

THE ORANGE HELPER

Living in the Now

Introduction



my **map** to freedom

INDEX

Lesson One.

Welcome

The Problem & The Answer

The Layers of the map

Using your map

Methodologies

How it works

Frequency & Timing

Focus

Space & Time

Developing the capacity to live in the now

Five Qualities of Mindful Awareness

The Centre of the Map

Guided Meditation – ‘Meeting Your True Self’
(Separate sound file)

Lesson Two.

The Outer Layer

Why we avoid the present moment

Developing awareness

What the present moment feels like

The Outer Layer

Your personality and desire for love

Your personality and the avoidance of being unlovable

Inquiry - Personality Traits

Guided Meditation – ‘Your Traits’ (Separate sound file)

Lesson Three.

The Second Layer

Your thoughts

Self- Justifications

Self-Judgements

Self-Judgement themes

Inquiry A Self Justifications

Inquiry B Self Judgements

Guided Meditation – ‘Your Thoughts’ (Separate sound files)

Lesson Four.

The Third Layer

Your needs & emotions

The role of the ego

Paying attention to the body

Inquiry - Emotions

Guided Meditation – ‘Your Emotions’ (Separate sound file)

Lesson Five.

Putting it all together

Tool 1. Guided Meditation – ‘Coming Home’ (Separate sound file)

Tool 2. Guided Inquiry - R.E.S.T. Process

R.E.S.T. Process Questions

WELCOME

Welcome to the My Map to Freedom experience – Living in the Now

My Map to Freedom is a labour of love for me. It is the culmination and distillation of what I have learned in twenty plus years of teaching in the personal development arena. It is first and foremost about learning how to be fully alive no matter the circumstances. It is about learning how to be fully present for whatever life brings because underneath our layers of protection and defense, we know who we really are.

Joseph Campbell, the famous mythologist wrote “I don’t think people are seeking meaning in their life. I think what they are seeking is to feel the rapture of being alive.” This yearning to feel alive wells up from deep within us and we know it to be real. Responding to this ‘Call to Adventure’ is to learn how live in what Richard Moss calls ‘radical aliveness’ and is the primary intention of My Map to Freedom.

This programme explains how to use your map to live more fully in the now.

Some of us experience the present moment in meditation, in love making or in creative endeavours but few of us know how to sustain a sense of presence in the routine and challenges of everyday living. My Map to Freedom offers a simple practice that meets the challenge of maintaining presence in daily life without requiring a teacher, a special environment or the energy of a group exploring together.

My Map to Freedom combines old time-honoured methods such as inquiry and meditation and when used in conjunction with your map ,will help you to understand how you avoid or flee the present moment.

It is my wish that you will join me and the other explorers who are all using their maps to help them live more fully in the now and learn with us what it is to feel the rapture of being alive.

THE PROBLEM

In today's hectic world it is difficult to find the space to be able to live in the now. We find ourselves overwhelmed and overworked and tired and stressed people do not have the time, space or motivation to observe the self.

We humans are remarkable creatures but we have some basic limitations, the most prevalent being our need to create ways of acting, or behaving that enable us to cope with the challenges of daily life. Whilst these coping strategies are useful for keeping you comfortable, they become habits of closure and defensiveness that rob you of living a life of authenticity, spontaneity and the ability to live in the present moment.

Recognising the habitual patterns of your ego-based personality is key to living your life in the moment. There is a profound difference between how the egoic self (represented in the outer layers of your map) and the true self (represented in the centre of your map) meet the present moment.

The ego's relationship to the present moment is always strategic. It seeks to get its needs met and it REACTS by defending against any feeling that threatens it. In contrast the true self appreciates any feeling for what it is and is non-reactive and non-strategic. It RESPONDS by making room for feelings instead of closing them down, fleeing, fighting or freezing them.

THE ANSWER

The work of the map is to observe the difference between the way the egoic self and the way the true self meet the present moment.

Your map will act as a device to help you observe your thoughts and behaviours in action, bringing awareness to the day-to-day dealings of your egoic personality so that you can get back to your true self, the present moment and the aliveness that you have been seeking.

As you work with your map you will come to see the nature of your self-created habits of fleeing or avoiding the present moment. These habits were built for self-preservation and self-protection but are now robbing you of being authentic and real, keeping you from living in the moment and denying you the freedom of feeling fully alive.

Your map aims to do two things:

- Allow you to develop mindful awareness about the specific ways you flee the present moment.
- Act as a visual portal to the present moment.

THE PROGRAMME

THE STRUCTURE

This programme of six lessons and five guided meditations are designed to be undertaken sequentially. Each session builds on the last to develop an ongoing practice called the R.E.S.T process.

Sessions 1-5 are intended to;

- Build awareness of the ways your personality type leaves the present moment. It does this by taking you through short inquiry exercises.
- Develop the skill of mindful awareness the key to living in the now.

Session 6 is intended to

- Bring exercises 1-5 together by teaching an ongoing practice called the R.E.S.T process.

There is nothing for you to 'do' with what you discover in sessions 1-5. This programme is not about 'changing' you in any way. You are not broken. This programme is about developing mindful awareness, which, as you will discover, is the key to living in the now.

USING THE MAP

Seeing

You are learning to become a witness to your own egoic patterns. Your map allows you to see the light and shadow parts of your nature in one place and helps focus your concentration by providing a container for all that you are. As you work with your map you will see connections, patterns and recurring themes with a new perspective and awareness.

Working with the map enables you to let things come up to the surface bringing into your awareness unexpected epiphanies, 'aha!' moments. It will allow you to see and understand the specific ways you leave the present moment.

Listening

Working with your map is a form of deep listening. Through questioning, listening and acknowledging you will become an explorer, charting territory both strange and familiar. In each encounter with your map you will listen for the new and the steadfast, bring back learning and resolutions and listen for the wisdom they hold.

Sensing

By keeping your map visible it allows you to sense who you are outside of the confines of your personality. It visually shows you the prison you are in and allows you to directly experience the wild spaciousness represented by the white space in the centre of each map.

Your map is like an exercise machine – through keeping it visual and doing the work, you will develop your life. Most people find that they visit their map once a day. The evenings are usually more effective than the mornings because the daily activity of the personality has presented a lot of material to work with!

FREQUENCY & TIMING

Some people prefer to visit their map once a week and look at the broad themes that have presented themselves. The important thing here is not to make this another 'should' on your long list of 'shoulds.' Visit when you can. Obviously the more you visit the more you will learn, but there is no hurry.

FOCUS

When you work with your map the starting point is to bring your awareness to the ways you are avoiding or fleeing the present moment. This is because your daily struggles with the present moment are a gateway to your true self.

SPACE & TIME

The key to working with the exercises in this programme is to take them slowly. When answering the questions, close your eyes, be still and go deeply as you contemplate. The work stops the moment you stop answering the questions. You will get the most out of the process if you go as deep as you can with each question, not moving to the next question until you are truly ready. This means that you will need to have a quiet space and set aside some time.