



## YOUR ENERGETIC LIFEMAP

Based on Karl Wolfe's "*Creating An Energy Map for Life*"

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*In the book, Alice in Wonderland, Alice asks the Cheshire Cat,  
'Would you tell me, please, which way I ought to go from here?'  
'That depends a good deal on where you want to get to,' said the Cat.  
'I don't much care where—' said Alice.  
'Then it doesn't matter which way you go,' said the Cat.*

How you do one thing is how you do anything. Notice how you approach this map. This is not an exercise — this is your life. What you bring to this is what you're bringing to other projects.

- Are you judging, complaining, avoiding, delaying, procrastinating, feeling lack, despair, jealousy?
- Are you letting this be easy, or making it hard?
- Are you waiting for permission?
- Are you imposing what you feel is possible or impossible, realistic or unrealistic, what you should or shouldn't have or do?

Be aware of *how* you do this as much as *what* the content is.

What you focus on expands. If you're focusing on lack and not having, that's what you'll get more of. We've all seen people who constantly complain and they seem to have reasons to! However, it's not set in stone—it's a continuous process of focus and choice. Each moment is an opportunity to make a new choice and focus on what you want, rather than what you don't.

If we want to get somewhere, we need to know two things:

1. Where we are
2. Where we want to go

If you want to get to Los Angeles from New York, but you think you're in Miami, your going to get inaccurate directions. If we are lying about where we are in life, or are oblivious to the reality of our starting point, the best directions in the world will surely fail us. You are invalidating yourself and where you are, judging yourself with "shoulds", avoiding the truth and staying stuck in denial.

If you don't have a destination, you will wander aimlessly through life at the effect of your underlying mythology. Your life will look like the default programming running you, which is quite often far less than what we would like for ourselves. This unconscious story directs your life without your awareness, attracting events and circumstances that further continue your stories and validate your suffering.

**"Until you make the unconscious conscious, it will direct your life and you will call it fate." — C.G. Jung**

If you look at your life and the results you have, you will see the truth of how you see the world, what you believe you deserve, and how you feel you should be treated. Your myths and stories reveal themselves not only through your words and body, but the manifestations of your life.

The universe is unemotional and takes no sides—it will give you whatever you ask for, from moment to moment, choice to choice. You can have whatever you want. What we are doing here is being deliberate with our vision and choices, rather than create at the effect of our myths.

As you wake up and begin to penetrate your myths, let go of addictions and neurotic cycles, and stop suffering—you free up all the energy you were using to keep yourself stuck. Life a river that loses its dam, this energy needs to go *somewhere*. If you don't have a clear vision mapped out, this energy will just go back towards fulfilling your unconscious mythic structure. That's why it's important to have a map; even if you're not actively "working on it", the energy has somewhere useful to go by a new default.

This Lifemap is an energetic blueprint for your life. You get to create it; it can be anything you choose. You can change it; at any point, you may go back and change

or create a new one. Like your circumstances, changing your life and Lifemap is a choice away.

Read everything once before beginning, then follow the instructions.

## The Instructions

We start with the empty circle—this is the mystic, cosmic egg.

Most are taught that this void is empty space, that there's nothing in it; yet it's this space where everything comes out of and whereto everything inevitably returns. As the vacuum of space, and the silence that surrounds everything—within this emptiness awaits all possibilities. This Lifemap—this cosmic egg—is where your immaterial dreams are born into physical time and space.

The Lifemap is found on the last page of this document. (If you're reading this digitally, print the last page out, and write by hand with a pen.)

### Step 1 – Outline

1. On the line at the top, write your name
2. At the position where one o'clock would be on a clock, place your current age
3. At two o'clock write one week
4. At three o'clock write one month
5. At four o'clock write one year
6. At five o'clock write two years
7. At six o'clock write five years
8. At seven o'clock write ten years... and fill in the rest of the numbers up until eleven o'clock
9. At eleven o'clock, put down the maximum age that you would like to attain, plus a few years for good measure for quality of life

This is the blueprint, just like when building a house. With this foundation, we can build our vision upon it, layer by layer.

### Step 2 – Fill in Your Vision

For each daily, weekly, monthly or yearly increment on the circle, make an entry relating to each of the five areas below:

1. Your level of income
2. Your living situation (house/apartment, location, etc.)
3. Your relationships (lover, family, friends, etc.)
4. Your health and self (weight, fitness, skills, etc.)
5. Your career (job, business, clients, products, etc.)

As you imagine your ideal for each, release all sense of limitation, attachment, or judgement. Let yourself visualize it and imagine you can have whatever you choose.

Here's a hint: if you refuse to let go, or can't imagine or fathom you can have whatever you choose, or release sense of limitation—pretend. Play, have fun, give yourself permission to pretend you can, and feel the joy and freedom in it. See what's possible when you pretend, and then take that back into your vision.

*“What if I don't know what to put?”*

Just make it up! Write *something*; you can always change it later.

The most creative people just make things up. Everything you see was once an idea, something that never existed before. This is what successful creative people do—they have no sense of limitation and so they create a vision and begin to live as if they were there. They think, feel, and take deliberate action from that place... and then, as if by 'magic', it begins to show up.

## Questions for Additional Clarity

Here are some questions to bring more clarity to your vision to support the above 5 areas. If any other details or questions come in, you are free to use those as well.

1. What level of income do you choose? Daily or monthly or yearly numbers? How does this change next month, next year, five years from now, a decade from now?
2. Where are you living? The city, location? A new house or apartment? How much did you pay for it? What does it smell, feel, and look like; inside and outside? The type of structure and materials? What's a house that looks like it? When did you purchase it?
3. What would your relationships look like? New or old ones? Your partner or lover? What is your relationship with your family like? Your friends or colleagues?

4. What's your career like? Do you have a business or job? Raise or promotions? New business or products or industries? What metrics will change in one month, one year, or a few decades? Are there new jobs or industries not yet invented?
5. What is your health like? Fitness levels or achievements? What skills or abilities do you have? What hobbies are you enjoying? What's your lifestyle?

These are simply starting points; focus on the areas that are most important to you.

## **Embodying Your Vision**

As you go through the map, feel as if you are already living your vision. Start living it. Feel as if it has already happened, and step into it as if it was your existing reality. It is now, it is in the present. Feel it, taste it, smell it, touch it, see it, hear it—become it. Just as a child pretends he has a toy car, where he's imagining it in his hands, going “vroom vroom!” racing it around the house... and then one day the real toy shows up!

As you imagine yourself in this future, feel it fully in your body, and check in with yourself. If you like what you feel, choose it, write it down and add it to you map. Writing it begins to bring it into existence, and committing to it in writing helps take what could be a fantasy and turns it into a real choice.

If you're uncomfortable with it, then this will block the flow, and you are now aware of something to address internally that's holding you back. If you can see yourself in the vision, and it feels comfortable, then the energy is free to create it.

Pay attention to the voice inside that shouts you down, judges you, or discourages you. Acknowledge it, thank it, going into it and feel it, then penetrate the story to dissolve its hold. Any negative, old thoughts you once believed held power over you, you now face and address them.

This freed energy now helps you move forward.

## **Belief vs Choice**

This is not about believing in the future or indulging in a fantasy. What we believe is usually not true. Believing is about the future; beliefs are an addiction, a fantasy,

and a longing or desire. What we desire or want we energetically push away; we are not a match for it.

What's the difference between **believing and choosing**?

Beliefs are an external, future mental desire; choice is an internally felt 'now' experience based on action.

Choice is an action that manages energy. It directs it in the background from feeling; no head-games required. You only need to make a true choice once.

Imagine a light switch. You flip it on and the light stays lit until you take another action to turn it off; you don't need to do anything else to keep it on. The choice was made, and the light is on. If you find yourself having to do 392 things to keep it going, then you know you didn't actual make the choice, and are rather trying to believe instead.

## **Follow Your Bliss**

What you love to do will ultimately make you money and lead you to your truth. Let go of the stories and limitations imposed by your culture, family, peers, religions, and institutions. Let go of the things like "I'm too old", "I'm not enough", "I can't have that until", "Who am I to have that", etc. These all hold you back and slow your life down, and none of them are real unless you choose them to be. Just stop. If you don't know you have limits, you don't! There is nothing to lose and everything to gain by stopping these stories.

**"When you follow your bliss...doors will open where you would not have thought there would be doors, and where there wouldn't be a door for anyone else." — Joseph Campbell**

What if you woke up with amnesia tomorrow and couldn't tell any of these stories? Who would you be? What would you do? Where could you go? Imagine the possibilities of waking up tomorrow not having a clue about any limitations! What life would you choose for yourself?

What brought you joy as a child? Where do you lose track of all time?

Create your Lifemap from this sense of freedom, joy, and possibility.

At each step, you are making a choice. This choice either creates, sustains, or releases a mythic structure. These act as morphogenic fields that attract and materialize thought, intention, and energy into real life items, experiences, and results.

It's like a magnet shaped in an "X" underneath a sheet of paper, and then metal filings are poured on top and they align to match the shape of "X". All you see is an "X" of metal filings, but we know it's because of the magnet. The invisible magnetic field is what created the shape, not the action of pouring or the filings themselves—the physical metal filings simply aligned to match the magnetic pattern.

If your mythic structure is like the magnet—the invisible blueprint which determines what shows up in your life—then this Lifemap is what will determine its shape.

## **As You Move Forward**

Once you finish the map, refer to it often: daily, weekly, or monthly. Feel free to change or update it at anytime if something no longer feels right or you don't like the direction you're heading. The key is to make a new choice and let the energy move you.

Pay attention to the actions you take and the results you get. Getting feedback and adjusting along the way is crucial. See if the results line up with your vision and adjust accordingly. Your myths and stories may be unconsciously guiding you in another default direction. Notice it, see what the story is, go into it and penetrate it, then make a new choice and refine your action without hesitation.

There's no need to beat yourself up if the results and actions don't line up. Simply see it as an opportunity to learn and discover more about yourself rather than as a mistake or failure, and keep moving forward paying attention to feedback along the way.

Let go of the perfectionism, the control, the attachment to how and outcome, and stop the stories. This freed energy will assist in moving you forward faster than trying to figure it out in your head.

Most importantly, have fun—this is your life!

As you look back at this years from now, you'll be astounded by how fast some things happened, as well as what things didn't. This will show you which were choices that you stepped into and which were just stories or fantasies. You'll see that some weren't really choices, but beliefs that you didn't feel were possible.

The manifestations in your physical reality are the evidence of what is *really* going on inside. It shows you if you're in denial, fantasy, or ungrounded if things don't show up—or if you really did make the choice since it happened.

You have all the power—it's your choice!

**“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**

# THIS IS YOUR LIFE

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