



The Compass

plus 5
360 degrees of freedom
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YOUR GUIDE TO YOUR BEST FUTURE



Jane Teresa Anderson

The Compass

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The Compass: your guide to your best future

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Dedication

To Michael, Rowan and Euan, my guiding stars.

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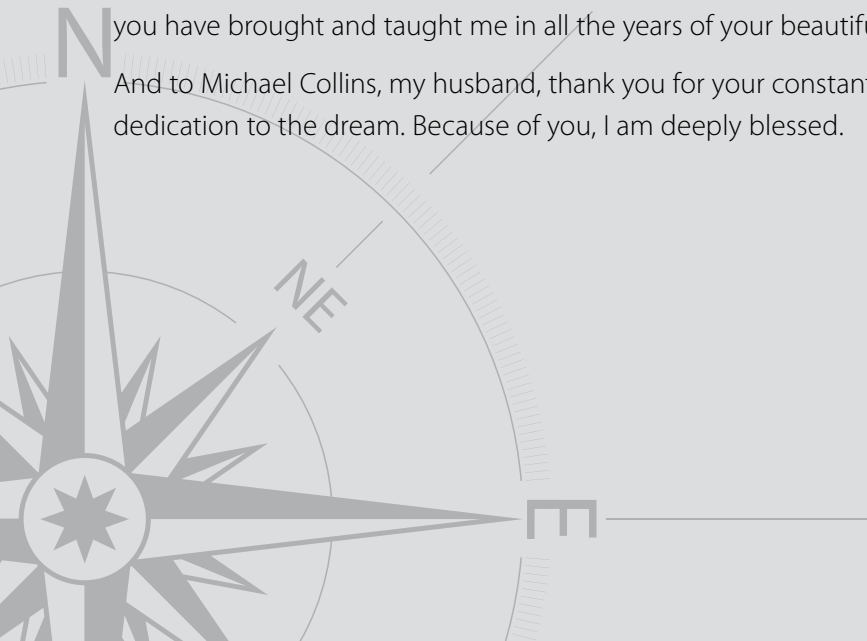
Teilo Berquier, thank you for being in the right place at the right time twice in my life, nine years apart. Thank you for sharpening my vision and always seeing an even bigger picture.

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And to Michael Collins, my husband, thank you for your constant love and dedication to the dream. Because of you, I am deeply blessed.



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About Jane Teresa

Jane Teresa Anderson BSc Hons is an internationally acclaimed dream analyst and personal development coach, consulting through her website at www.dream.net.au. She is the author of five books including *Dream Alchemy* and *101 Dream Interpretation Tips*, a regular guest on national television, and an accomplished radio dream talk-back expert, interpreting callers' dreams for more than 1,500 shows across commercial and ABC stations.

With an Honours degree in Zoology specialising in neurophysiology from the University of Glasgow, Jane Teresa has been researching dreams since 1992, and developing and teaching dream alchemy practices (exercises) that shift perspective and transform unconscious limiting beliefs.

Jane Teresa created THE COMPASS to help people who don't remember their dreams to achieve the kind of powerful life results experienced by her dream clients. She lives in Brisbane, Australia, with her husband, Michael.





Introduction

Are you feeling stuck?

Have you reached a crossroads?

Where is your best future?

Which path should you take?

What seems to be in your way?

What decision do you need to make?

Which problem is uppermost in your mind today?

What is your question?

What do you worry about?

What keeps you awake at night?

Which problem won't go away?

Which issue keeps coming up?

Do you know what to do next?

Are you ready to move on?

GET YOUR BEARINGS

So you've tried everything, and you can't see a solution to your problem? It looms before you, a huge obstacle blocking your way, keeping you stuck. You don't know how to get round it, climb over it, blow it away or find a better path.

But there's no such thing as an insolvable problem. There are always solutions. Sometimes you're just too close to the problem to see the best way forward. That's when you need a compass to get your bearings and discover the path to your best future. This book is your compass.

DISCOVER YOUR BEST FUTURE

Imagine your problem is a mountain blocking your path. You have just turned a corner and there it is, right in front of you, obstructing your access to the path beyond. From where you stand, you can see one steep, jagged, icy trail snaking up the mountainside, ending in a precipice overhanging a deep crevasse. Being so close to the mountain, your personal view is severely limited, and there appears to be no solution to this problem, no way of getting over it.

Now imagine moving several compass degrees to the left, and looking again. From this point of view, you might see an easier path zigzagging across rocky ledges, bypassing the top of the mountain, and seemingly leading to the other side. It's a possible solution around the problem, but it's risky and it would be a long, exhausting route to take.

Then picture finding a viewpoint several compass degrees to the right of the mountain, where you see a train waiting for you at a station, ready to zip you through a tunnel deep into the mountain and deliver you to the other side, fast and safe.

Other viewpoints may present other solutions. Further around on the compass dial, a new angle might reveal a lake nestled into the side of the mountain and a ferry boat that can take you across the lake to shortcut the journey you had originally intended and deliver you fifty kilometres beyond the mountain on your chosen path two days earlier than planned.

Yet another viewpoint might present you with a mountain guide prepared to take you safely up the mountain to spend time at a spiritual retreat perched in a Shangri La setting. This new view might entice you to change your original plan and follow the

guide, while the magnificent bird's eye view you get from the retreat might inspire you to choose an entirely new path from that point forward.


Or, at only two compass degrees round the mountain from where you started, you might meet a guru who sits you down to meditate on the existence of the mountain, whereupon you reach an epiphany: you realise that the mountain is made entirely of tiny particles of sand. It only appears to be a solid, immovable rock. You see that all you have to do is take a deep breath and blow that mountain away. Your problem was not a problem after all. It was an illusion. What a discovery!

And so it continues. How you see your mountainous problem depends on your personal views and beliefs, and these are based on your unique life experiences and upbringing. Your personal views and beliefs limit the number of solutions you can see to a problem. If you can see your problem from a new viewpoint, a new angle, you will not only see new solutions to your problem, but you will also look back on where you originally stood and see your old self in a new light. You will see the person you were, with your old limiting beliefs and the blocks and problems they created for the old you. You will feel the shift as the old you fades, and the new you understands, smiles, and moves forward.

So this book not only offers you solutions to your problems, it also frees you from your limiting beliefs by showing you how your past experiences created your present outlook and present blocks. You'll discover exactly how this magic works when you begin to use *The Compass*. The more you use *The Compass*, the more you'll break through your conditioned beliefs and fears, and see perfect solutions that excite and inspire you into action.

Imagine your question or problem is at the centre of a circle, or the centre of a circular compass. There are 360 degrees marked out around the edge of the compass. Imagine walking around the edge, looking in on your question or problem. Pause at 1 degree: how does the problem look? Pause at 180 degrees: how does the problem look from this completely different angle? Every new viewpoint frees up your old limiting views and beliefs.

Imagine having 360 degrees of freedom at your fingertips! You do: they're all here in this book, each on a separate page, and with an extra five degrees of freedom added for those who want to contemplate a page a day for a year. For everyone else, there's a fast, direct route to using *The Compass* to find a solution to your problem, as you will discover in the next section.



How to use The Compass

You can use The Compass in three different ways:

- 1 To move mountains and solve problems.
- 2 For daily contemplation, 365 perspectives.
- 3 To solve artist's block and release your creativity.

TO MOVE MOUNTAINS

Think about the problem you wish to solve, and turn it into a question you would like answered. Write that question down. Then ask for a solution and open this book at random, focussing on your question. Read the degree of freedom on that page.

For example, you may randomly select the page showing the degree of freedom 'Brake'. When you consult the WHY section on that page, you'll see it reminds you that when you're going too fast, you miss seeing opportunities.

Next answer the personal questions in the CLARITY section on that page. You will experience a new view of your problem and begin to see possible new solutions. Your answers will also help you to see how your past experiences (for example, a need for speed you developed at some stage) may have shaped the problem in the first place.

Then move on to the ALCHEMY PRACTICE on that page. This practical, though sometimes seemingly quirky exercise, helps you to transform your old views and beliefs—the ones that were not serving you well (for example, a fear of taking things more slowly)—into new ones that will bring more positive rewards into your life. These intensely powerful alchemy practices work at both a conscious level and a deep, unconscious level, which is why they may seem a bit bizarre and silly at times. Plunge into the fun side of the practices knowing that your unconscious mind responds to the quirky symbolism of the tasks, and that's the most important thing. (For more on how these practices work and why it's important to do them, read 'For daily contemplation' following the example of Alannah's experience below.)

But don't stop there! Remember, there are many possible solutions to each problem. Repeat this two more times, giving you three different degrees of freedom to explore and blend to discover the ultimate, unique solution.

For example, your second and third degrees of freedom might turn out to be 'See the silver lining' and 'Express'. Putting the three degrees of freedom together, you might decide that instead of trying to deal with your dark-cloud difficulties too hastily, you should slow down and see the silver lining opportunity you've been missing to express yourself and your work in a whole new way.

The Compass does not tell you what to do, or what will happen, but by selecting pages at random (allowing the universe to lead), you experience a unique, transformational blend of degrees of freedom that will resonate with your personal situation and open your eyes to a number of excellent, easily achievable solutions. It's over to you!

Alannah's experience

As an example, here's how the moving mountains approach worked for Alannah.

As recommended, she opened the book at random three times to follow three degrees of freedom, but for the sake of simplicity, only one degree is illustrated here.

Alannah was having difficulty relating to her boss, and was wondering whether to leave. She wrote down her question using these words: "Should I leave my current job?"

She focussed on her question, closed her eyes, and opened The Compass at the page that felt right. Opening her eyes she read her degree of freedom: 'Take the first step'.

At first, Alannah thought this meant she should take the first step towards leaving her current job, but she decided to read the rest of this degree of freedom, and answer the personal questions to get more insight.

First the degree's purpose, WHY?, is explained. Alannah read, "It's your journey." She felt a surge of strength when she read this. She too often looked at things from her boss's point of view, instead of considering her own needs. Yes, her job, and what to do about it, was her own journey. It's important, she decided, to make my decision for me.

Next on each page is the CLARITY section. This is where you find the personal questions. The first question for Alannah was, "What is your greatest wish?" After some contemplation she answered, "To be allowed to use more of my creative talents at work." The second question was, "Where, in your life, do you hold back or hesitate?" Alannah was surprised that this question came up straight after deciding she wanted to use more of her creative talents. It made it easier for her to see the obvious answer: "I hold back whenever I get worried that someone is going to criticise my work. I hold back my out-of-the-box ideas, and give the ones they expect instead."

At this point Alannah began to see her problem in a different light. Even if she found a new job, she could still end up holding back for fear of her ideas being ridiculed. She began to see her problem wasn't her job, but her approach to her job, and her doubts about her talents.

Here's how she answered the remaining personal questions:

Q *Imagine that wish coming true. How does it make you feel?*

A Scared. What if they don't like my ideas?

Q *What else would change in your life?*

A I'd be expected to keep coming up with ideas, and might have to work longer hours to succeed. I might lose quality time with my children.

Q *What challenges would your new life bring?*

A The challenge of staying creative while also finding quality time for my children. Spreading myself too thin.

Q *What would be fearful for you once your wish was fulfilled?*

A Growing apart from my children.

Q *Are you ready to overcome that fear, to take the first step and trust the outcome?*

A Now that I realise the fear behind this, I realise it's silly. It's my journey. I'll be the one in control of what I want and what I don't want. It's for me to decide how much time to put into work, and how much time to put into my children. The stupid thing is that I spend so much time at home worrying about my relationship with my boss and about not being able to use my talents that it's getting in the way of my relationship with my children anyway. Better to take the first step and trust the outcome.

Alannah decided the first step was to present one of her more unusual ideas to her boss, instead of the one she was going to present. It was to be the first step of her journey, and she was ready to trust that it would work out better for her, better for her children, and, she could already feel in a strange, intuitive way, better for her relationship with her boss in the long run.

Alannah was reticent to do the ALCHEMY PRACTICE because it seemed both silly and obvious, but she plunged in with good humour and later reported that her

confidence had miraculously increased way beyond her expectations. The transformative power of doing the alchemy practice instead of just reading about it, created deep heartfelt change, as it always does because doing involves the heart whereas reading involves the head. She began to wonder what all her fuss had been about. Once you've found the solution and moved on, things look so different from the other side of the mountain.

So, now it's your turn. What are you waiting for? Think of your problem, turn it into a question, write it down, ask for a solution, close your eyes and open this book at random three times. Go!

FOR DAILY CONTEMPLATION

There are 360 degrees of freedom plus a bonus five, making 365—your daily dose for a contemplative year. Read one a day (perhaps choose from the index at the end of the book, or simply start at number one), answer the personal questions in the CLARITY section and see where they take you. Each degree of freedom introduces you to a new view of your world. Some degrees will resonate more strongly with you than others. When the resonance is strong, follow through by doing the ALCHEMY PRACTICE.

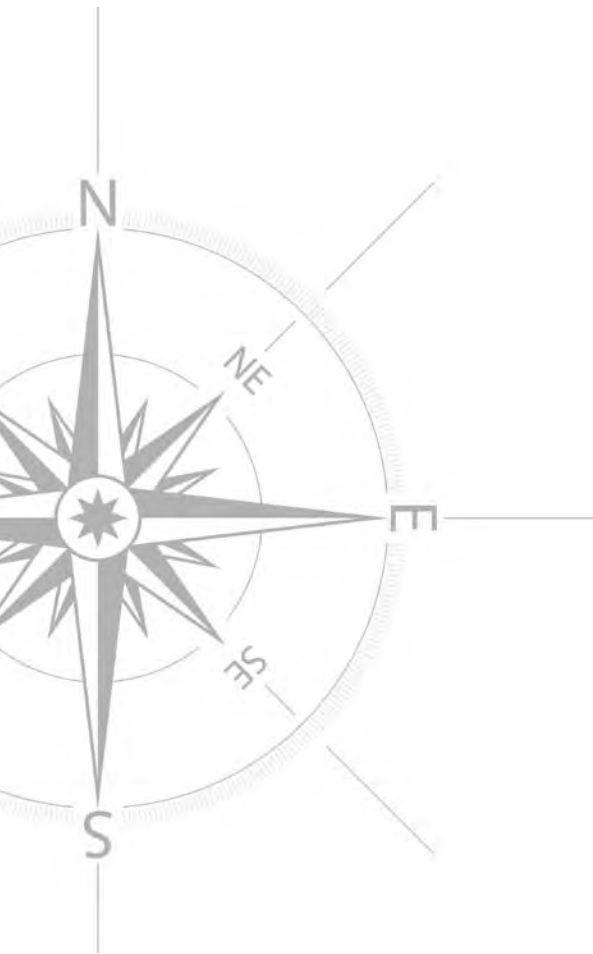
These fun exercises are deeply transformational, physically, mentally, emotionally, and spiritually, no matter how bizarre, childish, frivolous, or outrageously ridiculous they may seem. There is method in this apparent madness. Many of the alchemy practices incorporate symbolism to communicate with your unconscious mind using its own language (the language of symbolism, similar to the language of your dreams). Most of the practices also trigger your right brain into action, and that is best achieved by breaking the rules of logic, introducing play, and getting you thinking (and doing) outside the box. These practices also focus on engaging a range of your senses because the more senses you bring into play, the swifter the transformation.

Does reading about sit-ups flatten your abs? No, it's doing them that counts. Does thinking about facing a fear get you past the fear? No, it's involving your heart that works the magic. Does thinking about healing a hurt work? No, it's feeling the healing in your heart that makes it real and long-lasting. The alchemy practices are designed to get your

heart involved after your head has done the understanding work through answering the CLARITY questions. Once you have both head and heart understanding, you have long-lasting, positive change. The best way to discover the power of the alchemy practices is to do them. Go to it.

TO SOLVE ARTIST'S BLOCK

The ALCHEMY PRACTICES are designed as transformational experiences, and they also work to open up and expand your creativity. When you've lost touch with the muse, open the book at random and do some of these fun, quirky, inspirational exercises. You'll soon get gold.



The Compass: Your guide to your best future

plus 5
360 degrees of freedom

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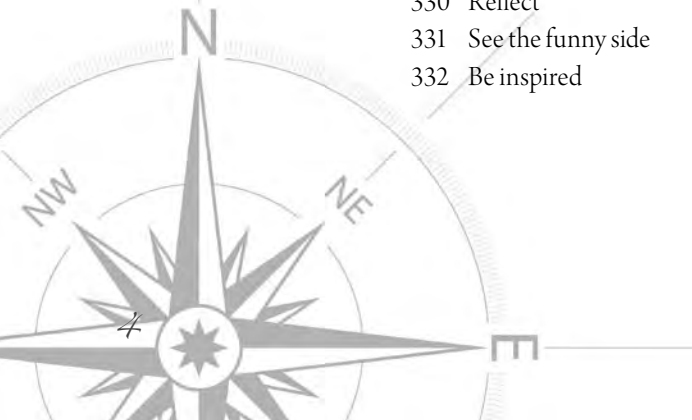


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1st DEGREE OF FREEDOM

Lay a foundation

WHY?

Without a foundation, your ideas, plans and wishes are castles in the air.

CLARITY

What is your unfulfilled dream, your castle in the air?

What feels shaky and unstable in your life?

Imagine your castle firmly built, and imagine the shaky, unstable feeling gone from your life. What new challenges would these successes bring you? What do you fear when you imagine this? Are you ready to blow these fears away, and replace them with unshakeable confidence?

ALCHEMY PRACTICE

Choose one word to describe the idea, plan or wish you want to bring into your life. Buy some clay or cement and a decorative dish or container. Fill the container with your clay or wet cement, then carve your word onto the surface and let it set. Symbolically you have laid your foundation. Touch your foundation stone daily, speaking the word clearly and confidently, feeling the solid ground beneath your feet, and the solid stone beneath your fingertips.

2nd DEGREE OF FREEDOM

Unravel

WHY?

To see clearly, you need to understand how it all began.

CLARITY

Which situation in your life seems tangled?

When does your stomach feel tied up in knots?

Imagine that tangled situation disappearing from your life, and a whole new freedom opening up in front of you. What new challenge would that freedom bring? What fear does it conjure up? Are you ready to let go of your need to complicate things?

ALCHEMY PRACTICE

Search around your home or office for something tangled. You'll find it! It might be a length of string, a box of odds and ends caught up in loose paper clips and rubber bands, a tangle of weeds in an old plant pot, or those messy loops of computer wires behind your desk, for example. Untangle and unravel. As you do this, focus on a relaxed, calm, untangled feeling in your stomach.

Chart your way: your notes



3rd DEGREE OF FREEDOM

Flow

WHY?

When you hold your energy back from the world, you deprive the world of your full beauty.

CLARITY

Which situation in your life feels slowed down or stuck?

When do you hesitate and hold back your feelings or ideas?

Imagine that slow situation speeding up and a new you freely expressing your views. What new challenge would that progress bring you? What fears loom up? Are you ready to stop doubting, and trust the flow?

ALCHEMY PRACTICE

Choose a song or a piece of music that feels flowing and beautifully expressive to you. Play it over and over again (or sing it) until you feel at one with the flow of the music. Next time you're in that 'stuck' situation, or next time you feel yourself holding back, remember the feeling of the music and let yourself flow.

Chart your way: your notes



4th DEGREE OF FREEDOM

Fuse

WHY?

The whole is much more than the sum of its parts.

CLARITY

What is it that you try to do alone, without help or input from others?

When, in the past, have you felt you were a cog in someone else's wheel?

Imagine accepting help from experienced people with skills outside your own field, and finding yourself achieving something beyond your wildest dreams. What new challenges would this situation deliver? What would you fear most? Has your past influenced your present? Are you ready to risk that fear, and share the dream?

ALCHEMY PRACTICE

Join a team or group to create something much greater than the sum of each person's effort. It might be a choir, an orchestra, a drama group, a sports team, a committee, a charity or an environmental group, for example.

Chart your way: *your notes*



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5th DEGREE OF FREEDOM

Accept no baggage

WHY?

When your hands are free, you can create, and express yourself more clearly.

CLARITY

Which situation gives you a heavy, weighed down feeling?

Whose load do you try to lighten?

Imagine feeling light and free in that situation. Imagine that person taking a load off your shoulders for a change. What new challenge would the removal of this burden bring you? What fear springs to mind? Are you ready to lighten your load and move forward without guilt?

ALCHEMY PRACTICE

Stand up and notice how clenched your shoulders and hands are. Are they tight, as if taking the weight of heavy baggage? Now imagine letting go of those bags, opening and releasing your hands, and dropping your shoulders. If you have difficulty dropping your shoulders, shrug them first and then let go. As you do this, notice how free your body feels, free to create and express yourself.

Chart your way: your notes



When you can't see a solution in your personal or professional life, when your options or ideas feel limited, when you feel stuck, when you feel you're not living or working to your highest potential, when you can't decide, when you feel like giving up, when your creativity has stalled and you're staring at a blank page, when you want things to change but you don't know how to make it happen, when you need insight into a problem, when you need creative edge, when you need direction – **THE COMPASS** delivers.

Imagine your problem as a mountain. There you are, looking at that mountain from one point of view. Now imagine that mountain placed at the centre of a compass. Walk around your problem and view it from each of the 360 degrees – from 360 different perspectives, 360 points of view, 360 potential solutions.

THE COMPASS offers key questions – the right questions – to help break your habitual patterns of thinking. The questions you usually ask yourself are limited to your point of view. **THE COMPASS** changes this. When you ask the right questions, you see the best solutions. The alchemy practices (exercises) in this book, while fun to do, create meaningful deep inner change, freeing and enabling you to see your way forward and step into your best future.

THE COMPASS approach to problem-solving and direction finding includes a range of integrated products and services designed for personal and corporate use and available from :

www.thecompass.com.au



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SELF HELP

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