

THE WHITE PERFECTIONIST

Living in the Now

Lesson One

WELCOME

Hello and welcome to your first lesson!

It is good to 'meet' you!

This first lesson will explain the theories and principles that underpin your work with the map. You are simply invited to read the following pages so that you understand the direction of travel with your work.

In this lesson you will learn;

- The structure of the map - and what each of the layers of the map represents
- The ten principles – that underpin the work with the map .
- The key tool – to working with the map which is Mindful Awareness
- The five qualities – that are useful for developing Mindful Awareness
- The centre of the map – the home 'now' and your definition of 'nowness.'

So, if you are ready, let's dive in and read about the structure of the map by exploring its layers.

THE LAYERS OF THE MAP

The diagrammatic version of your map shown on the next page points to a tantalizing truth... namely that we are much more than we think we are.

Most of us think of our personality as the full extent of who we are, but the diagram on the next page shows the possibility that your personality is only one part of a much wider range of potential that exists in us all.

The Layers of the Map

The Outer Layer - Details your egoic personality traits. These are the ways you act and behave in the world and the ways people know you as you.

The Second Layer - Details your thoughts. The ways you think about yourself and the ways you act in the world.

The Third Layer - Details your needs, emotions and fears. This space on the map (comprised largely of blank space) shows your primary needs, emotions and fears.

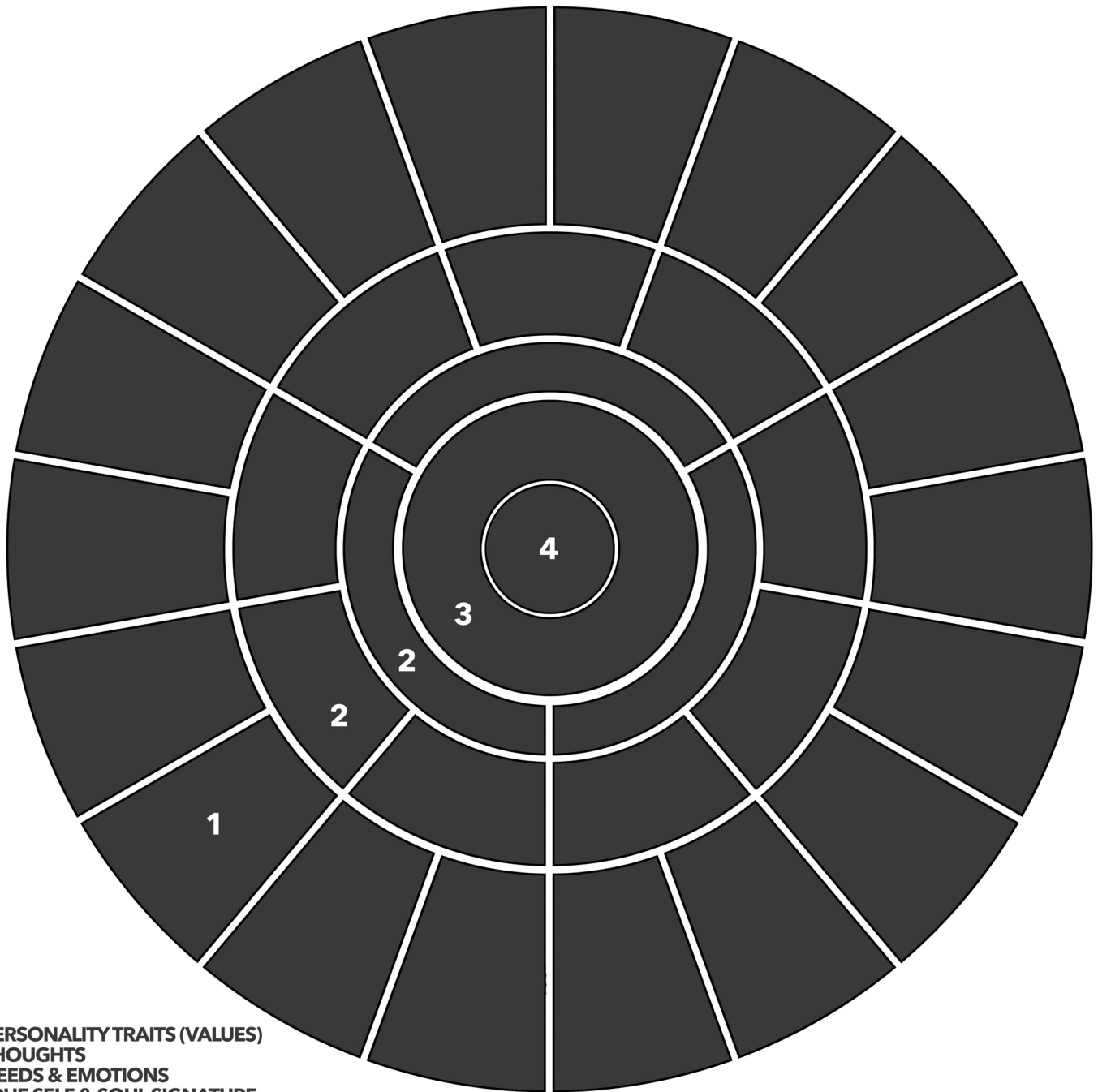
The Centre Space - Details your true self and is a visual portal to the present moment.

This part of you is a vast, largely unrecognised quality of being that has been encased in layers of protection and for the most part forgotten. This aspect of who you are is described in many ways; your true self, your unconditioned self, your soul, or your essential self. We call it your true self.

Despite all the definitions, this aspect of who you are can only be experienced in the present moment. Your true self and the present moment are the same thing.

Most of us have had glimpses of our true self, at times of exquisite peace or happiness, but they have been fewer than we would like because our awareness is so dominated by the day-to-day dealings of our personality. Reconnecting with your true self is the gateway to the present moment awareness, and present moment awareness is the gateway to your true self.

So let's journey on together and explore how to use your map.



- 1. PERSONALITY TRAITS (VALUES)
- 2. THOUGHTS
- 3. NEEDS & EMOTIONS
- 4. TRUE SELF & SOUL SIGNATURE

THE TEN PRINCIPLES

This entire programme has been structured to support you in using the map as a practice to live in the moment. All the exercises are leading you to the final session in which you will learn The R.E.S.T. Process. The R.E.S.T. Process will lead you to the doorway of your true self and to a life in which you can feel fully alive and present. However, before embarking it will be useful to understand the territory of the map and the principles that underpin each layer. As you read the principles you may find yourself disagreeing with them, or even not really fully understanding them. This is normal. At the moment you do not need to believe or understand these principles. The map is first and foremost a journey to be experienced not a set of theories to be understood. We are offering you the theory in order to help you appreciate more fully the exercises that follow.

Personality Layer – The Outer layer of the map

- Personality traits are a complex set of emotional defence and coping strategies that help you manage and survive the challenges of daily life. They also keep you away from the present moment.
- Your individual personality traits are oriented around your core 'to- wards' and 'away from' values.
- Many of your personality traits are unconscious or denied.

Thoughts Layer - The second layer of the map

- Thoughts of self-justification are beliefs that justify the ways you act and keep you away from the present moment.
- Thoughts of self-judgement come from the inner critic and keep you trapped in ways of behaving that limit you and keep you away from the present moment.

Emotional Layer - The third layer of the map

- Unmet and unacknowledged needs sustain your patterns of thinking and acting and keep you in a reactive state away from the present moment.
- Unfelt emotions and wounding experiences from childhood stay locked in your body and keep you trapped in limiting patterns of thought and behaviour.
- Deep unconscious fears keep you from experiencing the present moment.

True Self - The centre of the map

- Each personality type has its own 'soul signature' which is their own definition of 'nowness'.
- Cultivating mindful awareness is the key to living in the present moment.

DEVELOPING MINDFUL AWARENESS - THE KEY TOOL

So how do you cultivate the capacity to live in the now? Quite simply by cultivating the power of mindful awareness.

The kind of awareness we are talking about here is a specific kind of awareness that creates distance from what you are experiencing, whilst at the same time opening you up to your immediate experience. To exercise the power of mindful awareness you are required to become more present to your experiences without reacting to them, seeing them as objectively as you can without reacting or judging. You are realising what you are feeling or sensing, without interpreting or analysing what you are experiencing. When you do this, you are more able to respond in intelligent and appropriate ways.

The power of mindful awareness rests on your ability to be present with your experience in the way that a loving parent holds their baby, or the way an adoring animal owner looks into the eyes of their beloved pet. When parents hold their babies their whole attention is directed towards their child. They speak to them, touch them and maintain a constant steady presence. On occasions where the parent is actually concerned for their child, perhaps when they are ill, they know that by staying present and in contact with their centre they convey much less fear to the child. The kind of mindful awareness we are talking about here is the gaze of unconditional love.

In short this kind of mindful awareness is grounded, receptive, open-hearted and non-judgemental. Take a moment to see if you can hold this kind of awareness to what you are experiencing right now.

Once you have mastered mindful awareness you will know what it means to live in the moment, because this awareness IS living in the moment. Each time you visit you map you are visiting it from the place of present moment awareness, you are in fact practicing the very thing you came here for in the first place. Please do not be discouraged if you find this difficult. We all do, that is why it is called a practice.

On the next pages there are some qualities that will help you to master mindful awareness.

FIVE QUALITIES OF MINDFUL AWARENESS

Trust

To cultivate trust, consider the possibility that you already know the way to living in the now. Just as your body has an inbuilt mechanism that programmes it to always be working towards balance and health, so the human condition is geared to evolve. Your body just needs your support, co-operation and awareness.

A central part in developing trust is to loosen your habit of trying to control and direct so much of what happens. Instead, listen inwards and attune to what is trying to naturally unfold. This way, you will leave some space for the intelligence of your awareness to lead the way.

Although you will have had experiences where life has felt very tough, in retrospect you may often have come to see that what looked like bad luck turned out to be offering you a deeper gift. It is extremely helpful to trust that life is trying to orient you to the freedom you seek. If you can accept this view, you will find that it will be invaluable in supporting you.

Truth

As you experience the liberating power of truth, you will learn that you can trust it. Truth transforms your visits to the map into a grand adventure. So often I got caught in trying to live up to an idealised vision of who I would like to be, because facing where I was in my process felt disappointing.

Cultivating an attitude of seeking truth, allowed me to develop the capacity to be more honest with myself, resulting in my being able to find and recognise truth. I have learned that this depth of honesty and capacity to be real, to face my truth, has made me more willing and able to be vulnerable leading to me being more open to feedback and support from others. The more I sought my truth, the easier it was to cut through the patterns of my emotional defences and the faster my capacity to live in the moment became. It will be the same for you.

FIVE QUALITIES OF MINDFUL AWARENESS

Curiosity

As you journey through your map you may often try to block out aspects of your experience that you find uncomfortable. This will confine and imprison you. The length of your imprisonment will be in direct proportion to how long you allow your tendency to block out or close to operate. How much more enjoyable would your life be if you lived it with a habit of curiosity rather than fear of everything you encounter? Your practice with the map will be so much more interesting and fulfilling if you meet it fresh each time. Trying to fit it into preconceived or existing perceptions keeps your view of reality in the known and shuts out so much possibility. The spirit of curiosity will completely revolutionise the way you are learning to be with yourself and will transform every pattern of your emotional defences into a core quality that has freedom at its heart.

Compassion

Compassion is the vital and often difficult task of learning to let go and relinquish your tendencies toward self-attack, whether you direct that attack inwardly or project it outwards.

When you begin working with your map you will start to see how extensive your habits and conditioned responses are. It is easy to get despondent and feel bad about this, giving yourself a hard time and punishing yourself for not trying hard enough to be different. It is very important for you to get a handle on this. Self-attack is something you need to learn how to spot and stop giving energy to. Instead, cultivate a deep kindness and compassion for yourself and those around you.

Courage

All of this seems very simple. But it is not easy. Just to say cultivate trust, cultivate truth will not help you to actually do it. There is no easy 'how to' when you are working at this level of your psychological and spiritual development. What is required to learn to develop and grow these qualities is courage. Courage and the willingness to keep going with your practice, to keep on with your journey and learn along the way.

THE CENTRE OF THE MAP

THE HOME OF NOW

The centre space on your map is a visual representation of the present moment and your true self.

When you sit in the centre space in the map you are free from the limitations of your personality and are living in the now. For most of us this is nearly impossible because we are absorbed by the activities of our personality. But in peak moments of your life the present moment becomes visible and felt by you. Moments of great Peace, Wholeness, Love, Originality, Excellence, Wisdom, Trust, Joy and Power show up when you are unguarded and the mask of the personality has slipped away.

Most people spend their lives entirely unaware of their true self, considering themselves to be the compilation of thoughts and personality traits that make up their personality. This abiding presence that is your true self is not something you can perceive with your intellect or emotions, but when you pay attention you know deep down that there is more to you than that which you experience and display daily.

When you experience your true self you experience freedom. You are more awake, more energised, more open, more connected. Times when you might experience yourself as free may be when you are in nature, when you feel a profound gratitude for life, when you give birth, when you are at the end of your life. Moments such as these cannot be mistaken for your everyday existence. They are more. You are more and you are fully yourself. Profoundly present. Whole-heartedly free. Sadly, we tend to mistake this experience for something that happened because of the circumstances in which we find ourselves, rather than knowing it to be something that is intrinsic to and within us all.

This programme is about enabling you to create the mental and physical space to distance yourself from the distractions of the outer layers of the personality, to sit in the centre of who you are and become able to listen, reconnect and embody your essential quality and the present moment. You will feel more deeply connected than you ever thought possible and the problems of your daily life gain perspective.

This place, this centre, is solid, enduring and deeply rooted in the body and from it you can source your core. You will feel as though you have limitless resources. You will no longer be driven to be better, no longer desperate to get your needs met. You will be free.

THE CENTRE OF THE MAP

THE HOME OF NOW

Directly experiencing 'nowness' is the starting point and the end point of every visit to the map.

Whilst we can all experience our nowness in a holistic sense, (for example when out in nature or in our creative endeavours) each personality type has a specific essential quality that belongs to their type. In many ways this essential quality is a personal definition of nowness. Each time an essential quality is experienced, it is a clear sign you are living in the present moment.

As a White Perfectionist, the essential quality that defines nowness for you is Wholeness.

When you experience the essential quality of Wholeness. You quickly discern that the Wholeness at the centre of your being is nothing like the 'Perfection' you grasp for in your everyday life. It is not the same because the essential quality of Wholeness does not rely on you trying so hard to improve the world and everyone else around you. In the space of Wholeness you are not required to work so hard or put other peoples needs above your own in your acts of service. In fact, this quality of Wholeness does not require you to do any of the things that show up in the outer edges of the map.

You will discover that your direct experience of Wholeness means that you are awake to your natural impulses and desires, that you are naturally able to let go of your need to be quite so intense and that you act decisively and powerfully in the world with acceptance and serenity. Staying on contact with essential quality will enable you to naturally catch yourself in the act of trying to perfect situations and allow you to find inner peace and a profound acceptance of what is.

When you are able to sit with the essential quality of Wholeness you will have transcended the egoic patterns of your personality and will be experiencing what it is like to live in the moment.

THE CENTRE OF THE MAP

THE HOME OF NOW

To feel the Wholeness in the centre space on your map you need only do one thing. Become aware! The awareness we are talking about here is the mindful awareness we spoke of earlier in this lesson. When you bring non-judgmental, mindful awareness to the centre space on your map you will notice the difference between this space and your ordinary existence.

Resting in the centre space of your map IS to directly experience Wholeness and the present moment.

Your work with the map is to notice the difference between how you feel when you are in the grip of the behaviours, thoughts and emotions on the outer layers of the map, and the felt sense of who you are in the present moment. When you let mindful awareness penetrate every cell of your body you are able to feel the consequences of your behaviours, thoughts and emotions on your body. When you visit the centre of your map you are visiting the place where your stories are extinguished and where the immediacy of the moment can be held and experienced in its purity. In the now you grow in spaciousness. The true language of the now is silence and presence, it is simple and spacious.

As a White Perfectionist you will know when you are living more fully in the now when you can:

- Let go of self-criticism and accept yourself for who you are, warts and all!
- Slow down and relax.
- Relinquish your sense of personal responsibility.
- Let go of the desire to do things perfectly or the right way.
- Allow yourself to be loved.
- Let go of anxiety.
- Allow for a wider range of emotions and express more of your thoughts and feelings with others.

So let's begin our journey...

The meditation that supports you in making connection with the essential quality of Wholeness is called 'Meeting Your True Self.' Please listen to it with your map open in front of you, and remember you are simply bring mindful awareness to this session, nothing else is required!