

RANDOM HOUSE  BOOKS



Life Mapping

Brian & Sangeeta Mayne

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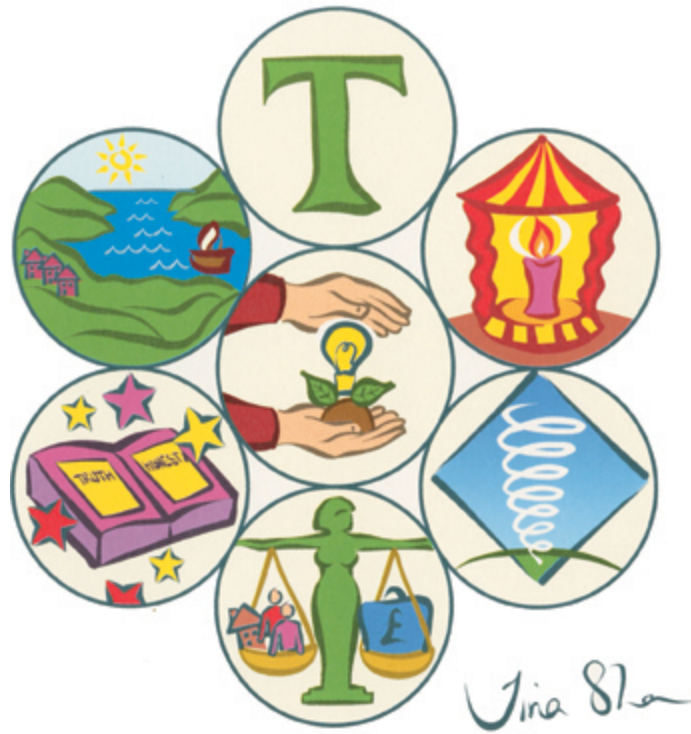
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Acknowledgements
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[My Life Map](#) reveals the essence of who I am, the sparkle and the magic that is me.'

Life



Create a powerful blueprint to bring out
the best in your self – and your life

Brian and Sangeeta Mayne

Vermilion
LONDON

*We dedicate this book
to all the peoples of the Earth.
May its contents help you find
Enjoyment, Prosperity, Freedom and Love.*

PREFACE

In the recession of the early 1990s my business crashed dramatically and I lost everything - my livelihood, my home, most of my possessions - and my marriage fell apart. I faced a situation where not only had I lost the personal things that I counted as my life, but in addition I was just under £1 million in debt. Everything seemed bleak - I had no formal qualifications or work experience, I moved back with my parents and spent a year on charity - but the thing that scared me most was that at nearly thirty years of age I still couldn't read or write properly.

I now look back on all of this as an absolute blessing. The path that has unfolded since then has led me into an understanding of the mysteries and principles of success and, through their application, the creation of a new life, a fantastic second marriage to a wonderful new wife, a new home and, in just a few short weeks, the birth of our first child.

If there is one single thing that I could attribute this dramatic turn around in my fortunes to it is the development and practice of the technique I call Life Mapping. For me this book is a way of sharing with others a little of the freedom, power and joy that I have received in such abundance.

BRIAN MAYNE

Meeting Brian some years ago was such a blessing for me. I found not only my true life partner and teacher but also someone who shared the beliefs and values I had come to live my life by.

Having embarked on an incredible journey of self-discovery at the age of twenty-seven - sparked off by various life circumstances, mostly sorrowful ones - I had arrived at a place of what I knew to be fulfilment. I had a strong sense of purpose which carried with it an experience of trust, flow and peace that I had never known before. Seven years into my journey I met Brian, and I then finally felt ready to embrace the next part of my life.

By that time I had built up a very successful life-coaching and training practice based purely on my innermost desire to help people know The Gift of Self, for I felt that this was what I had been given - the opportunity to embrace the authentic gift of me. Through the use of finely developed tools that enable people to do this, the practice became popular with individuals from many different walks of life - from students to high-profile executives of blue-chip companies - all wanting to know their self and realize their true potential in life.

The next stage of my journey has been one of continuing evolution and grace. As I write this preface there are just two weeks to go before the arrival of our precious gift from the universe - our child. I have no doubt that this child within me decided to come into our lives at exactly the same time as the opportunity arose to write this book, so that he/she could also contribute. From start to finish it has taken us approximately nine months to put on to paper what we have been living, sharing and dancing over the last few years - Life Mapping.

I met Brian when Life Mapping was in its early stages of development, so I have had the opportunity to delve deeply into its potential. I have morphed it, played with it and applied it in every conceivable way until, finally, I have reached the point of knowing its awesome power as a tool for self-awareness, purpose, healing, and mapping one's gift. I can put my hand on my heart and say that Life Mapping has become one of my most favoured tools for

coaching and training, and even now I still marvel at the outstanding results this simple yet profound system produces.

Today, Brian and I work together but each of us recognizes and values the other's strengths, so we have approached the writing of this book in a slightly unusual way: in the main it is in the first person singular. We felt it was important to present the text in this way for several reasons:

1. because 'I am' are two of the most powerful words a person can say, and they are used frequently throughout the book.
2. because the book follows our practised way of sharing material: Brian shares and teaches through the power of his life story and I share and facilitate through the power of experiential exercise and process. So for you, the reader, it is Brian speaking to you through his stories and me speaking to you through the exercises.
3. because in this form the text flows more naturally and makes for a more enjoyable read.

I hope the book will enable you to find ever-deeper levels of connection to your greatness. For me this is certainly so as I continue to dance with my Life Map!

SANGEETA MAYNE

Time

Stand before me on the sign of infinity.

All you who are of the earth.

*With the granting of the law of provocation
comes the application of change.*

I will give you this key.

*And with this knowledge, please realize,
comes the responsibility of sharing it.*

I will show you the way

It is simple.

FROM THE OPENING TO THE MUSICAL *TIME*

INTRODUCTION

THE WIND THAT BLOWS

Change in the 21st century

The only future thing of which we can be absolutely certain is that there will be continuing change in our lives.

'Success' comes from learning how to steer the natural changes of life towards the things that we desire.

BRIAN MAYNE

The Winds of Change

We live in a rapidly changing world where the escalating pace of change is greater today than it has been at any other time in recorded history. Every aspect and area of our lives is changing: the way that we work, the way that we mix and interact, the way that we shop and eat. In fact, for the majority of us, all aspects of our day-to-day lives are changing.

Just a few years ago most people's lives were spent in the area in which they were born. They went to school and then served an apprenticeship in that area, which usually led to a job for life in the locality. They were also likely to marry someone from the area and retire and die there.

Now it is the norm to change jobs - and often careers - several times within a twenty- to twenty-five-year work span. People now pack up home and relocate not just nationally but internationally. And it is becoming increasingly common for people to marry several times and have more than one family. It's as if we are now fitting several lifetimes into one.

Never before have so many people needed to cope with so many life-changing decisions in so many different areas on such a consistent and accelerating basis. And herein lies one of the greatest challenges of our times, because *the vast majority of the population fear uncertain change*. We all feel good about the changes that we know or believe are going to make us better off in some way, but the changes that we are uncertain of, or believe may be detrimental, are our greatest fear. Generally, people fear the changes that they feel they cannot steer. The great paradox that so many people experience is that they want things in their life to get better, but at the same time they want to avoid uncertain change.

In reality, the only thing about the future of which we can be absolutely certain is that there will be continuing change in all of our lives. At times the changes may be only minor, while at other times they will be major, but some degree of change is inevitable. We cannot stop it! We cannot even slow it down or delay it. What we can do, however - with a little knowledge, skill and effort - is learn how to direct it.

The number-one skill in the twenty-first century is learning how to steer the natural changes in life towards the things that we desire.

Building Windmills

In truth, change is a vital criterion for any form of evolution or growth - for individuals, a community, society as a whole, a country or the entire world. Without 'change' there can be no movement and no growth - either personal or global.

Just as nature is in an ever-continuing cycle of change, so too are human beings. At the very heart of nature there exists a fundamental drive to move onwards and upwards, and this same natural drive is in each one of us. Continuing change is not only a certainty of life but also a necessity for our growth, evolution and general wellbeing. Too much sameness results in stagnation.

When the winds of change blow, some people build walls, others build windmills.

Change is like the wind: it is neither good nor bad, friend nor foe; it just is and will continue to be so. It would be

naive to expect the wind never to blow again. Instead, we must learn to harness the wind by setting a better sail.

For those who understand how to steer their own ship, set a better sail and flow with the currents, change carries with it the seeds of opportunity. A small minority of people in every age – great leaders, inventors, pioneers, innovators and builders, for example – have discovered this great truth and have learned how to benefit from the winds of change. In fact, every great success in any area of life will have been achieved by learning to steer change.

Because the winds of change are today blowing harder than ever before, they are creating more opportunities for more people to live the life of their choice. We live in a unique time – perhaps even a special time – for never before have so many people enjoyed the freedom to live their lives in the way that they have chosen to. Never before have so many consciously chosen to improve themselves and in so doing raise the quality of life for others around them. Never before have so many people been so aware of their environment and felt such strong motivation to improve it in some way. The evidence of this is apparent in every area of life, from the movement towards a greater health consciousness to the peace campaigns and anti-cruelty protests. On a global basis people are finding their voice, and they are grouping together and insisting on positive change.

Yet there is still much injustice, and there is still war, terrorism and violence in many parts of the world. However, it has always been so and the level of conflict we have at present must be viewed in the broader context of what it has been in the past in order to see the progress we have made.

Never has there been a better, or more important, time for people to learn how to create intentions through steering change and, en masse, create a better world.

Learning how to steer your self in the direction of your choices brings victory and self-mastery.

The Coming of Age

Now it is time for the majority of human beings to acquire the ability to steer and maximize change. As an individual you may not have voted to experience a fast-changing world, but the collective drive towards more effective technology has powered a treadmill of change on which many people involuntarily find themselves.

Learning how to steer allows you to benefit from some of the changes and learn from others; it leads your life into calmer waters that flow at a pace of your choosing.

The journey begins by mastering how to steer your *self* - learning how to *lead* your thoughts, feelings, attitudes, actions and habits in the direction of your choices. Victory in these inner areas - or mastery of self - allows you to achieve the creation of your desires, goals and dreams and thus influence your external world.

Life Mapping will show you how to steer the changes affecting your self by learning how to choose which qualities you wish to develop. This is, perhaps, the greatest of all achievements in life. This inner victory - self-mastery or self-leadership - is the ability to choose your response to particular situations, and thus to your life. Self-mastery is the source of all true power and freedom.

Once you master how to steer change from the inside by using your Life Map, the outside automatically follows. The results of your actions are the fruits of your thoughts.

The Unchanging Core

Life Mapping is a unique twenty-first-century personal empowerment system for conscious self-evolution. It is

designed to help you to embrace change and grow into a magnificent being who naturally creates a life of heartfelt dreams.

Life Mapping is simple and fun to use, yet is profound in its rewards and expansive in its applications. In the process of creating your own Life Map you create a nucleus of principles and qualities that forms an unchanging core - a central point of inner security that provides stability in a fast-changing environment. This central core becomes your personal 'true north'. It is the compass point by which you steer your course. It enables you to be principle led and purpose driven.

While our situations and circumstances may change greatly - and sometimes lie outside our immediate control - what always remains within our influence, and can therefore be constant, are the principles we choose to live our lives by and the qualities of character that we decide to exhibit.

Life Mapping employs a combination of cutting-edge empowerment technology and ancient wisdom, specifically designed for you to develop your self. It is more than a skill or habit; Life Mapping encompasses a belief system and forms an entire approach to life. The application of its principles and techniques enables you to identify a purpose for your life and to define *who* you choose to become in order to achieve it. In essence, the Life Mapping system directs your focus so that you can create a blueprint for the grandest version of your self - the most magnificent **YOU** that you can imagine.

Life Mapping puts you in the driving seat of your life. It helps you to attain the greatest of all freedoms - the freedom to choose your thoughts, feelings and actions in response to the situations you experience throughout your life.

The very process of creating your Life Map sets you on a path that leads you towards being your best, which

naturally enables you to produce your best results in every respect - mentally, emotionally, physically, materially, socially and spiritually. No matter what you are doing, when you feel great you produce great results. Whether working at the office, being at home with the family or out with friends, you will get the most from life when you feel good about your self.

Using your Life Map helps you to develop consciously chosen qualities of character, thereby steering your self to become a person who creates true success in life. The word success can mean different things to different people at different times. To one person success means having a lot of money in the bank, to another it may mean something physical like winning a race or climbing a mountain, while to yet another it can represent living a more purposeful and fulfilling life.

When you examine success more closely, however, it becomes apparent that ultimate success is the ability to live your entire life with true peace of mind, lasting happiness and an experience of abundance - that seems to be what everybody ultimately wants, regardless of the particular path they may take in order to achieve it. This is the real prize that Life Mapping helps you to attain.

We are all in the natural process of becoming; we are all constantly changing. The only thing that stands between us and the life we desire is choosing to become the person who can create it.

The Gift of Your Essence

Creating your Life Map helps you to capture your essence and hold it up as a blueprint for your inner guidance. You crystallize your best thoughts and feelings about your self

and this leads you to be proactive in your attitudes and actions, which in turn shape your results. Your Life Map helps you to stay on track and focused on *choosing* who you wish to become, rather than becoming someone by default, like a leaf in the wind, the random result of change.

The Life Mapping system enables you to raise your awareness of The Gift of You. It helps you become clear about what is most important to you - your uniqueness, your purpose - and then to articulate, package and fully realize this gift.

One of Life Mapping's main rewards is achieving balance and harmony in life. It integrates all the aspects of your potential into one focused and balanced whole. Hence, working with the Life Mapping system helps build your self-confidence, self-esteem and self-belief. And with these enhancements come the even greater gains of self-love and self-healing, which over time will produce heightened experiences of peace, fulfilment, happiness and abundance.

Identify what Life Mapping can do for you

Take the opportunity now to identify what you would like to accomplish from creating and using your Life Map. Whilst your answers to the following questions may change as you continue through the process, it is important to have a starting place - a commitment and willingness to head towards a positive focus.

Use a separate journal or notebook for working through all the exercises in the book. In this way you will build up a clear picture of your ongoing journey that you can refer to and add to as you grow into the magnificent YOU.

Ensure you write the answers to the following three questions in a personal and positive way. It is important to trust your own thoughts and feelings here.

- 1. What are the three main things you would like to accomplish by creating and using your Life Map?**
- 2. Which three things would you most like to change in your life?**
- 3. Which three qualities would you most like to develop?**

How Life Mapping Works

Life Mapping works primarily through its ability to connect your consciously chosen desires to your subconscious at a deep level, thereby automatically steering your self towards the achievement of your desires. The subconscious part of your mind acts as your personal autopilot. Each day your subconscious mind processes and actions all the routine functions and requirements in your life, leaving your conscious mind free to ponder many other things. Together your conscious and subconscious minds form a unique and powerful partnership. Your conscious mind is responsible for checking the map, deciding the direction and choosing the destinations in your life, while your subconscious mind is responsible for carrying out the commands and doing whatever is required to get you there.

Life Mapping's effectiveness stems from its ability to communicate your consciously chosen objectives to your subconscious. It helps you to set a target, create a mental map and form a new dominant thought of the person you choose to become. This communication to your subconscious is achieved through activating both the left and right sides of your brain (the logical and the emotional,

respectively), thereby forming a deep whole-brain connection to your subconscious.

Life Balance

Generally, the right side of our brain is visionary, expansive, creative, emotional and intuitive. It is the side we use for imagining where, what and who we choose to be. It is often referred to as our leadership brain. The left side of our brain is our management brain. It possesses the qualities of symmetry and order. With it we bring structure, past experience and harmony to our lives, and typically we use this side to identify our most effective course of action or path.

The process of creating your Life Map activates your right brain and enables you to visualize what you desire to achieve, while your left brain is employed to define and state intentions in a succinct form that will have maximum impact on your subconscious.

The end result is a balanced 'mandala' - a defined set of statements or affirmations for your left brain, with corresponding picture symbols or visualizations for your right brain.

When both halves of our brain, and the qualities they produce, are balanced, we become extremely effective at steering the changes to create our physical desires, choosing who we want to become, and achieving true happiness.

We are designed to function best when there is a balance between the two halves of our brain, a condition which is present in all true geniuses. From birth up until about age five most of us have a good balance between both halves. Consequently, it is at this time that we learn the fastest. However, from around five onwards we are gradually conditioned by the influences of the world around

us and become more and more left-brain dominant. In the process we often lose a degree of our effectiveness.

Using your Life Map on a regular basis will enable you to rebalance the two halves of your brain and regain the ability you had as a child to learn much faster.

Getting the Best From This Book

The technique of Life Mapping is designed to be a complete system for your self-development. The essential points are presented in the form of bold statements within the text.

I recommend that you read the entire book first and complete all the exercises, and then review and update your Life Map at three-month intervals. Evolving your Life Map is important, because as you develop your chosen qualities there will always be a 'what's next?' in your development if you are to continue to evolve consciously as a person. When updating, either you can revisit the key points and exercises in each chapter before going to the Life Mapping technique text, or, if you feel confident in your understanding, you can go directly to the Appendix at the back of the book where you will find a summary of the process.

Preparing For Your Inner Journey

Before you embark on your journey and the creation of your Life Map, I have a simple but important suggestion to help you achieve the best results: create a Possibility Consciousness.

Our conscious mind is always questioning, evaluating and filtering information by way of our current viewpoints and beliefs. While this is a great benefit in life generally, in specific situations it can be a huge drawback, because if you decide that certain information is of no relevance, you literally start to filter out entire sections of it and may miss

something of great importance. I therefore suggest that you create a space in your mind called 'possibility', and into this space place all the information, ideas, principles and concepts you are about to read. Then once you get to the end of the book, you will be in an informed position to evaluate how Life Mapping can best serve you and bring you the success you seek.

PART I

FUNDAMENTAL PRINCIPLES OF
CREATION



CHAPTER 1

A CLEAR PICTURE

The lessons of life

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

MARCEL PROUST