- Access your untapped potential.
- Wisely assert your personal power.
- 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 that 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 yourself and your life path with a sense of certainty and enthusiasm.
- Live the life you are meant.

You need not delay the experience of your own magnificence another day, another hour, another minute. If you dare to know your greatness, if you're ready to turn over a new leaf, then turn the page and get ready to start a new chapter in your life.

## — The Journeys to Self-fulfillment —

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.

*Essential Wisdom* takes you on a series of journeys through different aspects of your consciousness and personal power. Along the way, as you learn and apply the essential wisdom and principles of nurturing your essential 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.

### **The Journey through “The Story of Yourself” (Milestones 1 - 22)**

“The Story of Yourself” is the first and longest of the journeys, consisting of twenty-two milestones that can produce significant shifts in your life, energy, and consciousness. It leads to an important experience that will 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 this journey, and the personal 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.

### **The Journey through “Your Goal in Life” (Milestone 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. The journey 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.

## — How to Reach Your Milestones —

The milestones along the journeys represent aspects of self-knowledge that, when mastered, mark a turning point in your transformation. Reaching a milestone is an interactive process involving the completion of a set of four soul-searching tasks that help you gain self-understanding and move successfully toward your destiny, one step at a time.

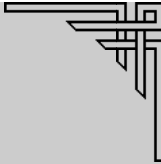
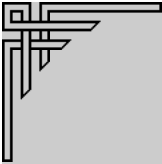
Each of the tasks facilitates the process of authentic self-discovery, self-reflection, and auditing your thoughts and emotions. This internal auditing helps you reconcile your inner life with your outer experience and bring them into balance. Understanding the purpose of each task will enhance your growth experience:

### **Task 1: Read and Contemplate the Essential Wisdom**

The first step in reaching each milestone is to read and contemplate the wisdom teaching provided. This wisdom offers essential spiritual guidance and “medicine” to help you heal or address a particular issue. It helps you cultivate the essential wisdom you need to own your power at each stage of your journey. The teaching is composed of numbered verses, each indicating a different level or aspect of the wisdom being shared. Uncovering the deeper wisdom and healing power of a teaching requires contemplation and introspection. Wisdom cannot be reasoned or deduced. Your ability to grasp it depends on your willingness to go beyond your mind and into your spiritual depth. The self-development exercise that follows the wisdom will assist you in moving beyond your limitations.

### **Task 2: Do the Self-development Exercise**

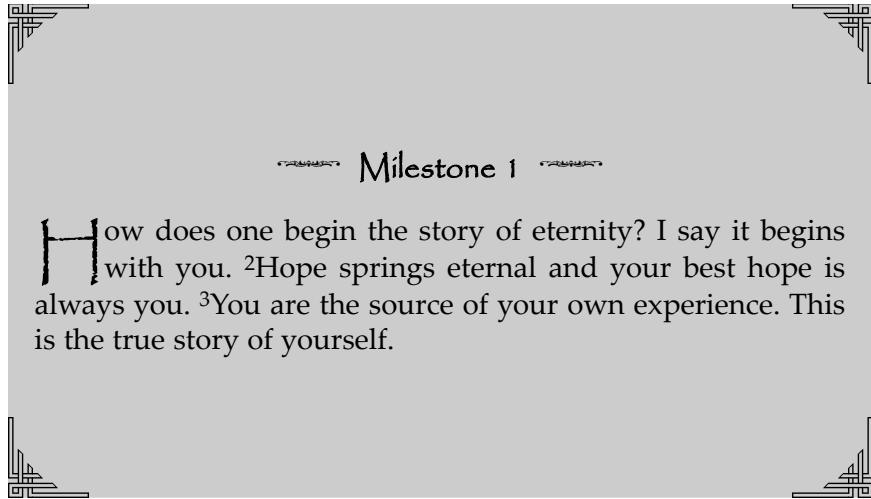
There is a dimension of understanding that comes only from experience. The self-development exercises help you see for yourself the value and effect of the essential wisdom you are trying to cultivate. Some exercises involve writing, while others are activity-based. The exercises take you through a multitude of insightful



Journey |

# The Story of Yourself





**Exercise:** List and/or make a collage of seven very specific things you hope to do with your life—no matter how big or small.

Summary: \_\_\_\_\_  
\_\_\_\_\_

Breakthrough: \_\_\_\_\_  
\_\_\_\_\_

Pattern to Change: \_\_\_\_\_  
\_\_\_\_\_

Action to Take: \_\_\_\_\_  
\_\_\_\_\_

Action Deadline: \_\_\_\_\_

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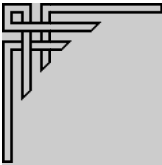
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— *Journey II* —

# Your Goal in Life





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Spirituality/Self-Improvement

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

If the life you envision and the one you experience are different from one another, *Essential Wisdom, Volume 1* is an opportunity to change that. Potential and possibility are limited only by your self-perception. 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.

*Essential Wisdom, Volume 1* is a spiritual journal and workbook containing timelessly relevant guidance for living, relating, and evolving in a purposeful and powerful way. It opens a clear, direct, and inspiring dialogue with your own inner wisdom, generating the spiritual sustenance you need to break free from whatever holds you back. To work through this material is to move consciously toward your destiny.

Antonia Martinez, Ph.D., is a holistic/metaphysical educator and trainer specializing in personal, professional, and organizational growth and the development of human potential. Also a



healing practitioner and ordained minister, Martinez holds a doctorate in metaphysics. She develops innovative, learner-centered programs that teach participants critical inner-life skills for self-development, life management, complete health, and mastery of the mind. She is the founder of the Healing Spirit Wisdom School and co-founder of the Authentic Power Center for spiritual training and holistic self-empowerment.

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*Exploring the mysteries of life and self.*

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