



Madeline began running community workshops for women in 2001 and for the last three years has run self confidence courses each term at Home & Family, an inner city social service agency.

She says LifeMapping is the culmination of her 59 years of life experience.

Madeline went skydiving on her 50th birthday and passed her driver's licence at 53. Last year she attained her Certificate in Adult Teaching from the Christchurch Polytech. She's still not really sure what she wants to be when she grows up but is confident that something great will turn up...

An Eastern myth tells how a group of Gods had a meeting to decide where to hide the "truth of the universe" from humanity. The first god suggested concealing it under the ocean, but the others shouted him down, saying that people would build an underwater boat to take them there. A second god suggested hiding it in the heavens, on a planet far from earth; but the other gods realised that a craft might be built to reach this destination also. Finally, a third god suggested that they hang the truth around the neck of every human being. The other gods agreed that people would never look in this most obvious place for truth. And so they did exactly as the third god suggested.



TE WHARE MANAAKI TANGATA

COUNSELLING - EDUCATION
EMERGENCY
ACCOMMODATION

221 Manchester St Christchurch
t: 379 5645 f: 366 7371
e: info@homeandfamily.net.nz
www.homeandfamily.net.nz

Life



Mapping



“We are not human beings
on a spiritual journey.
We are spiritual beings
on a human journey.”

STEPHEN COVEY



Life Mapping

In LifeMapping we use large sheets of paper painted with a time line. Seven year periods are marked in, this being the period of time it takes for the physical body to renew itself. Throughout the course creative exercises bring the Map to life. We gain a sense of perspective and connection through seeing our life laid out as a whole, interwoven with the lives of others. It gives us a sense of perspective and universal connection.

A LifeMap is not the answer to life any more than any thing else... life is an ongoing process of learning... but it may open our eyes to a much bigger picture. By looking deeper we can see a path emerging that has been there from the very beginning. That path contains our life's purpose; it honours the past, celebrates the present and gives direction to the future.

From the first time that, as babies, we recognize ourselves in the mirror, we learn to base our sense of identity on our outer appearance. If someone asks us to describe ourselves, we give our name, the colour of our hair, our height and shape, and then perhaps our occupation, our marital and economic status, our religion, and so on. But is this really who we are? For most of us there is only a very small chance that a stranger could truly know us by the labels we have given ourselves.



If probed further, we might go on to describe ourselves by our feelings or circumstances: "I am a sad person," "I am unlucky." This approach, however, is just as inaccurate; we may feel sad, and we may have been the subject of misfortune, but these facts are not what we are. We cannot be our emotions or our circumstances, because these aspects change.

"Learn To relax" by Mike George

Finding the great story that informs your life is a sacred task. To know your story is to know who you are. It is not to be taken lightly, although it does not have to be unduly heavy either... If you know your own great story, you are much less likely to sell yourself short, to get confused by the inessential, or to let others manipulate you or talk you into being less than you could be. For most of our lives, many of us feel as if we are traveling without a map. We know we're moving, but we have no real sense of where we have been, where we are, or where we are headed.

(Awakening the Heroes Within – Carol Pearson)



**TO FIND OUT MORE ABOUT LIFEMAPPING COURSES & WORKSHOPS
CONTACT HOME & FAMILY 379 5645, info@homeandfamily.net.nz**