

# Introduction

## 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’ is learning how to steer the natural changes of life towards the things that you desire.

Brian Mayne

## The Winds of Change

We live in a rapidly changing world where the escalating pace of change is greater today than at any other time in our 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, the entire way that we live our day-to-day lives, is changing.

Just a few years ago the norm for the majority of people was to grow up in the area they were born, go to school and serve an apprenticeship in that area, which usually led to a job for life in that area, possibly marry someone else from that area, retire, and die in that area.

Now it is the norm to change not only jobs, but often entire careers, several times within a twenty to twenty five year work span. People now pack up home and re-locate, not just nationally but internationally. And it is now common, for more and more people to be married 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 life areas, on such a consistent and accelerating basis. And here lies one of the great challenges of our times: **the vast majority of the population actually 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 off, or believe may be detrimental, are for many people their greatest fear. Generally, people fear the changes that they feel they cannot steer.

The great paradox, that so many people live in, is that they want things in their life to get better, while at the same time be untouched by uncertain change.

In reality, the only future thing, 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 all of us will experience some degree of change. It is inevitable. You cannot stop it! You cannot even slow it or delay it. What you can do however, with a little knowledge skill and effort, is to learn how to direct it. Learning how to consciously direct, the natural changes of life towards your heart-felt desires, is the number one skill for success in the twenty first century.

## Building Windmills

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

Just as nature is in an ever-continuing cycle of change, so we, as part of nature, are constantly changing. At the very heart of nature there exists a fundamental drive for nature to move, onwards and upwards. And in like manner, because we are a part of nature, this same natural drive is in each one of us. Continuing change is not only a certainty of life but also necessary for our own growth, evolution and general wellbeing. Too much sameness is death.

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

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Change is like the wind that blows. It is neither good nor bad, friend or foe, it just is, and will continue to be. It would be naive to expect the wind to never blow again. Instead we must learn to harness the wind by setting a better sail.

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

Today, the winds of change are gusting faster than ever before, and in the process, 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 been so free and able to live their life the way that they choose. Never before have so many, consciously chosen to improve themselves and in so doing have raised the quality of life for others around them.

Never before have so many people been so aware of their environment and felt so motivated 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 campaigners and anti-cruelty protests. On a global basis people are finding their voice, coming together into

groups, and insisting on positive change.

Yes there is still much injustice. It is true that we still have war, terrorism and violence in parts of the world. However these have been with us throughout history, and the level we have at present must be weighed in the broader context of what it has been in the past, for us to see our progress.

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

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**The number one skill in the 21st century is learning how to steer the natural changes in life towards the things that you desire  
Learning how to steer yourself in the direction of your choices  
brings victory and Self-mastery**

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## The Coming of Age

Now it is time for the majority of humanity to acquire the ability to steer and maximise on change. You may not have individually voted to experience a fast changing world, but the collective drive of humanity towards more effective technology has powered the treadmill of change that many people find themselves involuntarily treading.

Learning how to steer allows you to benefit from some of the changes, learn from others, and 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 us to achieve the creation of our desires, goals and dreams to influence our external world.

Life Mapping will show you how to steer the changes of your self by learning how to choose which qualities of character you wish to develop. This is, perhaps, the greatest of all achievements in life. It is the inner victory of Self-mastery, or Self-leadership, the ability to choose your response or reaction to your life and particular situation. It is the source from where true power and freedom has always come from.

Once you master how to steer the change on 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 21st Century personal empowerment system for conscious Self evolution 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 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 form 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 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 lay outside of our immediate control, what is always 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.

Life Mapping is more than a skill, and more than a habit, it also encompasses a belief system, and forms an entire approach to life. The application of its principles and technique enables you to identify a Purpose for your life and define who you choose to become in order to achieve it. In essence the Life Mapping system directs your focus to design a blueprint of the grandest version and vision 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 onto a path that leads you towards being your best. Being at your best naturally enables you to produce your best results, in every area of your life – mentally, emotionally, physically, materially, socially and spiritually.

It doesn't matter what you are doing, when you feel great, you produce great results. Whether that's working at the office, being at home with

the family, or out with friends – we get the most from life when we feel good about our selves.

Using your Life Map helps you to develop consciously chosen qualities of character thereby steering your self to become the person who would create true success in life.

The word success is multi-ordinate. It can mean different things, to different people, at different times. To one person success will mean 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 still others it will represent living a more purposeful and fulfilling life.

However 'you' define it, when you examine success more closely, 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. After all 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 gleam. The physical achievements that accompany it are like the natural fruits of reward that are produced in the process.

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**We are all in the natural process of becoming, all constantly changing. The only thing that stands between you, and the life you desire, is choosing to become, or change into, the person who creates it**

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## The Gift of Your Essence

Creating your Life Map helps you capture your essence, and hold it up as a blueprint for your inner guidance. In creating your Life Map you crystallise your best thoughts and feelings about your self, which leads you to be pro-active in your attitudes and actions. This in turn shapes your results. It helps you to stay on track and focused on choosing who you wish to become, rather than just becoming 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, your gift, and then articulate, package and fully realise the gift you are.

One of Life Mapping’s main rewards is achieving balance and harmony in your life. It integrates all the aspects of your potential into one focused, balanced whole.

Hence working with the Life Mapping system will help build your Self-confidence, Self-esteem, and Self-belief. And with these enhancements, the even greater gains of Self-love and Self-healing, become natural by-products of working with the system, which over time produces 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.

Although space is provided for you to write with each of the exercises in this book, we strongly recommend that you use a separate journal or note-book that you keep for working through it. You will find it will build up a clear picture of your ongoing journey that you will be able to refer to and add to as you fully grow into the magnificent YOU.

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

What I would like to accomplish most by creating and using my Life Map is:

1. ....
2. ....
3. ....

The three things I would like to change most in my life are:

1. ....
2. ....
3. ....

The three qualities of character I would most like to develop are:

1. ....
2. ....
3. ....

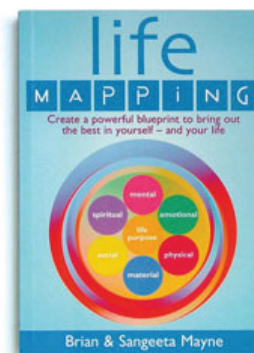
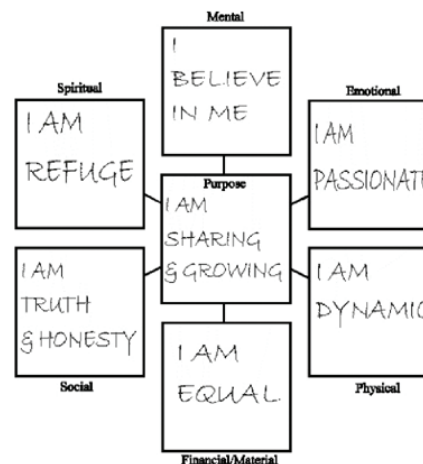
### How It Works

The primary way that Life Mapping works is 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 system of Life Mapping is profoundly simple and yet extremely effective. The principles that empower the technique are present in all our ancient wisdom literature. Even the technique itself, which is in alignment with the latest scientific findings on how our brains work, has its roots deep in our journey of evolution.

Life Mapping brings this ancient wisdom into the 21st Century in a way that is simple enough for everyone to use every single day, while at the same time being powerful enough to change lives and shape destinies.

### Life Map examples by Tina Shaw



You can read more by buying the book. **Life Mapping** by Brian and Sangeeta Mayne is available now priced £8.99.

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