

THE GREEN INVESTIGATOR

Living in the Now

Lesson Two



THE OUTER LAYER OF THE MAP

YOUR PERSONALITY TRAITS

Let's be clear here. Learning to Live the in the Now is learning to FEEL! Or more accurately it is *remembering* how to feel. This programme is about learning to feel the immediacy of life. ALL of it. Not just the good bits. The problem is that long ago you decided that this was not a safe way to live and you closed down your contact with the present moment. Developing awareness of the ways you avoid feeling your everyday experience is the first important step to living in the now. One of the biggest problems in our modern society is that we think our everyday ways of existing are normal, to be expected, are as good as it gets. They are not. When we develop mindful awareness of our immediate experience, we get back to who we were before the world got its hands on us and remember what we long ago forgot, who we really are.

In this session, we are exploring the outer layer of your map. Your personality traits. Your aim is to learn to recognise how these traits have become conditioned patterns of closure to living in the now. Your traits developed because you do not want to feel your own depths and taste life directly. Unconsciously you believe it is not safe and you would rather be safe than be happy. Eventually, your traits became ways of being that increasingly distanced you from the immediacy of life so that you gradually lost intimacy with it. This is why you feel so much dissatisfaction with yourself and your life. Is that normal? No, of course not.

The more you flee the present moment, the smaller and more isolated you become. You experience what I think of as an 'inner shrivelling'. You become dogmatic, inflexible and self-protective, and you become a victim of fear, anger, distrust, and neediness. You lose your sense of delight in life and instead of feeling full, alive, and energetic you feel depleted, empty, and dissatisfied. When you are not in the moment, you are in a reacting and avoiding mode of living. Even though you may not be aware of it, when you are acting out your habitual patterns of behaviour, thought, and emotions, most of the time your breathing becomes tight and muscles become armoured. You become tense and have negative feelings. At such times you have dropped out of the present moment and are likely to think reactively, behave poorly and make bad decisions.

THE OUTER LAYER OF THE MAP

WHAT THE PRESENT MOMENT FEELS LIKE

So what does the present moment feel like? Present moment awareness is experienced and recognised through your three centres. Your head centre, your heart centre, and your body centre.

Present moment awareness or nowness is experienced in the head centre when your mind is clear and spacious, and is free from clutter and busyness. You feel an unmistakable lightness of mind that feels clear, responsive and agile. Remember how your mind feels when you are on holiday, like you have left the cares of the world behind? That's it!

Present moment awareness or nowness is experienced in the heart centre when your heart is open and warm. You experience an outpouring of love for everyone and everything and there is an absence of tightness and defensiveness. When your heart is open there are no barriers or walls of protection. Remember how you feel when you look at someone you love or cuddle your pet? That's it!

Present moment awareness or nowness is experienced in the body centre when your body is grounded and centred. You were gifted with life and it is your birth right to feel its immediacy, to feel the humming vibrance of your body and the exquisite joy that exists within every moment. Remember when you FELT fully alive, that's it!

When these three centres are operating in the present moment you will recognise it as feeling relaxed, peaceful, and joyful. Anytime you are not feeling these things you have abandoned the present moment. (Which for most of us is most of the time!)

So, let's explore your everyday experience starting with the outer layer of your map. Your aim with this is to directly experience the ways you leave the present moment through your habitual patterns of behaving. We will do this through an inquiry exercise at the end of this lesson. But first, let's get familiar with your personality traits. Read the description of your personality traits on the next two pages. These are describing what is detailed on the outer layer of your map. Do not be discouraged if you do not recognise ALL the traits described. It often takes some time to own all aspects of yourself. Once you have read the description and had some time to digest it all move on to the inquiry exercise.

THE OUTER LAYER: YOUR PERSONALITY & DESIRE FOR KNOWLEDGE

As a Green Investigator, your core value is the acquisition of knowledge. You believe that if you know everything then you will be happy. The ways that you ensure you acquire knowledge is by being intelligent, knowledgeable, informed and perceptive.

Private and solitary by nature, you like to be invisible until you are ready to reveal yourself. More importantly, you want to be self-sufficient and not have the entanglements of obligation. This leads you to staying on the side-lines, preferring to meet the world with your mind. In general, you see the world as intrusive, overwhelming and chaotic, often demanding too much and giving too little in return. You see yourself as intellectual, dispassionate and investigative. You would like others to see you as rational, logical and scholarly.

Studious and scholarly, you develop expertise in any area that is of interest to you, often in more than one field. You have a strong capacity for gathering knowledge, complex skill development, invention and innovation. Intellectually curious, insightful and intense you can become highly focused on mental pursuits and you believe that knowledge is power, feeling it is imperative that you be intellectually astute as a means of survival.

To manage the fear of not knowing, you conserve your energy and focus your attention on acquiring the information necessary to make sense out of the chaos. You have unparalleled powers of mental perception due in part to your ability to remain detached and unaffected by your emotions, and an inquisitive and observant nature with an insatiable appetite for information. You think things through before offering your perceptive insights regarding systems, people, or how the world works and your strong independence and self-reliance means you can serve others as a rational observer who can offer an objective point of view. Your practice of thinking before you act and not jumping to conclusions allows you to be very logical and analytical in your actions. You excel at innovation by applying knowledge, expertise and technical skills. Although this could be used for any purpose, your introverted, independent, and cerebral focus is ideal for research positions and academia. You tend to serve certain roles for others including the repository of knowledge, wise man or woman, impartial expert.

Your greatest strengths are your clear objectivity, your instinct and your penetrating insight that is unfettered by emotions. You have an innate ability to gather information and create systems to assess and categorize data in a clear and concise manner. Mentally astute, you can observe, study and track even the smallest details. Underneath your shyness and reserve, you are a kind-hearted and giving person. You are also very loyal to and supportive of those you care for.

OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF IGNORANCE

As a Green Investigator, the reasons you find it difficult to stay in the now is connected to your fear of not knowing what you are doing. You believe that if you don't know something or are seen to be lacking you will be unhappy. Because of this your weaknesses and negative tendencies relate to the ways you ensure you maintain knowledge at all times. Avoiding the glaring light of scrutiny, you are private and introspective and avoid standing out and/or being misinterpreted. This can lead to others thinking of you as anti-social, secretive, remote and detached. When you feel that you lack intellect and are ignorant of something, you become withdrawn, isolated and secretive. Considering yourself to be intense, unexpected, original and different from others, you are not afraid to point out the 'emperor who has no clothes' and your wonderful sense of humour is based on postulating the absurd. You shun pretentious or ostentatious displays and probably find small talk or a brainstorming session at work to be an insufferable waste of time. Your negative tendencies are related to your detached intellectualism.

You tend to become eccentric and isolated in the fantasy world of your mind and can become preoccupied with imaginary constructs that others find meaningless and unimportant.

Your comfort in mental pursuits makes it hard for you turn your thoughts into constructive action and to participate in the physical world. Feeling that too much will be demanded of you, or that you will be powerless to act in the world in its current state, you strive for separation from the world and self-sufficiency in your life. You practice minimising your physical and emotional needs and learn to become quite stingy, unemotional, and you purposely distance yourself from essential resources and nurturing.

Fearing intrusion, you need to keep yourself hidden and can often become argumentative to keep yourself distanced from others. This argumentative trait can make you appear arrogant and controlling, but no matter how much you appear to be in control you often feel vulnerable and exposed, like an animal without fur. You need others to not place high demands on your time or energy as you need time alone to recharge. It is essential to your well-being that your mind is clear, your life uncluttered, and that you have the ability to control your time. You fear annihilation, contamination and being fully embodied and feel more comfortable being with your thoughts than in your body. Because you prefer to live a life that isn't weighed down by attachments, you often dispose of things or relationships you consider to be baggage.

EXERCISE

Congratulations, you are now ready to begin your first exercise.

- Give yourself some quiet time, have your map open in front of you and bring yourself into a state of mindful awareness with a few deep breaths.
- Choose one personality trait from the outer layer of the map it can be a 'good' trait or a 'negative' trait.
- Using the trait you have chosen, 'answer' the three inquiry questions below.
- For one, or even two of the questions you may get the answer "It doesn't." That is fine, move on to the next question
- Avoid rushing through these questions with your thinking mind. Mindful Awareness is needed here.
 - **How does this trait create distraction and busyness? (meaning I lose contact with the immediacy of my body)**
 - **How does this trait create overthinking? (meaning my mind is cluttered and full)**
 - **How does this trait create avoidance and withdrawal? (meaning I feel closed off and unavailable.)**

Remember, anytime your mind is not clear, your heart is not open, and your body is not grounded you are avoiding or fleeing the present moment.

You may not always find this inquiry easy because your traits have become so normalised. Simply remain with your mindful awareness and notice whatever arises into the space of inquiry. It is important that you stay open and curious and not judge what arises. **It is also important that you do not do anything or try to change yourself.** People often think they have the change their behaviour, do things differently, nothing could be further from the truth...**there is nothing to do but simply hold the space of mindful awareness.**

Spend a week or two doing this exercise **choosing a different trait each time.** Choose traits that you have noticed popping up in your day. When you choose traits that you notice in your everyday life you are learning to catch yourself in the act of fleeing or avoiding the present moment. The more you do this the faster your awareness grows, the more spontaneous and authentic you become, the more you develop a growing connection to the present moment.

Listen to the guided meditation called 'Your Traits'. It will support you with this exercise.