

Your compass

Your compass is the second quantum chaotic pattern that I developed in 2000. The book, *Journey to the centre of your life – your compass* describes this picture as it relates to people. However, Your compass equally applies to businesses, families, communities and even countries. Your compass teaches the process of internal integration. In addition, it also



describes what happens when people, businesses, communities put more importance on one aspect of life that can lead to isolation, fragmentation or disconnection within, and how to re-integrate. Your compass is different for everyone. From this book, two different charts have been developed, your compass and the boat. The boat is a metaphor for the compass. However, the format of the compass is important to understand future, soon to be published, quantum chaotic patterns. Also as the boat describes some mental health conditions, there is also a chart detailing treatment for these conditions. Your compass has infinite applications.

Many workshops have been developed targeting single aspects of this for particular audiences. However, the two-day '*Connect your compass*' is the most comprehensive.

Every activity in the workbook *Stuck! 20, 000 leagues away from the centre of your life* helps you find your compass.

Journey to the Centre of your life – your compass

Imagine you are living your life, going through the motions of living, but you know deep down something is missing. Other people tell you to journey to foreign places where great things happened, others tell you to go back to times and practice ancient rituals, others tell you to jump out of planes. But then someone tells you to look inside of you, that those activities only work if you look inside while you are doing them. You know that looking inside yourself is the way. But! Where to begin? The book *Journey to the centre of your life – your compass* can give you what you need if you really take the time everyday to look.

While reading the book you often get little glimpses, but it is like seeing someone across the crowded room you make a bit of eye contact but people and things block your view. A three-hour workshop is like meeting someone for coffee, you make some small chat and learn a little about them. Afterwards it is up to you to make other arrangements. The one-day workshop is like spending a leisurely afternoon with them, seeing them in the daylight, you listen to them and now you are starting to get to know them. But the only way to get to know them intimately is to spend the night with them. Seeing them not only in the daylight but also in the darkness, this is what the two-day workshop is like. Connecting with yourself in the light of day and in the darkness of night is the way.



Some people make eye contact over several meetings before they build up the courage to talk, others will skip the coffee and eye contact and go straight to spending the leisurely afternoon, and other will spend the night before they see themselves in the light of day. Whichever way you decide to begin to get to know yourself you are starting a relationship that lasts forever.