An abridged extract from the introduction of the forthcoming book by Brian Mayne:

Self Mapping
How to Awaken to Your True Self

Who looks outside, dreams.
Who looks inside, awakens.
Carl Jung
Introduction
Self-evolution

Be Still, and Know You Are God

Whichever belief system or viewpoint you choose to observe life from, whether physical or spiritual, we could agree that we each come from a place of boundless bliss, total joy and perfect peace. You may choose to believe that is just for nine months of pregnancy, or perhaps for an eternity of spirituality, but for a time we all dwell in a completely nurturing environment where we receive an abundant stream of nourishment, wrapped in wonderful warmth and a feeling of constant connection.

At birth we emerge from this blissful place of complete comfort to enter a physical world of extremes: of hot and cold, thirst and hunger, light and dark, pain and pleasure. As we grow we begin to experience limitations and restrictions of movement, expression, communication and choice in a world of relative separation, frustration and isolation. And all the while, even with the most loving of parents and in the most nurturing of environments, we crave that place of complete comfort we knew before, whether you choose to call it the womb, nirvana, spirit, heaven or God.

The Quest For Comfort

At first, our need to satisfy this deep craving will cause us to associate the feeling of comfort with nourishment, stimulation and attention. At the time of writing my baby daughter Ayesha is three months old and has already associated feelings of comfort with cuddles, milk and her dummy. She laughs when she’s in comfort and cries when she’s not.

As we grow our need for comfort drives us to seek it in admiration, possession and power. In a challenged life where the love is lacking, people often search for comfort in excessive amounts of food, drink, sex or drugs. And while all of these things may bring moments of pleasure, joy and even at times bliss, they never truly satisfy that deep inner yearning at our core and only result in some form of dependency. We are ever chasing the ‘comfort dragon’.

In adult life comfort can have many names and take many forms. We don’t all take pleasure in the same things and one person’s comfort may be another person’s pain. When we’re in comfort, we take it for granted, as we do the air we breathe. But when we become uncomfortable, in any area of our life, we grab at our objects of comfort as if our life depended on them. Try going without your regular little comforts for a while or, worse still, have them taken away, and see how it makes you want to cry like a baby.

Virtually everyone will chase the comfort dragon in some way: perhaps via comfort food, taking a comfortable job, making a comfortable home, slipping into our comfortable clothes and slippers. We don’t stray too far from our comfort zone, we make a comfortable living, so that one day we can be ‘very comfortable’ in our retirement. The quest for comfort never truly ends.

Sadly, the comfort we find in relationships, possessions, status or power can lead to a kind of addiction, and just as with the drug addict, no amount is ever really enough. The race to keep up never truly ends; most
people will spend their entire lives trudging the treadmill of some form of false comfort.

Occasionally, in a fortunate life, we may raise our awareness and find that these pursuits are ultimately unfulfilling. We may undertake more meaningful endeavours such as caring for others, supporting a cause or following a faith. Unfortunately, we tend to carry with us the same flawed mindset and deep cravings for comfort that drove our search in the first place. And, inevitably, we discover that even these worthy aims and ideals don’t truly satisfy our deepest and most primal need for comfort at our core.

In truth, it is only by being still and connecting with our essence, the god within, and knowing it as the place from whence we came, that we ever truly find the authentic complete comfort and perfect peace that we crave.

Seeing the Truth of Your You

To paraphrase the Gospel of Thomas, it is said that ‘a man wise in years will not hesitate to look into the eyes of a newborn, and he will marvel’. What does the wise old man marvel at when gazing into the eyes of a baby? He marvels at the pure pristine consciousness, the true Self, the source of complete comfort, as yet unmasked by the ego, from which all life springs and the essence of who a person really is.

‘He who amongst you becomes as a child shall know the Kingdom.’
The Gospel of Thomas

As a parent I can testify that it is not just wise old men, women or adoring parents who are mesmerized by this clear window on the soul. Complete strangers seem drawn to prams in order to gaze into a baby’s eyes in wonder.

However, as we grow and begin to experience the world around us, we quickly form mental images of our self and life that start to blur the window. At first our thought-pictures are only fleeting but with time and repetition they solidify into our fixed beliefs and viewpoints. Collectively they create an image of our self that, like an interface or mask, forms between our true Self and the world.

In the 11th century the Sufi mystic Jelaluddin Rumi observed:

Awhile, as wont may be, self I did claim; true Self I did not see, but heard its name. I, being self confined, Self did not merit, till leaving self behind did Self inherit.

Highs and Lows

We each have two selves: a high Self, which I indicate in these pages with a capital S, and a low self (or ego), indicated with a lower-case s. Notice that Rumi’s verses above also make this distinction.

Our high Self descends from Spirit to guide us by way of inspiration and empathy. It is infinite, the seat of our soul and source of our divinity. Representing all of our finest humanitarian qualities, our high Self is our
reactive to our environment and are driven by fear to secure food, shelter and clothing, only afterwards looking beyond for a deeper sense of meaning and purpose.

In contrast, when we lead from our high Self, while managing the journey from our low self, we seek meaning and purpose first, then, through it, naturally attract and create food, shelter and clothing in abundance.

Trapped in Our Self

While our high Self is fluid and exists in the moment, our low self is grounded and becomes rooted in established beliefs, fixed attitudes and repeated behaviour, all of which contribute to form our sense of personality or self. The more fixed in beliefs and hardened in attitudes our low self becomes, the more it overshadows or blocks the light from our high Self. Our ego becomes dominant, clouds the window on our soul, and we become blind to the best part of us.

Fortunately, no matter how thick our ego may become, wise men and women from all cultures and ages have seen through it to the truth shown in the eyes of a newborn, and have known this truth to also exist within their self and all humanity.

The Journey Home

The prime purpose of our life, the ‘big goal’ that we are each born with, is to reunite our low self with our high Self, like two partners reuniting connection to the All. It is the essence of who we truly are; our wellspring of unconditional love and an ever-abundant source of complete comfort.

In balance, our low self ascends from nature and encapsulates all of our evolutionary and genetic traits. It is finite; programmed for survival; moves away from pain; coordinates our automatic bodily support systems – such as circulation, respiration and digestion. It operates through instinct and primal emotions; is the home of our ego; and the part of us which forever seeks comfort.

Get the Balance Right

From the moment we are born both our high Self and low self are present within us to varying degrees and, like yin and yang, are intended to work together in a balanced partnership of interactive harmony.

Our high Self is created to lead. It processes the qualities of imagination and inspiration and shines with a brilliance that illuminates a path for our low self to follow. Our low self is an effective ‘doer’ and is best suited to managing and organizing repetitive tasks and actions.

When our high Self leads we live with a sense of purpose and passion that not only creates happiness, peace and abundance in our life, but also forms a connection to our inner source of complete comfort.

However, because our low self lacks the qualities of vision and heart, it often becomes lost in chasing external comfort dragons that run down dark and stony paths. When we live from our low self we become overly
who have grown apart. When we marry our low self with our high Self, we merge our qualities and, through the complementary difference, create ‘synergy of self’. We become our true Self.

Courage balanced with consideration, ego balanced by spirit and love balanced by natural fear allow us to be spontaneous and flow in harmony with the current of creation to live in complete comfort, perfect peace and abundance.

By making the two one, bringing our high Self and low self together into an integrated true Self, we are able to live our life with spirit, create our chosen desires and know the truth of who we really are. Many people only realize this great truth on their deathbed when their eyes again become as a child’s and they are able to see beyond the mask of their ego to the pure pristine consciousness from whence they came. It is, however, our divine right and prime purpose to find and live the truth of our self as early as possible.

Self Mapping: A System for Conscious Self-evolution

Self Mapping is a unique system of ancient wisdom and scientific understanding specifically created to help you make an authentic journey from your low self to your high Self and find complete comfort.

Integrating your low-self beliefs, attitudes and habits with your high-Self ideals, aspirations and character, the system of Self Mapping helps you connect to your high Self, bring peace to your low self and live from your harmonious true Self. It supports you in becoming a genuine human being who speaks with an authentic voice, follows their heart and acts naturally; walking your talk along the path of your purpose towards the direction of your heartfelt desires.

This person already exists within you now. Self Mapping, simply, lovingly and powerfully, helps him or her to shine through, bringing out the best in your Self, and helping you manifest the best in your life.

How it Works

In creating your own Self Map, through a combination of words and pictures, you draw the threads of your low self and high Self together. By regularly using your Map you gradually accept your low-self limitations, and hold a positive focus on your high-Self qualities, becoming your true Self a little more each day.

The Self Map you will be guided to create will act like a magnetic mirror reflecting your true Self, helping you stay conscious of who you choose to be, commanding you on a subconscious level to move towards your high Self, and attracting from universal consciousness those situations and circumstances that are of your true Self. Using it on a regular basis will help you discover deeper truths that act as signs guiding you back home to the complete comfort that is your natural state – simply being your Self.

The Path is through your Self, Truth is in your Self and the great Mystery is your Self. Be your Self and live in complete comfort
**Self Maps by Brian Mayne**

**Self Mapping** by Brian Mayne will be released in January and published by Watkins at £10.99. Pre-order **Self Mapping: The Practical Workbook** now and receive a **FREE** copy of our e-book **Goal Mapping: The Guided Workbook** worth £5.99 (which we will forward to you further to receiving your order).