



## Your Happy Map (Healing Wheel)

If you feel lost, frustrated, angry, triggered, there's a belief and a feeling, to write down and let go, the faster you catch the vibe, belief, feeling, lie, the faster you'll be able to turn it around and write that post, email or make that video faster better.

The happy map takes you through 'letting go' (pillar 1), into acceptance (pillar 2) to live in faith and positivity (pillar 3) where you have **voice flow and visibility confidence**.



## Step 1:

I notice I feel a familiar strong  
sticky recurring feeling

is it familiar?  
is it sticky?  
have I felt this way before?



## Step 4:

I ignore the mind's noise, and  
instead I focus on listening to  
the silence underneath the  
noise.

I have the right to turn the knob  
of my mind's noise level down to a 1.



## Step 3:

I remember that what I love  
dissolves and what I resists persists.

I practice creating space to welcome the  
feeling up and surrender to it coming up.



## Step 2:

I pause to feel my feeling.  
"I retreat to treat my heart".

Feeling a feeling allows  
presence and innate intelligence  
to merge with the unhealed part within  
ourselves, and heal it.

# *Retreat to treat my heart*



## **Option A**

Notice and Name the archetype whose having this belief/thought.

And then go inside to talk, listen, validate, let them talk.

Always showing up with compassion to listen as a loving parent.

1. I write it down
2. I \_\_\_\_\_ feel \_\_\_\_\_/10 because \_\_\_\_\_.
3. One belief at a time, I unplug from its energy by using all 3 options below or 1:

## **Option B**

I remember I'm the big blue sky and this fear is a tiny bird.

I remember my 3 jars are always filled up. I recall a moment when I felt A/C or S today and I know Source is filling all 3 up all the time so I choose to DROP the fear of lacking either a/c/s

## **Option C**

I think of a loving moment or a moment of freedom and I take that energy and blow a gentle wind of presence and stillness into the dense feeling/fear until it disappears.



## Step 1:

I notice if behind what I wrote is a familiar archetype / personality.

I look at the list of archetypes.

I write it down and name it.

Naming it allows for you to release it



## Step 2:

I notice if that archetype is trying to get approval, control or safety

## Step 4:

I go around the wheel until my inner dialogue about the situation shifts to a much higher vibe.



## Step 3:

I use option A B or C to release the fear of lacking approval/control or safety





Step 1: I think of a  
person/goal/situation  
I notice I feel a familiar strong  
sticky recurring feeling



## Step 4:

I go around the wheel until I  
feel more positive high vibe  
thoughts come over me.

## Step 2:

I write down what I feel and  
what my mind is telling me

A: I \_\_\_ feel \_\_\_ because \_\_\_  
B: Freedom Magic Sheet  
C: Heart Goal Map

## Step 3:

I pick a Clearing Tool

Fear Inventory  
Archetype  
3 Jars

Clearing Statement on Audacity or  
EFT/Tapping





Fear will justify hiding  
and biting. It will  
come from a wounded  
inner child or a part  
inside who is not the  
Success Queen but  
most definitely a part  
disconnected from  
Truth and from God.  
Pluck it out ASAP  
Daily like you would a  
black hard on your  
chin :)

What am I afraid of?

*I feel afraid of lacking approval.*

Why do I have this fear?

*I feel they won't approve of me and they won't be happy with me.*

How did self-reliance fail me?

*I've tried to over-give to be loved. I've tried to overdo everything...and never got it. I give and they treat me badly in return.*

And when I do that, whom am I relying on? Source or me?

*Me. I'm hoping I can fill up my own jars using my will.*

What would it look like if I were to rely on Source (God)?\*\*

*I would know I give enough. I do enough. And what the people do or think can't ever take away from my sense of approval and security. I would feel safe either way. It would be all good.*

**\*\*Tip: Run the question through you, like a meditation and wait to hear or feel the answer come through you. What images do you see?**

**Questions are from AA's Big Book**

*Fear  
Turnaround  
Rise Above*



What am I afraid of?

Why do I have this fear?

How did self-reliance fail me?

And when I do that, whom am I relying on? Source or me?

What would it look like if I were to rely on Source (God)?

Tip:

*Run the question through you, like a meditation, and wait to hear or feel the answer come from Source :)*

*Am I trusting and relying upon this Source Energy (God)?*

*Am I trusting Infinite Source rather than my finite self?*

*Am I humbly relying on Source?*

**Fear prayer:**

God/Source, please remove this fear and direct my attention to what you would have me be?



# Fear Turnaround



What patterns and personality traits do you recognize behind this fear? They come from sub-personalities (like an archetype) that showed up to protect us but now are a block. (see the character defects list and the Archetype List)

Are you willing to have them be removed? You have used option A B or C above to do that but now we also surrender these to God through the 7th Step Prayer:

Let's pause and pray to have them be removed:

Here's the prayer I've edited from the Big Book of Alcoholics Anonymous:

*God, I am now ready that you should have all of me, the good and the not so good. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and to my fellows. Grant me strength as I go out from here to do your bidding. Amen.*



As you use this Happy Map  
the shame and fears that used to keep you  
hiding and under-earning won't be there  
anymore.



You'll find you are happier,  
lighter, and more positive  
and you are leaving behind  
old limiting archetypes like  
the wounded inner child or the  
victim vibe



You will feel full of approval,  
safety and control and create  
from that happy place.



As you think of the situation what  
is your more positive  
happy vibe telling you?  
This is your High Vibe Script.  
Write it down!  
These are the new commands your  
mind needs to hear. This is what  
creates a laser-sharp mind.