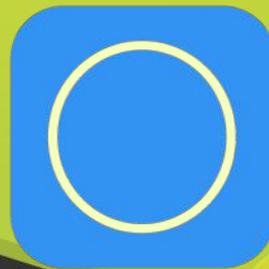


# 9 ways YOUR TERRAIN is creating YOUR LIFE



by  
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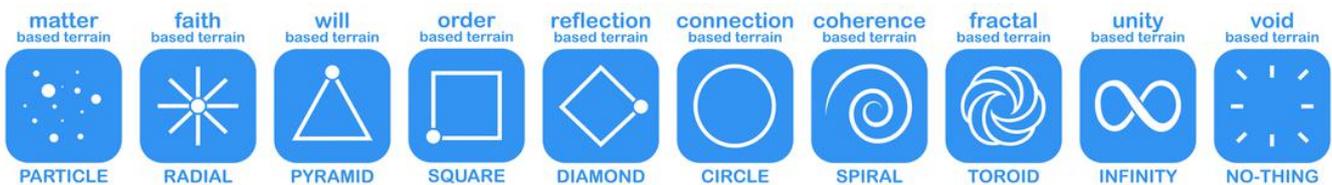
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# INTRODUCTION

If you want to live a successful life, be happy in your relationships and be at peace in our world, then you need to find out how your Terrain Of Consciousness is affecting every part of your life. This short eBook will help you do that. It contains very exciting new information, so read it closely!

So what is a Terrain Of Consciousness? It is the fundamental way you see the world, your very relationship with reality. It underlies your perceptions, values, beliefs, thoughts, decisions and actions. Just like a geological Terrain creates the setting for a particular kind of plant to grow, your Terrain Of Consciousness creates the particular kind of life that you are living right now.

There are 10 of these Terrains Of Consciousness operating in our world. Each one creates a very different kind of life. Here are the Ten Terrains:



These Ten Terrains are like ten completely different operating systems. They each create very different worldviews, beliefs, choices and behaviors. Therefore, once you find out which one is YOUR Terrain you will discover exactly why your life is playing out the way that it is.

The Ten Terrains are not ten different 'types' of people, rather they are ten different stages of awakening, each with its own unique perspective on reality. The Ten Terrains lie on a continuum of 'awareness', moving from separation to Unity, from disempowerment to Self-responsibility, from control to Surrender, and from fear to Love. While some people may spend their entire life at the same Terrain, others may expand through this continuum during the course of their life. This means your Terrain of Consciousness is not fixed. It can change, as you grow and evolve.

If you do have a 'Terrain Shift' and move from one Terrain to the next, your life will now be shaped and influenced by your new Terrain, and things will start to play out very differently for you in your life than how they were playing out before. This is because your Terrain Of Consciousness is the fundamental operating system that is running your life.

So now let's look at the 9 main ways in which your current Terrain Of Consciousness is creating the life you are living right now.

# HEALTH

Your Terrain of Consciousness creates your health because the choices you make around food, lifestyle and medical treatment will be very different depending on which Terrain you are at.

For example, people at one Terrain are driven primarily by instant gratification. They live the lifestyle that most gratifies their senses, rather than one that is good for their health. Therefore, they eat rich decadent food even if they are obese and they party hard even if they have liver disease. People at another Terrain seek to fit into the mainstream culture and feel safest when following authority figures. These people tend to eat foods from the government 'food pyramid' and live a sensible lifestyle according to the current widely accepted guidelines for health.

People at one particular Terrain seek to find their own unique path to maximum growth and success. They will tend to follow the most cutting-edge health protocols, stepping outside mainstream views on diet and lifestyle, to 'hack' their bodies for optimum health. People at a different Terrain seek deep connection with nature, therefore they will choose to eat foods in their most natural state and to live a simple lifestyle close to the Earth. People at yet another Terrain seek to follow the energy of each moment, therefore their eating habits and lifestyle will change continually as their intuition and higher knowing guides them. Thus you can see how dramatically a person's Terrain will affect the way they live and eat.

In addition to impacting your food and lifestyle choices, your Terrain will also affect how you respond in times of illness. For example, let's say you have been diagnosed with cancer. At a certain Terrain, you would follow the advice of your doctor and undertake standard treatments such as chemotherapy without question. At another Terrain, you could not imagine using conventional medicine and you would seek to heal yourself with natural therapies. At a different Terrain, you would say 'to hell with it' and keep living whatever lifestyle most appeals to you. At one of the other Terrains, you would try out innovative new treatments and use the power of positive thinking to heal yourself. At another Terrain, you would seek to shift the deeper cause of the illness using vibrational techniques. At yet another Terrain, you would simply accept what is and be in gratitude for each moment.

You can see by all of this how important it is to do the Ten Terrains Quiz to discover your Terrain, so that you can understand what is driving your food, lifestyle and medical choices and ultimately creating your overall state of health.

# CAREER

The career you have right now is a direct product of the Terrain you are at.

Perhaps you are in a stable, long-term career or are job hunting for financially-secure employment. These are both typical actions for people at one particular Terrain. Perhaps you are an entrepreneur working for yourself, are doing cutting edge creative projects, or are traveling around the world picking up whatever work inspires you. These are all typical actions for people at another Terrain. Perhaps you are working close to the Earth, serving your community or doing bodywork or healing of some kind. These are typical career paths for people at yet another Terrain. Or perhaps your work is very internal spiritual work and you have little interest in getting it out there to other people. This is indicative of an altogether different Terrain. Therefore the work you are currently doing and the career path you are currently on is a reflection of your Terrain Of Consciousness. So the more you understand about your Terrain, the greater clarity you can have about which kind of work is right for you, and the greater understanding you will have about what is currently unfolding in your career.

Furthermore, as we said in the introduction, a person's Terrain is not fixed; it can change as they evolve and grow. If a person shifts from one Terrain to another Terrain, they will often lose interest in the work they were doing as it no longer resonates with them. Once they fully settle into their new Terrain, they will often find themselves drawn to a very different kind of work, or to doing their old work in an entirely new way.

If you find yourself starting to really question the work you are doing or if you are feeling a strong urge to completely change the direction of your career path, this may be a sign that your Higher Self is currently preparing you for a 'Terrain Shift'. This can be an unsettling time. And if you do go on to experience a Terrain Shift, you may feel quite lost in your career for a while afterwards. This is because you are now in a whole new world and it may take a while for a new career path to show up that resonates with your new Terrain.

When you complete your Ten Terrains Quiz, you will not only learn which Terrain you are at but you will also learn if you have recently arrived into that Terrain, if you are settled comfortably in the pocket of that Terrain, or if you are in fact on the move towards the next Terrain. This is invaluable information to help you understand and plan your life.

# MONEY

Your Terrain Of Consciousness is also directly creating your relationship with money. Your beliefs about money, your attitude towards money and your behaviors around money will be completely different depending on which Terrain you are at.

For example, there is one Terrain that creates a deep need for financial security, while there is another Terrain that creates a powerful drive for financial independence. There is one Terrain that pushes a person to accumulate as much money as they can at all costs, and they will exploit or destroy others to achieve that. There is a different Terrain that motivates a person to collaborate with others so that everyone in the community is fed and thriving. There is one Terrain that causes people to see money as an energy exchange, and yet another Terrain that causes people to see money as something that will always turn up when one is in Service to Life. Therefore, your entire core relationship with money is informed and shaped by your Terrain Of Consciousness.

Furthermore, the strategies you need to employ to have the level of wealth you desire will depend entirely on your Terrain. For example, if you employ a Square method of wealth-creation but you are at Diamond, your entire being will be out of alignment with your goal and it will not work. If you are at Spiral and you try to use Diamond sales techniques to get customers, you are likely to run into obstacles. If you are at Circle and you try to take a Toroid approach to building your business, that will not work for you. Thus it is important to discover your Terrain so that you can employ an approach that will be successful for you.

In addition, many of the deep beliefs you have about money have been directly formed by the 'Prevailing Terrain' in which you grew up; that of your family, school, neighborhood and culture. For example, perhaps deep down you believe that "you need to work hard for your money" or "a penny saved is a penny earned" or "another day another dollar". These beliefs are all indicative of a person raised in a particular Terrain.

So you can see that your entire relationship with money is created by the interplay between (a) your current Terrain of Consciousness and the beliefs and conditioning you were given by (b) the Prevailing Terrain in which you were raised. Therefore, if you want to understand why you are in the financial situation you are in, it is crucial for you to learn about these two Terrains that are having the greatest impact on your life.

# RELATIONSHIPS

Your relationships are highly influenced by Terrain, both by your own Terrain and by the Terrains of the people in your life.

For example, you may be blessed to have people in your life who see the world very similarly to you, who really get you and who are truly 'kindred spirits'. If so, it is likely that these people are at the same Terrain Of Consciousness as you. Yet, you may have people in your life who do not understand you at all, who see the world completely differently to you, who question your choices in life, who argue with you, or who think you are weird. It is likely that these people are at a different Terrain Of Consciousness to you. You could be sitting in the same room with these people and yet it is as if you are in parallel universes, that is how differently they see the world to you.

If you have close people in your life who are at a different Terrain to you—such as your spouse, family members, friends or colleagues—finding out *their* Terrain will give you a great tool to help avoid misunderstandings, miscommunications and arguments. Instead of being frustrated by how they see the world, you will be able to finally understand them and accept them as they are without seeking to change them. Understanding their core fears and drivers, you will be able to speak with them in a way that they can hear, so they will come to understand and accept you as you are. This will make these key relationships in your life much easier and much more harmonious.

The more you learn about the Ten Terrains, the better your relationships will become. Once you come to really understand your own Terrain, you will start to be able to recognize when you meet people who are at the same Terrain as you are at. You can choose to deepen your friendships with these people, to partner with them and to create projects with them. Once you come to really understand the other nine Terrains, you will also be able to recognize when you meet people who are at a different Terrain to you. You will be able to better understand their motivations, their fears and why it is they are seeing life so differently to you. This will enable you to have greater compassion for them, more patience with them and much better communication with them.

Therefore you can see how important it is not only to discover your own Terrain, but also to discover the Terrains of the key people in your life. We encourage you to get your family members, spouse/partner, close friends and colleagues to do the Ten Terrains Quiz and to let them know your Terrain too, so that you can all start to understand each other much more deeply.

# SEX

Our sexuality is also profoundly influenced by our Terrain. For example, at one particular Terrain, sexuality is informed by institutional structures such as marriage and male/female roles. At another Terrain, sexuality is an exploration of identity, orientation and unique personal expression. At a different Terrain, sexuality is ruled by lust and power. At one of the other Terrains, sexuality is a sacred space for deep connection and honoring of the body. At another Terrain, sexuality is completely governed by religious teachings and dogma. At a different Terrain, sexuality is about an inner connection with the Divine. And at yet another Terrain, sexuality is about the flow of energy. Therefore, the core way you approach sex will be deeply influenced by which Terrain you are at.

Because of this, if you are engaging in sexual activities with a person at a different Terrain from you, this can be the cause of much misunderstanding and many difficulties, unless you come to understand the other person's Terrain and learn how to interact with it in a compassionate and loving way. And if you are engaging in sexual activities with a person at the same Terrain as you, then the dynamic created between you will depend greatly on which Terrain you are both at.

Yet because sex is such a highly charged area, sexual interaction is far more complicated than simply the Terrains of the two people involved. We have all received programming in the area of sexuality from the collective shadow and wounding of the human race, from religion, from the Prevailing Terrain in your country and the Prevailing Terrain in your childhood family upbringing. These are all powerful influences on your sexuality. Thus there can often be hidden drivers operating in your sex life that are in direct contradiction to your current Terrain of Consciousness.

How far you delve into deprogramming these influences will depend on which Terrain you are at right now. There are some Terrains where people are able to go deeply into the morass of subconscious sexual drivers, beliefs, woundings and conditionings and fully clear them. There are other Terrains where such investigation is not possible and therefore people are more at the mercy of their societal, ancestral and cultural sexual influences.

Therefore the more you learn about your own Terrain Of Consciousness, the Terrain of your partner, the Prevailing Terrain in your country and the Prevailing Terrain in your childhood upbringing, the better understanding you will have of what is playing out right now in your sex life, and the more joy, peace and happiness it will bring you.

# SOCIAL INTERACTION

Your Terrain creates your social life too and the kinds of interactions you have.

For example, there is one Terrain where fitting in is very important, and therefore people seek to conform to social norms and can be very influenced by what their neighbors, family members and peers think. Social interactions at this Terrain are often governed by rules, traditions and social expectations. There is another Terrain where defining your own original identity—in opposition to these rules and traditions—is very important. People at this Terrain tend to be highly individualistic and will only gravitate towards other people who share a similar outside-the-box mindset to them, as that validates the identity they have chosen for themselves. Social interaction can take many interesting and unique forms at this Terrain, contributing to the ‘counter-culture’ elements of our society.

There is one particular Terrain where power is very important and therefore there are often pecking orders in social groups, such as in gangs and families. Social interactions at this Terrain can depend very much on who one is allied with and how much power they have over others. There is a different Terrain where heart-connection and collaboration is of utmost importance. People at this Terrain tend to seek others who can allow themselves to be emotionally vulnerable and who can go deep with their own feelings. Social interactions at this Terrain often take place within community gatherings where everyone is given a space to share and to be held by the group. There is another Terrain at which inner work is a person’s highest priority and therefore people at this Terrain can often be very solitary. They do not need others to validate them or to reflect their identity back to them. Such people are often more connected to things beyond the 3D realm than to the people around them. There is yet another Terrain where non-attachment is the primary focus, and these people tend to go through life as a witness, without ever really getting too involved in social dynamics.

So you can see that the degree to which you need other people in your life, the way you interact with them and the kinds of people you are drawn to are all highly influenced by your Terrain Of Consciousness. Knowing not only your own Terrain but also the Terrains of the people you spend the most time with is very useful so that you can understand why they may have very different social needs to yours and very different ways of interacting with people.

# ENTERTAINMENT

The way you choose to entertain yourself is very different at each Terrain too. For example, people at one particular Terrain are driven by the gratification of the ego, therefore they will be drawn to activities that raise dopamine levels and give them a feeling of power and exhilaration, such as gambling, drugs, extreme sports, pornography and violent video games. People at a different Terrain are driven by a sense of connectedness with the Web Of Life, therefore they will be drawn to activities where they are close to nature, connected to their body and in heart-connection with other people, such as community gardening, group dance processes, tantra, sharing circles, subtle body-based activities, gatherings of their tribe and sacred ceremonies.

People at one specific Terrain are motivated by the drive for individual expansion, self-expression and uniqueness, and these people will be drawn to activities such as cutting-edge art and culture, innovation, new ideas, entrepreneurialism, blogging, cultural radicalism, political protest, edgy fashion, personal development, consciousness, yoga and meditation. People at another Terrain are driven by the desire to fit in with the consensus reality, therefore they will be drawn to mainstream activities such as popular music, major sporting events, popular restaurants, museums and galleries, popular television shows, 'water-cooler' moments, and the evening news. People at yet another Terrain are driven by internal coherence and energetic alignment and as a result of this they are drawn to whichever activities resonate with them in the moment.

Even taking a simple example such as movies, people's tastes will be entirely shaped by their Terrain. At one Terrain a person will be excited by clever, edgy storylines, by innovative film-making techniques and by movies that are seeking to change the world. At one of the other Terrains a person will be feeding off the high of watching sex, violence and power struggles. At another Terrain a person will want to see the most popular movies and those that have won an Oscar or received critical acclaim. At a different Terrain, a person will only seek to watch movies that are Heart-centered and emotionally authentic. At yet another Terrain a person will be very sensitive to the energy in each movie and will only want to watch ones that are energetically aligned with them in that moment. So you can see that your entertainment choices are greatly shaped and influenced by your Terrain.

# SPIRITUALITY

Your spirituality and relationship with God are also deeply affected by your Terrain Of Consciousness.

For example, there is one Terrain at which people are very fundamentalist and devoted to their religious beliefs, to the extent that they will fight—even go to war—with anyone who disagrees with these beliefs. People at this Terrain genuinely believe that their almighty God has the power to either smite them down or save them, and they will therefore do anything they can to stay in their God's good graces. There is another Terrain at which people feel the complete opposite. They believe in free will and the supremacy of man, and they think that religion is for fools.

There is one particular Terrain at which people are religious only to the extent that the culture around them is religious. They will adopt the prevailing beliefs of their family and community. Therefore, if such people grow up in a church-going environment it will likely be important to them to attend church. If such people grow up in a modern atheist environment, they will likely pay little attention to religion. There is another Terrain at which people are in reaction to the culture around them and prefer to decide for themselves how they feel about religion, rather than taking on beliefs handed to them by their parents or school teachers. For example, if they were raised by a highly religious family, they may become an atheist or agnostic. If they were raised by a mainstream church-going family they may choose to follow an alternative 'new age' spiritual path. If they were raised by a very secular family, they may become highly spiritual and devotional.

There is a different Terrain at which spirituality is very much about a sacred connection with nature and the Web Of Life. People at this Terrain tend to express their spirituality in pagan or shamanic ways, and their spirituality is very grounded and embodied. There is another Terrain at which spirituality is a multidimensional experience, extending to connection with unseen spirit beings, energies, inter-dimensional forces and the non-physical parts of one's own Self. And there also is a Terrain where God is no longer something separate from you but it *is* you. These people are one with everything in a truly embodied way and are living examples of unconditional love.

Therefore the particular way you approach religion and spirituality and the relationship you have with 'God' is a direct product of your Terrain Of Consciousness.

# LIFE PURPOSE

There is also a strong connection between your Terrain Of Consciousness and your specific purpose in this lifetime. This connection plays out in a few different ways.

Firstly, your relationship to your life purpose will be different at each Terrain. For example, there is one Terrain at which people have no interest in their life purpose because they are focused on playing the role that society needs them to play for the collective good of all. In contrast, there is a Terrain at which people are very focused on finding their life purpose, because they are trying to carve out their own unique identity in the world. They really want to find out what they are here to do with their life. There is another Terrain at which people are focused on their life purpose, but for them this means finding their unique energetic signature rather than any active 'doing' in the world. There is one Terrain at which a person is focused on what they perceive as 'God's plan' for them rather than on choosing their own life purpose. And there is a completely different Terrain at which people are just following their feelings moment to moment without thinking much about their life purpose at all!

Secondly, your life purpose actually influences your Terrain. You are at the Terrain you are at right now because your life purpose requires you to be there for the work you are here to carry out. You may stay at this Terrain for many years, because your major contribution to the world requires you to be very deeply grounded in this Terrain. Or you may be passing through your current Terrain quite quickly en route to the next Terrain, because your life purpose requires you to learn something at several Terrains in order to be able to carry out your life work. Because everyone's life purpose is different, their journey through the Continuum Of Terrains is also very different.

Finally, each Terrain also has a collective purpose that it carries out for all of Humanity. For example, people at one Terrain are here to keep the Field of humanity stable. People at another Terrain are here to change the world. People at another Terrain are here to spread Love. People at another Terrain are here to radiate their own specific energetic frequency. People at another Terrain are here to bring through the timeless Truths. People at yet another Terrain are here to bear witness. So while you are at your current Terrain, not only are you either carrying out your unique personal life purpose or being prepared to carry it out in the future, but you are also fulfilling a very specific purpose for the entire collective Field of humanity. By discovering which Terrain you are at, you will find out which collective purpose you are currently fulfilling.

# DISCOVER YOUR TERRAIN

As you have learned from this eBook, your life is being greatly influenced by your Terrain Of Consciousness in many fundamental ways. Indeed, your entire reality is being *created* by your Terrain. Therefore finding out your Terrain will explain so many things about your life! You will finally understand why you're living the life you're living, why you're facing the challenges you're facing, why you're making the choices you're making and why you're drawn to the things you're drawn to. You will realise why you get along with some people, not others. You will discover where you're at on your evolutionary spiritual journey right now and where you will be heading next.

## So How Can You Discover Your Terrain?

Pinpointing your precise Terrain Of Consciousness is an exciting journey of learning and self-inquiry. The more you learn about the Ten Terrains Model, the more accurately you will be able to see your own Terrain. To begin this journey of self-discovery, the first step is to complete the short '[Reed-Woolf Terrain Analysis Quiz](#)'. Over four years of development and rigorous testing have gone into this questionnaire. It can give you an indication of both your current Terrain Of Consciousness *and* whether you are settled at your Terrain or moving towards the next Terrain. Doing the Quiz is itself a fascinating experience and you will learn much about yourself while answering the profound questions it presents you with.



When you receive your Terrain result you will have the option to receive a 30-40 page 'Terrain Analysis Report'. Your Report explains the unique characteristics of your Terrain, what makes your Terrain different from the other nine Terrains, the lessons you are here to learn at this Terrain, and the gifts and challenges of this Terrain. This is priceless information that you can only receive when you do the Quiz. In addition, after reading your Report you will also have the option to have your Terrain Of Consciousness personally assessed by an expert 'Terrain Mapper', which is a much more detailed process leading to even greater precision in the pinpointing of your Terrain.

## How Can You Find Other People At Your Terrain?

It is important to find other people who are at the same Terrain as you are, in order to be able to have people to in your life who really 'get' you, who are struggling with the same evolutionary challenges that you are struggling with and who can really support you on your journey. But how can you find such people? Well, after you complete the Quiz and find out which Terrain you are likely at, you will have the opportunity to join our online 'Ten Terrains Learning Community' where you can specifically meet other people at your Terrain. What an amazing opportunity to meet kindred spirits, colleagues, collaborators and lifelong friends!

Also—having read this eBook—you probably want to find out not only your own Terrain but also the Terrains of all the people who are closest to you in your life: your family members, husband/wife/boyfriend/girlfriend, closest friends and colleagues. Discovering their Terrain will help you better understand the way they see the world, communicate more effectively with them and get along much more easily with them. Therefore, we suggest you encourage your loved ones to do the Ten Terrains Quiz too.

### Discover Your Terrain Now!

The bottom line is that discovering your Terrain Of Consciousness is an invaluable investment in your future. It will help you live a life of purpose and passion, doing what you are meant to be doing right now. It will help you understand why you struggle to fit into the world and why the world around you often makes no sense. It will help you find kindred spirits and like-minded people who see the world the same way you do. It will help you explain yourself more clearly to people who don't understand you and get along better with people who see the world differently to you. It will help you choose modalities, practices and products that are right for you at this point in your evolution. It will help you know how to make the most of your unique gifts and talents. And most importantly, it will help you to deal with the major challenges you are facing at this point in your evolutionary journey.

Therefore, by finding out both *your* Terrain and the Terrains of the people around you, you will be giving yourself a great gift. If you choose to live a fully empowered life, do your Ten Terrains Quiz now and truly begin to understand yourself, your relationships and our world!

To begin the Quiz, click this link: [www.tenterrains.com/quiz](http://www.tenterrains.com/quiz)