

Looking for landmarks

Life Mapping is based on a simple but profound technique that helps you create your grandest feelings, take your grandest actions, and live your grandest life, says Brian Mayne

I believe that we live in a special and unique time. The world is changing faster today than at any other point in our recorded history. And every aspect and area of our lives are experiencing change. The way that we work is changing, the way that we live is changing, the way that we mix and meet is changing. And we, each of us my friends, we are changing.

Looking back, I can see that my whole life has been filled with tremendous change. My name is Brian Mayne, and I am a promoter of proven truth, what you may call old wisdom, or esoteric knowledge. My journey has been unusual. I was born into a Gypsy lifestyle and travelled with the Fun-Fair until I was eighteen. At 19 I opened a night-club, and within a few short years, become quite successful and wealthy. However, things changed dramatically, and by age 29 I had not only lost everything, including my home and my marriage, but was in almost a million pounds of debt as well.

After falling apart and spending some time in depression, I took stock of my situation. It didn't look too good! Not only did I have debt's totalling £980.000, with nothing for security. I also had nothing to put on my CV, having always worked for myself. The very worst thing though, was that at the late age of 29 I still couldn't read or write. I have dyslexia, did poorly at school, and left early without any qualifications.

I now look back on that whole period as my absolute good fortune. In my effort to make a little extra money I joined a sales company and met a man who helped me to change my life. One of the first things that he said to me was **"if you think that you can, you can, and if you think that you can't, you can't, and either way you're right!"**

I'd heard the saying before, but this time it appeared at a point in my life when I was ready to listen. I believed in the man who was sharing the information with me, and over time, he helped me to believe in myself. One of the first things he guided me to understand is that we all create our own reality. For better or worse, richer or poorer, we all, at some level, influence our life through the thoughts that we think and the actions that we take.

I decided to commit myself to his philosophy of self empowerment through personal responsibility, and in the 9 years that have passed, I have overcome my dyslexia, put my own ideas and experiences into books, on to tapes, and run training programmes and workshops all over Europe. Some years ago I developed a powerful goal setting technique called **Goal Mapping** which I have shared with thousands of people, and have used in my own life to achieve great things. And through all that I've achieved, and through all that I've experienced, the one thing that I have learned above all else is this, **the real value in any form of achievement, is not in achieving the thing itself, the real value is in who you become in the process.**

Who you become as a 'person' in the process of achieving your goals, the growth that you experience, the qualities of character that you develop, the self esteem that you build, and the confidence that you gain, these are the real treasures that can never be taken or lost.

A couple of years ago, while thinking deeply this, I experienced a major breakthrough and developed a unique concept I call **Life-Mapping**. The programme contains all of the key principles and power of **Goal Mapping** (activating the Whole-Brain through pictures to connect your goals to your subconscious) and moves to the next evolution, being specifically designed to enable people to become their grandest vision. To develop themselves fully and live their life's purpose.

Allow me to share the key points of the technique with you now, that you may be enabled to apply them to your own life and experience their power.

Step 1. Discover

The first step of the process is to be in discovery of your purpose. One of the most important of life's keys or lessons is that 'everyone has a specific purpose in life', something they are uniquely gifted to do. When we are on purpose in our life, doing what makes our heart sing, we find our passion and thereby our power. Having an overriding purpose to your life, is like having a beacon to steer towards, a light to be guided by during dark or turbulent times. Therein each goal that you set becomes another stepping stone to move you closer towards the achievement of your purpose.

Sadly, the vast majority of people never reach the place of knowing that they have a purpose, let alone what their purpose may be. They spend their lives like wandering generalities, as a cork bobs in the ocean, so people without a compelling purpose in life are thrown by the ways of change. Not so for the person who is clear on their purpose. Those that are focused on their mission are safely anchored from the waves of change by a deep unchanging sense that they are on purpose, that they are of value, steadfast in their feeling of inner peace, and clear on their chosen direction.

The discovery of your purpose, always begins with **you** asking **yourself** at a deep level "**what do I want my life to be about?**" Sometimes you will receive your answer quickly, often it will take a little while, but always the answer will come.

To help you discover the direction of your purpose I would like to ask you '**Seven Empowering Questions**'. These questions are designed for you to give snap answers to, please spend only 30 seconds on each one.

- If you won £1 million pounds on the Lottery what would you do differently in your life?
- If your doctor told you that you would live in perfect healthy for the next six months, but at the end of that time you would drop down dead, how would you use your time?
- Which one quality of character, if you were to develop it further, would serve you most fully in your life?
- If I had a magic wand, and could grant you any one skill or ability, what would you choose?
- What is it that gives you your greatest feelings of pleasure and satisfaction in life?
- What legacy would you like to leave, how would you like to be remembered?
- What one great thing would you dare to dream if you knew that you could not fail?

Reflect now on the answers you have written and ask yourself, "**is my life in alignment with these answers?**"

If yes, that is a great indication that you are on purpose, if it's no, then I suggest that your answers indicate where your purpose may lay and begin to steer your life in that direction. The answers you have written have come from your heart and when we put our heart into what we do, we do with passion and power.

Step 2. Define

The next step is to define your purpose into as few words as possible. To be clear about your purpose it is important to get to essence. Use no more than 10 and state your purpose in **personal, positive, and present** tense. If at this time you are unaware of your precise purpose simply make a statement that represents you becoming the best 'you' that you can be.

While everyone's purpose will be slightly different and unique to them, there is one universal law that affects us all: **to achieve your purpose, you must become the person who is in harmony with it.** Whatever your purpose may be, if you really intend to create it, you must become the kind of person who would achieve it.

Think now about your purpose or mission, and ask yourself the question: who would I need to become in order to achieve this? What qualities of character would most serve me?

We can be whoever we choose to be. We can choose to be happy or sad, courageous or cowardly, weak or strong, negative or positive. And it is who we are choosing to **'be'**, in any given moment, that dictates the quality of what we **'do'** and thereby what we **'achieve'**.

Choose now one quality of character for each of the following life areas.

Mental, Emotional, Physical, Financial, Social, and Spiritual.

Sometimes it can be helpful to think about someone either from the past or present that has already achieved what you are now intending to achieve. Ask yourself, **what would be the number one mental quality of character that would most serve me in achieving my purpose?**

it may be great patience, or total belief in yourself. There are an abundance of great qualities, that when internalised, help to bring greatness to our lives. Choose for yourself those qualities that are in alignment with you becoming the person who achieves your purpose. Once again state each quality in personal, positive, and present tense, using 10 words or less in each area.

Step 3. Design

The third and final step is to activate your 'right-brain' and connect your intentions to your subconscious. – It is time to transform your 'left-brain' statements into 'right-brain' pictures. Please remember the power of any intention setting technique lays in its ability to connect your intentions to your subconscious, the major pathway to your subconscious is through your 'right-brain', and your right-brain thinks in pictures.

Your pictures don't need to be a work of art, you can use stickmen or simple symbols, in fact no one else even needs to be able to understand it, you are the only person who needs to know what it means.

Create your own symbols that represent the statements you have for your purpose and characteristics in each of the six life areas. You will find that if you draw a circle around a cup, you can then fit six more of exactly the same size around the outside. Draw your picture of your symbol representing your purpose in the central circle, with your character trait pictures around the outside.

Begin with those picture or symbols that come to you easily. You will find that drawing helps to activate your 'right-brain', and because this is the creative brain, new ideas will come on those areas that you may be a little unsure of.

Once you have completed all the circles sign your 'Life Map' and display it where you will see it everyday. For maximum effect I offer you the challenge to visualise your '**Life Map**' for just a few moments each day prior to going to sleep. Maintain this for 21 days and it will greatly increase the impact and connection to your subconscious thereby accelerating your growth and development.

Life Mapping is a simple but profound technique. It is based on a simple but profound philosophy: **when we hold our grandest thoughts about ourselves, we create our grandest feelings, take our grandest actions, and live our grandest life.**

Brian Mayne, chairman of LIFT International, is an inspirational speaker, author and trainer, presenting on an international stage. His core message of personal growth has proven as effective and popular with the corporate audiences as with the crowds who come to experience his open presentations.

Brian's seminars, like his writings and tapes, are both clear in their message and practical in their application. Directed by a principle-centered philosophy, and clothed in the language of success psychology, Brian empowers his audiences with the very latest "human development" technologies.

Amongst his many systems for success, **Goal Mapping** and **Life Mapping**, have enabled him to help people create and steer change within their lives, winning him the gratitude of his audiences, and a place on the world stage of public speaking.

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