

THE WHITE PERFECTIONIST

Living in the Now

Lesson Six

PUTTING IT ALL TOGETHER

Welcome to the final session of our journey. The aim of this session is to bring everything you have explored into one place. Here we present you with tools to take on your onward journey with your map.

My Map to Freedom was designed to be a ongoing practice that you can incorporate into your daily life. There are four tools to help with your onward journey. It is entirely up to you which you use and how often you use them.

Tool One

The first tool is a guided meditation. This beautiful meditation, titled 'Here I am' is an invitation to simply open your map and let the words of the meditation guide you back to the present moment. It lasts about ten minutes and is best done either at the start or the end of the day. The more you do this meditation the faster your map will become a powerful anchor to get you back to the present moment. Within a dozen visits you should find that glancing at the map will be enough to return you to the present moment, which is why we suggest you put your wall art copy of the map somewhere you can see it daily.

Tool Two

The second tool is a simple guided inquiry called the R.E.S.T. Process.

The R.E.S.T. Process is a journey you intentionally choose to take as often as you can. Just like the meditation, this is a journey that will lead you through your daily challenges and return you to the present moment. The starting point of the R.E.S.T. Process is your everyday experiences and your opening question is always 'How have I avoided the present moment today?' The component parts of the R.E.S.T. Process are those you have been using throughout this programme, so you should find that the process has a familiar feel to it. When you get familiar with the R.E.S.T. Process you will discover that your daily challenges are the GATEWAY to the present moment! REST stands for:

Recognise
Explore
Surface
Transform

PUTTING IT ALL TOGETHER

To work through The R.E.S.T. Process, you will need your map in front of you as usual and of course you need to bring mindful awareness to the task at hand. Everything you have learnt whilst travelling through this programme still applies here!

The R.E.S.T. Process questions

Recognise – ‘In what way have I avoided the present moment today?’ To answer this question refer to ANY of the layers on your map, i.e. your traits, your thoughts or your emotions.

*E.g. You might answer like this.. ‘I have noticed I have been feeling angry today.’ (third layer of the map) OR ‘I notice I have been people pleasing a lot today’ (outer layer of the map) OR even ‘I notice I have been attacked by a lot of critical self-judgement today’ (second layer of the map). Choose just **one** example of how you have left the present moment for each visit to the map. (More than one gets too confusing.)*

Explore - “How has this trait or thought or feeling ensured that I have avoided the present moment?”

Has it created distraction and busyness? (meaning I lose connection with my body)

Has it caused me to over think? (meaning my mind is cluttered and full)

Has it caused me to avoid and withdraw? (meaning my heart feels closed off and unavailable.)

Remember any time your mind is not clear, your heart is not open or your body is not grounded or centred you are not in the present moment.

Surface – “What deeper need, fear or emotion needs to surface?” Bring your mindful awareness to any deeper emotions or fears that might be present and sit with them as long as you can.

Transform – Transform through connection with the present moment. Bring your attention to the centre of your map and to this moment. Become aware of everything you can hear, see and feel...Ask yourself ‘In this moment, what truth wants to be known?’ Listen for any intuition or guidance.

AN END THOUGHT

I would like to sign off this programme with a thought. At this evolutionary time, human kind is starting to wake up from the domain of fear. What evolution is now calling for is that we, each of us, one person at a time learns how to drop our fearful defences and show up. We do not have to change the world. We only need to reclaim what is right under our noses waiting for us to look in the right place.

My deepest wish is that the map shows you where to look for what you really want. When each of us looks in the right place we build a world from a sense of what is real and true, the kind of world we all want to live in. There is nothing more important, now or ever.

I hope you choose to stay connected through our social media channels and our live events. Whatever choice you make I wish you the warmest wishes on your ongoing journey.

Jane
