

# The Map

## Praise for *The Map*

*"This book is wonderful, whimsical, inspiring, and revealing. It's the perfect read for those who have ever felt lost and unsure of where they are in their lives. It will empower anyone willing to enter a magical world where they can find their true destiny."*

— **Courteney Cox**, star of ABC's *Cougar Town*

*"In **The Map**, Colette Baron-Reid leads you on an amazing journey of personal discovery. Her unique and magical approach will empower you in ways you never thought possible, revealing your unknown inner voices, helping you make better decisions, and guiding you to chart amazing new landscapes in your life. Immerse yourself in **The Map** and you will find that Spirit will lovingly assist you to create your very own Field of Dreams!"*

— **Sandra Anne Taylor**, the *New York Times* best-selling author of *Truth, Triumph, and Transformation*

*"In **The Map**, Colette Baron-Reid holds up a powerful mirror, revealing the commonality of experiences we all face in our efforts to find peace and purpose in our lives. This wonderfully effective tool for personal growth offers illuminating insight as to how we arrived at our current crossroads and how, by changing our perceptions of life, we can heal ourselves."*

— **Bruce H. Lipton, Ph.D.**, cell biologist; best-selling author of *The Biology of Belief* and co-author of *Spontaneous Evolution*

*"In a language that's ancient yet familiar, Colette Baron-Reid shares intimate moments of true-life accounts and metaphoric scenery to remind us of the message that we are all connected to each other and to all of life. This is the book that you'll hand to your children with pride, while wishing someone had done the same for you in your quest to make sense of life's mysteries!"*

— **Gregg Braden**, the *New York Times* best-selling author of *Fractal Time* and *The Divine Matrix*

*“Colette Baron-Reid has spent her adult life consulting; reflecting; and guiding people to view the interrelationship between the psycho-spiritual landscape of their minds and the way they think, feel, and respond to life. She has now provided a means for you to discover the opposing aspects of your mind and a mechanism to create meaningful dialogue—with powerful and profound healing and integration as the result.*

*“Tenzin Gyatso, the 14th Dalai Lama, is quoted as saying, ‘Dialogue is the most effective way of resolving conflict.’ Through this book, you’re now able to begin the inner journey, find yourself in your most important interior landscapes, and learn to dialogue with both the shadow and wisdom within you. Discover the magic, mystery, and miracles of your life. Remember, the beauty and power of your soul is revealed the moment you decide to reclaim your power.”*

— **Dr. Darren R. Weissman**, the developer of  
The LifeLine Technique™; best-selling author of  
*The Power of Infinite Love & Gratitude*

*“This book teaches you to shift into a new magical awareness of your life; you’ll find a deeper understanding of where you are, where you’ve been, what you’ve learned, and the path forward that is your destiny. We all travel through light and dark; this book helps illuminate the way forward so you can transform your story and claim your authentic and best life now.”*

— **Debbie Ford**, the #1 *New York Times* best-selling  
author of *The Dark Side of the Light Chasers*

ALSO BY COLETTE BARON-REID

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# The Map

FINDING THE MAGIC AND MEANING  
IN THE STORY OF YOUR LIFE

COLETTE BARON-REID



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*This book is dedicated to all the remarkable  
people who have allowed me to “see” their magic,  
“read” their stories, and draw their maps.*

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# harbor

BY NANCY LEVIN

*from this liminal state  
we are reborn  
into a threshold between worlds*

*through the fabric of fog  
a map for another way  
presents itself  
we see—in a flash—how life  
could be*

*can we return to what is familiar  
and make it new  
finding mystery in comfort  
or do we embark upon  
the adventurous unearthing  
together*

*surrender  
to the acceleration of  
self-discovery  
that can only come  
from encouraging the emergence  
of dormant forces  
embracing this vantage point  
let the past be memory*

*this pause  
between present and future  
is the alchemy  
that will wake us  
unlock us  
transform us*

*there is barely a moment  
even in morning twilight  
when i forget  
to remember  
the shift is happening*

*i am a light in the harbor  
leaving the weight  
of the past at sea  
change is my anchor  
deep inside  
peace is so close*

# FOREWORD

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by Denise Linn

This morning, in the early hours, I finished reading Colette Baron-Reid's remarkable and moving book. I can still feel the wisdom of her words sinking deep into the core of my being. She majestically captures and describes the powerful forces that dictate the circumstances of our lives. This book also provides a map for each of us to discover new and vibrant pathways into the future.

Carrying the essence of her words with me, I climbed a tall hill to wait for the sunrise. In the stillness, I watched the darkness stealthily recede across misty valleys as the dawn light crept over the far eastern mountains. I love this landscape; whatever I look at—a lone oak tree silhouetted against the rising sun, the tall golden grasses bending in the morning wind, the jagged mountain ridge cutting into the red sky—tethers me to the earth. I feel my roots sinking deep into the soil, reminding me that I am but a sprout on the ancient root of my Native American ancestors. At the same time, this earthly haven for my roots allows my spirit to fly into the heavens, boldly reminding me that I am a part of what my forebears called *Great Mystery*. It is here that the soul listens to what the mind cannot hear. It is here that I'm called to remember the vast inner landscape of the soul that Colette so eloquently speaks about.

Most of us spend a lifetime trying to decipher the meaning of our lives. We search for it by examining the circumstances of our childhood, the obstacles we have faced, the hardships we have

endured, and the triumphs we have experienced. We look for guidelines and spiritual systems to give us a strategy to maneuver through the convulsions of our lives in order to gain an understanding of the greater purpose of it all. We look for a map to provide a way to comprehend our past, guide our future, and allow us an awareness of how we fit into the larger picture.

In ancient times, the sacred maps that provided pathways through the generations of life had their source in the outer landscapes of the natural environment. The myths and stories of old that allowed people to understand their origins and where they belonged in the great cycle of life always had the backdrop of the natural world. However, these pathways into the deepest recesses of the soul have been lost, replaced with the modern chaotic speed of life that neither feeds the soul nor salves the heart.

At the same time that the natural environment is disappearing around us, we're losing vast tracts of the wilderness inside ourselves as well. The fertile soil of the soul is being gradually depleted as the songs of the birds are drowned out by traffic, and the scent of fragrant flowers is being replaced by exhaust. Something within us is dying as the chasm between humans and the natural world widens. We feel separate from the world around us and feel an increasing poverty of the heart and soul. It's time to find ways to remember who we are, and to rebuild the bridge back to an *ensouled* world.

For many years of my life, I took people out in nature on vision quests to recapture a profound connection to the earth. On these quests, people fulfilled their deep yearning for a viable connection to the mountains, the trees, the sea, the sky, and the sacredness of life. In the stillness of nature, people on their quest would experience a communion with the hallowed spaces within. These experiences in nature were powerfully and profoundly transformational. The energy of the natural world was indeed a catalyst for the hero's journey into the authentic self.

However, not everyone has the time or opportunity to embark on a vision quest in nature. Colette Baron-Reid, in her remarkable book, takes you on an inner vision quest that provides you

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FOREWORD

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with a mystical map with as much clarity and insight as spending time in quietude under the stars in nature. This book is a magical touchstone that allows you a profound understanding of the deepest forces of your essence. You embark on the hero's journey to identify the disowned, denied, or wounded parts of your being and then learn to integrate these aspects into your greater whole.

Colette shows you how to navigate within your own interior landscapes to hear the messages of the natural vistas that dwell inside you. The depth of the wisdom she has gained from the work she has done with thousands of people makes her uniquely qualified—perhaps more than anyone else in the world—to be the way-shower . . . and to be your spiritual guide for your journey ahead.



# PREFACE

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When I first began doing readings as a psychic/intuitive some 22 years ago, I quickly realized that to observe separate events in people's lives wouldn't be enough to help them. I'd see a major move, a job change, perhaps the name of a lover—all forms of events that the person had already experienced or would sometime in the future. Yet I knew that the real story was the internal process of how the individual came to meet that other person or find him- or herself in those particular circumstances.

It became clear to me that rather than focus on these separate events, it was more valuable to help clients envision a *map* of their lives. If I could show them where they had been, and how they got to where they were, the story of their lives would have greater depth and meaning, and they would have a deeper understanding of themselves. If I provided the unseen connecting elements of fate and destiny in what appeared to be unrelated experiences, I could empower people to make better decisions about their lives.

For that reason, I've come to think of myself as being a sort of "destiny cartographer" (*cartography* is the technique of making and drawing maps). So you might say I'm like a "life map" artist; I'm the one who, through my intuition, discovers the landscape of significant events in people's lives, then draws the finer details of the Map, which reveal their emotional and existential terrain. With that information, I can share a perspective that I hope will ignite something within them, some "Aha!" of understanding that they were unable to see until they were given the Map with which to find themselves.

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THE MAP

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When I provide this map, the person I'm reading is able to say, "Oh yes, now I see. That's where I've been, that's how I reacted, that's what I brought with me on my journey, and now here I am! Now I see the synchronicities and my part in them! I can create my destiny, not be subject to the whims of fate!" It reminds me of those giant puzzle maps I put together when I was young that spread across the whole dining-room table. Piece by piece, starting at the corners, I discovered how everything fit together.

I began to use the term *intuitive counseling* as a description of what I do because it evolved into more than just a psychic reading. My gift as a psychic allows me to see the events, the names, and the places visited that form the rough outline or chapter headings of my clients' lives. As an *intuitive counselor*, I look beyond the surface of things and into the intricacies behind people's stories: the motivations, unseen patterns, hidden agendas, and ancestral legacy. That's how the Map is drawn, and that's how it comes alive.



Of course, I had to learn the intricacies of this transformative mapmaking process for myself first. I had to navigate my way through my own story to find the hope, become the change, and discover the magic and meaning of it all. My own journey became the template for the process outlined in this book. I also drew upon what I learned from observing the stories of clients over 22 years and across 29 countries.

In other words, this book is based on experience, not theory.

This material is also rooted in *my* experiences. I've had to heal from many challenges in my own life, as described in my first book, *Remembering the Future: The Path to Recovering Intuition*. As a child of a Holocaust survivor who hid the truth about our family's heritage, I grew up with specific, peculiar survival issues that only made sense once my mother let the cat out of the bag that she'd raised us as Christians to be on the safe side . . . when we were really Jews. My wanting to be a Catholic nun when I was eight probably was more difficult for her to handle than I realized at the time. Looking back, I'd say we were colorfully confused.

As a psychic child, I was overwhelmed most of the time and had little capacity to understand healthy boundaries. Reality stretched into knowing secrets I wasn't supposed to, or knowing things that were about to happen that then did. Time and space were different for me than they were for others. That, and the suspicion of child sexual abuse by a babysitter, cast a distinct shadow on growing up "normal." Needless to say, fitting in wasn't ever going to be easy.

My teen years were difficult—no blame necessary, as my parents did the best they could. They were loving people who were perfect and flawed all at once. They had their own complex life stories that were influenced by *their* parents, whose stories in turn influenced mine.

My reactions to life were severe. I became bulimic at 14 and had my first alcoholic blackout at 15, which then escalated into a maelstrom of self-destruction and shame after a gang rape at 19. From the age of 19 through 27, I moved from one painful relationship to the next, where promiscuity, sexual abuse, violence, and drug and alcohol addiction were normal. I learned how to normalize trauma . . . and how to freebase cocaine. Only another recovering addict can really understand the gratitude I have today for the demoralizing way I ended up hitting bottom. I like to say that I took the express train to hell in order to have a true spiritual awakening.

January 2, 1986, was the day I woke up clean and sober—the urge to compulsively drink and do drugs mysteriously removed—and have remained so ever since. During the first couple years of my sobriety, I threw myself into 12-step recovery work and deep psychotherapy. I slowly began to claim my dignity and self-respect and surrendered to forgiveness. This surrender was crucial to my losing the victim consciousness that had become the motivating factor in my life up to that time.

Healing took quite a while, but I had a voracious appetite for learning and for understanding the psychology of how to heal; as well as what made me or anyone with my issues tick, why bad things happened to good people, and how good people could do bad things. I wanted to change more than I wanted to hold on

to my old ideas. I also began to pursue my dream of a career as a singer-songwriter.

So while I was on the way to becoming a “rock star,” Spirit had other plans for me. Frustrating, I know, but today I’m extremely grateful for the serendipity that brought me here. I began my accidental career as a psychic trying to make a living at my “day job” doing aromatherapy massage while waiting for my big break in the music business. Whenever I touched people, I would know things about them. I told them what I saw, and sooner than you could say “Shazam!” no one wanted a massage—they wanted a reading. I was failing miserably in my music career.

I didn’t want to be a psychic, as I had a huge issue with that term and the stereotype. (Only recently, after 22 years, have I begun to own the word.) Plus, it didn’t fit in with my vision of a sober singer-songwriter crooning about the meaning of life to masses of adoring fans. But it paid the bills, and I was deeply moved by my clients, so my career as a psychic (or as I chose to say then, “intuitive”) took off like a rocket. Of course, the dream of being a singing sensation fizzled, although I did eventually sign a deal with EMI Music, to great critical acclaim and very limited success. Many lessons in humility learned.



As a psychic, I’m naturally very interested in the modern use of divination—the ancient, simple forms of spiritual inquiry common to indigenous people, as well as more complex systems such as the I Ching, Norse or Celtic runes, and the Tarot. All of these systems rely heavily on symbols and archetypes to tell stories about the human experience. Symbolism, archetypes, and metaphor have been used as a form of therapeutic language for guidance since the beginning of recorded history. I have created two very accurate symbol- and metaphor-based oracle systems, available as cards and computer applications, which are derived from ancient traditions. The use of metaphor as a tool for self-discovery is therefore one of the most important components of this book. *The Map* is essentially a metaphor for your life and all the

territories, allies, and challengers you discover that are symbols of your deepest experiences.

Another important part of this book grew out of the personal work I did toward healing my wounded ego. Pioneering psychologist Carl Jung called this unhealed ego the *shadow*—it contains the parts of the self that we refuse, deny, or repress. Until I was able to name and accept the parts of me that identified with my wounds, I was unable to become the person I wanted to be.

Doing this painful work of self-examination and acknowledging these aspects of myself were the biggest hurdles for me, but they also brought me the greatest personal results. It inspired me to begin to look for evidence of the shadow in people's readings, and I saw how their patterns of suffering repeated when the shadow was denied. *Creating reality has much more to do with what is unseen and denied in the psyche than setting positive intentions.*

Enter the Goblin. I came up with this character during a guided meditation I was conducting that was supposed to introduce me to a mental form of my ego. The exercise was to help me see my "ego" as a strong, whole identity. In my meditation, I was to invite my "ego" to step forth to talk to me. I expected to see a vision of a slender, beautiful, confident, smart, slightly self-centered princess; and instead I got an ugly, smelly, Mr. Potato Head-like creature that sprouted hair, burped, and had a sign around its neck that said FAT.

I was so taken aback that I didn't know how to react, but instead followed the directions and invited this representation of my ego to talk to me. I received from this imaginary creature a litany of insults and criticism, shame, and blame that was startling. Then I noticed my favorite pink baby blanket, which I promptly wrapped around it. I cried my eyes out, realizing that I had to have a relationship with this being that characterized my wounding. The shadow had a form now: an ugly little Goblin.

Seeing this complex, self-sabotaging, active part of myself as a unique and separate character that was *outside of me*, and therefore not the whole me, was so powerful that it was like bypassing ten years of analytical therapy. A few years later, a friend introduced

me to the process developed by psychologists Hal and Sidra Stone called *Voice Dialogue*, which I then studied further. From that, I considered, “Why not allow the Goblin to be the voice of the wound it was born of?” So I began to incorporate the Goblin character as a core element of my seminars and also offered it as a very specific coaching tool to help people separate from their inner critic to find a healthier, more neutral position within themselves.

It occurred to me that if there was a challenger within all of us, a voice we listen to that is negative, we must also have allies or more positive aspects to converse with as well, which led to the discovery of other characters with different attributes. This isn’t a new concept, and my specific characters are derived from myths and fairy tales. Storytelling as a means of self-discovery is an essential part of my seminar material. We are our own fairy tales, all of us heroes on our life journeys. (Joseph Campbell’s seminal work *The Hero with a Thousand Faces* greatly contributes to the concepts in this book.)

Eventually, I created an original process that combined elements of Hal and Sidra Stone’s Voice Dialogue method with elements of an *active dreaming* technique, a powerful form of visualization that allows the imagination to describe the hidden subconscious patterns or stories that aren’t readily available to the conscious, reasoning mind. This resulted in the creation of the In-Vizion® process, which all the exercises in this book are based upon. I’ve presented numerous seminars and weekend intensives in Sedona, Arizona, incorporating this material. I’ve witnessed true transformational and empowering shifts in virtually all of the participants.



Arguably the most important piece of this book came out of a question I asked myself while pondering the hero’s-journey archetypes. If the hero has a thousand faces, and if he (who represents *us*) is on this adventure, wouldn’t the hero travel through a thousand *places*? Could those places and environments be symbolic of where we live inside ourselves? What would it be like to turn away

from centering on the self, from the position of an inner observer, and outward to symbolic sites that could tell us stories? Wouldn't it be true that since we've lost our connection to the outside environment, perhaps we might find our way back as we connect to our *inner* one as a living world we inhabit?

Earth-based religions and all aboriginal traditions value the planet as a living, conscious entity that we're in a sacred interdependent relationship with, rather than a ball of inanimate stuff we can use and dominate. My personal spiritual beliefs include revering nature as essential to connecting to a living, Divine consciousness. I believe all of us need to reclaim that sacred relationship to the natural world that surrounds us and that we're part of. That reconnection can happen *within* us, too, as we explore our inner landscapes: as above, so below; as outside, so inside.

And so we come full circle to the magic of mapmaking. If we can explore our lives as a journey through psycho-spiritual places instead of archetypal personas, our perspective changes drastically. Instead of always holding up a mirror to our faces, we look outside of ourselves in order to, paradoxically, find a deeper meaning for our lives. We also remind ourselves of the mystical and mysterious magic of the environment.

In my second book, *Messages from Spirit*, I wrote at length about how the natural world serves as an intuitive connector to the Divine. Oracles abound in nature, and as we develop a sacred relationship to all of life, we can begin to see and hear them.

Similarly, when we journey into the Map, we can find our own oracles and wisdom within our personal inner landscapes. Bypassing logic and reason and entering the magical world of intuition and imagination, we find empowering answers with respect to meaning, purpose, and hope.

The process and concepts outlined in this book are tried-and-true. All you have to do is step into the Map and let the magic reveal itself . . . as it reveals *you*.

May this book bring you wisdom, peace, and joy!

Love,  
Colette

# INTRODUCTION

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## *Your Enchanted Map*

Where are you right now? Close your eyes and describe where you *feel* you are. Are you in a Field of Dreams, where you're planting the seeds of your intention and are eager to see the results? Are you lost in a dry desert, where abundance eludes you? Are you wandering through the Valley of Loss?

This inner landscape may bear no resemblance to where you actually are located in time and space. You could be sitting in a sunny room, looking out at a beautiful harbor, but feel stuck in an unforgiving and harsh land that exists inside you. What you believe has a great influence on where you find yourself when you look within.

Do you believe that there could be more to life than you've come to expect, or are you filled with doubt because you don't know how to begin creating something better? Perhaps you think you're doing everything you can, but the results aren't what you hoped for; or you look around at the problems you see others facing and feel helpless to make their lives less stressful or painful.

Do you long for fulfillment, meaning—even magic?

My guess is that you're willing to work hard and do all the right things to get where you'd like to go: that glittering spot on the Map that beckons with promises of sanctuary, abundance, harmony, and serenity. However, a quick look at the path that brought you to this point will remind you that the journey is never as predictable or controllable as you'd like it to be. We could all use a little magic, couldn't we?

When I speak of magic in these pages, I don't mean the stuff of trickery, illusion, or manipulation that you see in a "magic show." The kind I'm referring to is the living evidence of the intelligent and dynamic mysterious essence from which all substance is created, shaped, and created again. The magic in this book is revealed to you through your very own capacity to perceive it and by your willingness to work with your imagination and with Spirit.

This magical energy has always been, is now, and forever will be. You can't understand it intellectually or analyze it logically, yet you can know it deeply at the level of heart and soul, through your intuition. This magic is creative and life bearing. It isn't something you can control, yet you can align with it and even swim beside it the way dolphins will mimic your movements as they follow alongside you in the ocean. If you're willing to enter into a partnership with Spirit and allow your imagination to be ignited and inspired, you'll be amazed by the results. You'll find your own personal connection to magic by stepping out of linear, left-brain thought, and entering the creative domain of intuition and imagination.

Why a metaphorical "map"? Symbolic language allows you to access the layers of experience that are stored in your subconscious mind and are often hidden from your everyday awareness. These are the beliefs and thoughts that determine what you're attracted to and what you manifest in your life. You decipher metaphors through your intuition, for it's the soul and not the mind that can comprehend their more accurate multilayered meaning. Metaphoric language allows you to move beyond the surface of things and enter a deeper reality.

Inside all of us are psychological landscapes created by our feelings and thoughts—the Storm Fields we inhabit when we feel like we're under attack, or the Sticky Swamp we become mired in when we're overwhelmed by our obligations.

If I ask, "Where are you?" you might instinctively respond, "Lost!" or "Trapped at the bottom of a deep pit," "Stuck in the mud," "Sinking in quicksand," or "Wandering through a barren no-man's-land." These images are far more powerful in describing

the intensity and profundity of your experience than a mere list of your life's circumstances.

Once awakened to your inner landscape, you'll be able to consciously shape your world by altering that landscape within, rather than focusing on your external reality. Having caused the dark clouds within to depart, you'll discover that your inner sense of safety and calm is now mirrored in your outer circumstances. You'll also start to see the events in your life as part of a larger picture. This is when you find the real magic and meaning in the story of your life—and the bravery, strength, and wisdom to make empowered choices.

### *You Have a Map, and It Is Magical*

Imagine for a moment that you were born with an enchanted Map to guide you on your journey from your first breath all the way to when it's time to drop your body and return into Spirit. On this Map are all the places you're likely to experience. You can use it to orient yourself, find your way when you're lost, chart a course to a chosen destination, or point the way home. The Map depicts battlefields, resting spots, mountains to climb, oceans to cross, quicksand to carefully emerge from, and new territories to discover. It shows possible destinations and probable events.

The Map is unlike any you've ever seen. Most maps are two-dimensional and made of paper. They lie flat and are covered in drawings representing the lay of the land. They don't change when you look at them. When you discover new territory, you have to redraw a map and add new features and previously unknown places. You can hold it in your hand, but you can't jump into it. . . . Well, you could, but you'd end up with a big hole in the paper and a bump on your head!

The Map is very different. It's a multi-dimensional map made of thoughts, feelings, beliefs, memories, and intentions. It's made of the soul's essence of creativity and imagination.

Step into the Map and it suddenly transports you into the land you've chosen to explore. Wondering where you are? *Shazam!*

You're in a landscape, discovering things about your circumstances that were impossible to see when you were completely engulfed by your emotional experiences, unable to view them with objectivity.

And there's something else to note: The enchanted Map automatically changes when you do. A fresh perspective and a shift in perception can alter it. Its history can be rewritten, and you can create new pathways and new territories as it unfurls into your future.

You are constantly moving on the Map, able to leave your confines and check out another place whenever you choose. Once you know a place, it becomes part of your experience, and therefore, part of the Map. You have some familiarity with the terrain so that when you revisit it, you don't feel quite so lost and disoriented. You quickly remember you've got that compass to help you, and allies who will appear for you.

Your internal landscape may shift when you least expect it, but if you try to stay in rhythm with your surroundings, you can develop the ability to sense when the ground beneath your feet is about to transform. Then you can instinctively move before you fall into a crevice or slip off a mountain pass and roll down a rock-filled gulley.

When you walk blindly, the Map unfolds differently than it does when you're awake and aware. So when something someone says triggers you and you can't immediately "figure it out," you can take time out, describe the landscape with metaphor and symbol, find the wisdom, and move on without reacting. Always be aware of your ability to interact with the Map. Remind yourself, "Today, I am not in the land of disaster. I don't have to remain in this state of thought, feeling, and belief. I will find the oracle, and it will show me the way out."

Your map is unique, and no one but you will ever have it, because it tells your own personal story. No two souls' Maps are the same even if the territories and landscapes are, because no one experiences events in exactly the same way. Two people can be sitting next to each other, and one will be wandering forlorn and parched in a desert while the other is relaxing happily in a beautiful oasis.

Even so, all who have visited the Valley of Loss know what it's like to be at the bottom, looking up at hills that seem far too steep to climb, wondering how to escape to higher ground. We've all stood at the base of the Immovable Mountain, facing an obstacle that seems to block our way.

Everything that you are, have been, and ever could be is illustrated on this map. You just need to know how to use it to guide you along the twists and turns of the adventure of your life's one-of-a-kind journey.

The Map becomes visible to you when you make a conscious choice to be awake, aware of something greater than yourself, and to embrace the possibility of a pattern created by Spirit that you can't always make out from where you stand. You must be willing to see the Spirit within all things, to accept that there are millions of invisible connections behind all the events in your life. They are constantly moving, set in motion by an intelligence that you will never fully understand but must trust anyway.

As you surrender to Spirit and ask for illumination, your Enchanted Map reveals itself in all its glory, and you realize that in your pocket is a compass that always points to true north: to Spirit, whose guidance will never fail you and whose efforts on your behalf never cease, whether you realize it or not.

### *Embrace the Magical Adventure*

I believe that to find magic and meaning in your life, you first have to learn to be at peace with whatever landscape you inhabit. The more you try to escape it, the more you find yourself snapped right back to it. In fact, there may be some hidden treasure there that you can find by exploring it, finding its message by understanding its essence. In every landscape there is an oracle, and I will teach you how to communicate with oracles in this book.

Are you frustrated or unhappy with where you are at the moment? This "place" is simply one spot on the Map. You can stay here and find all the hidden treasures or listen to the stories the rocks whisper to the wind, or you can move forward into

someplace new. You can see where you've been and even revisit those places, but as the saying goes, you can't step into the same river twice. And this location, or any other, is only temporary anyway, because the Map is always changing.

There are seasons and cycles for everything. No storm stays in one place, so even if you are in the turbulent seas, fearing your boat will capsize, the winds *will* move along, as they always do, and the waters will become still once more. It may be that by exploring this landscape and discovering its hidden treasures, you'll find that there is nothing you have to "do" to escape it. It alters because *you've* transformed. Experience this and you'll realize that your life doesn't have to be such a struggle.

All of us need to reconcile ourselves to the paradox that change is the only constant. Animals migrate, winds blow, the earth rotates, and the planets revolve around the sun. You, too, are moving, engaged in a journey. Through a simple adjustment to your perception, you can elevate that journey to a mystical, magical adventure.

Because this is an adventure, you're going to experience some drama along the way: danger, intrigue, romance, and celebration. Stuff happens. There will be rocky roads, steep hills, and crystal lakes. In the epic fantasy by J. R. R. Tolkien *The Lord of the Rings*, the story begins in the sweet safety of the Shire and moves into the fiery, hellish territory of Mordor. The *Harry Potter* series places the boy wizard in a dark and unfriendly English "Muggle" home and then plays out the narrative in Hogwarts School of Witchcraft and Wizardry, where staircases shift suddenly underneath him. *The Wizard of Oz* transports Dorothy Gale from her home in Kansas to the magical land of Oz, where a yellow brick road winds through Munchkinland, the enchanted forest, and the Emerald City.

Every great tale contains many different terrains, each with its own challenges, secrets, and treasures that echo our own inner landscapes. These stories are about ordinary characters who, like many of us, feel out of place and unsure that they belong wherever it is that they find themselves. Nevertheless, they venture forth and confront danger and temptation as they try to achieve what

we all want: the feeling of being at home, at peace, and in a state of joy that can be shared with loyal friends and companions. The adventurers in each tale are looking for purpose, for evidence that their suffering and struggles have made a difference.

We, too, can always find people who will offer love, encouragement, and their own special gifts at crucial points in our narrative arc: a rope to rescue us from the snake pit, or a lantern that will illuminate the path when darkness falls. We, too, can find meaning, magic, and a balance between a desire to create something better for ourselves and a longing for respite. Life doesn't have to be an exhausting, nonstop chase scene. We don't have to be stuck for ages in a jungle with hostile monkeys. Even Indiana Jones returned to civilization to teach an archaeology class once in a while.

### *Your Inner Allies and Challengers*

As you work with your Map, you'll need to confront aspects of yourself that may be painful or frightening to look at because you find them ugly or because you feel you're not entitled to embrace something so beautiful and valuable. These are the "shadow" elements described by Jung, because they hide in the shadows of your subconscious.

I've created mythological imaginary characters you can interact with in your inner landscapes so that you can acknowledge, accept, and learn from these forgotten or repressed parts of yourself. It's a lot easier to face a mythical Goblin who represents the part of you that believes you're unlikable or unworthy and interact with him, than to take on the persona of someone who is unlovable and insignificant and then try to accept that "self."

Working with shadow elements, the parts of yourself that you wish you could disown, takes courage, but I want you to imagine that you have the power to tame this sabotaging creature called the Goblin. You'll find that you can feel compassion for him despite his hideousness, love him, and uncover his value and importance in your life. The Goblin, like all the imaginary creatures and

beings you meet in these pages, is simply a metaphor for some part of you that is wounded and needs nurturing, not judgment; and acceptance, not admonishment.

Every one of us has a Goblin or two who needs and deserves love. When compassion for these aspects of ourselves eludes us, Spirit is there to fill us with love and acceptance.

Over the years, I've found the Goblin character I've created incredibly effective for helping people with deep healing. (If you're new to my work, I first introduced the metaphor of the Goblin in my book *Remembering the Future*.) You have to know where you are and look your Goblin in the eye if you're to begin to take the driver's seat in your life, for he is the part of you that will send you careening from one distressing emotional landscape to another with hardly a breath in between.

You don't have to be at the mercy of this trickster who fancies himself a transportation engineer. However, you do need to stop fighting, denying, or disowning him, which only creates more trouble for you. (You'll learn a lot more about your relationship with this mischievous fellow and other archetypal characters within you later in the book.)

All of the enchanted beings you meet are symbols brought to life through your imagination, and represent aspects of your psyche. They serve as powerful metaphors for your inner wisdom and for the wisdom of Spirit, which is always available to you. The lessons you learn through inner conversations with them may surprise you, because you probably often underestimate just how wise you are once you turn off the chatter of your ever-busy mind and access your intuition and inner knowing.

Sometimes what you learn is painful; sometimes it's inspiring. But know that whether an inner imaginary being appears to be a challenger bearing bad news or an ally bearing insights, this part of yourself is always, ultimately, a helper for you if you work with him, her, or it effectively.

As you journey through common familiar territories that are at once intimate and universal, you can consult your magical compass and receive guidance from these allies and challengers on this map who know the lay of the land and all its secrets.

Whenever you're experiencing scarcity, an oracle who resides in this landscape—the Spirit of the place—will reveal to you its secret gifts. Trust in your ability to interact with this magic map and its living parts . . . and you'll recognize that you're never, ever trapped or alone.

Wherever you are, whatever emotional turbulence you're experiencing, you can learn to be present with it for just as long as you need to be, and no more. In every land, there are questions to be answered and discoveries to be made, all of which empower you as a magical mapmaker. Call up the Map and know your place in it, and you'll learn how to find the courage to be fully present in your circumstances and to trust in your burgeoning ability to navigate to higher ground. You'll learn to let your soul awaken to the power within you and use it for the good of all.

### *How to Use This Book*

Within these pages, you'll take a journey away from fear, despair, worry, anger, or frustration and claim your power as a magical mapmaker.

— In **Part I**, you'll explore the answer to the question: "Where are you?" Your inner world is represented by a landscape you interact with and can influence. Here, you'll learn about the ever-reliable Compass of Spirit that can guide you far better than mere logic can. This compass awakens you to your ability to co-create magic in your life.

You'll come to recognize that if you stop trying to run and just take a deep breath and begin exploring this landscape, you'll start to free yourself from the feeling of being tossed about from one distressing and disorienting land to another. You'll discover how to more confidently traverse the Storm Fields, Valley of Loss, and Sticky Swamp so that you might rejuvenate under the Resting Tree or on Easy Street, or experience the marvelous views from the Peaks of Joy that can be found on the borders of all challenging landscapes.

Wherever you are, you're also somewhere in time. You can think about the past and ponder the future, and it's your task to recognize how to "time-travel" effectively so you don't feel lost on the Map of your life. In this part of the book, you'll also discover what to do if you wander off into the Ghostlands because you've indulged too long in nostalgia or wishful thinking instead of focusing on what you can do right now.

— In **Part II**, you'll begin to navigate your map. You'll learn to recognize the influence of the trickster Goblin who represents your wounded ego and distinguish his voice so that you can keep him from constantly manipulating you. You'll also learn how this crafty creature sneaks into your inner dialogues about your everyday life, dialogues represented by the Chatterbox, who is the personification of your healthy, unwounded ego. Then you'll meet inner magical allies who populate the landscapes of your enchanted Map and discover how they can help you. I'll provide you with plenty of exercises that will allow you to use your subconscious wisdom to learn more about your past, present, and future and how you can reduce your suffering and begin healing your wounds.

These dialogues involve visualization, but there is always a journal component as well. The exercises will be far more effective if you commit to working with a journal where you can record your experiences using them, including the details of your "enchanted" conversations with the magical beings. It can be extremely helpful to come back to such writings in the future to see how far you've come and what you've learned. Keep in mind that when I ask you to "write" about your experiences and impressions, you should feel free to draw them instead.

In these exercises, you'll work with the Wizard of Awareness, the observing self that sees with the neutral eyes of the soul. You'll dialogue with, and tame, the trickster Goblin, who whisks you away to harrowing landscapes where you have the opportunity to evolve, and acquire wisdom. You'll follow the Bone Collector as she beckons you to reclaim what is rightfully yours or what you've

been denied, and then say hello to her twin sister, the Gentle Gardener. This kindly Mother Earth figure will show you how to plant your seeds of intention in the Field of Dreams, where she will help you grow all that you desire.

You'll also work with the Spirits of Place: Ancient myths contained tales of these living spirits in nature, and I've adapted this idea to help you discover what you need to know in any setting you find yourself in. The Spirits of Place will reveal the light and shadow in any emotional landscape, illumine the treasures in this land, and teach you how to forge a talisman of power and courage that you can carry with you always.

— In **Part III**, you'll come to a less-challenging leg of your journey and take a breather from emotionally difficult twists and turns (finally!). Here, you'll quietly reflect on the meaning and magic you've been seeking and begin to see that like every human being, you're on a hero's journey of discovery; of healing; and of striving toward greater abundance, joy, and security. You'll learn how magic reveals itself in your life and provides the sense of purpose you long for, and find out how to work with this magic.

— Last, in **Part IV**, you'll begin to look at how your map interacts with others' and apply all that you've learned so that you can begin to forge better relationships, find supportive traveling companions, and bid farewell to those whose journeys no longer align with yours. All people's maps are constantly weaving new patterns as they intersect, which is evident in fate points, synchronicities, and meetings with the ones I call Magical Map Shifters, who dramatically alter your course.

You will find allies and challengers in your life because they, too, are meant to help you become a better mapmaker. As you work with your Map to make your life a mystical, wondrous adventure, you affect the world and it affects you. New people and opportunities present themselves. Where will you go, now that you are a conscious mapmaker? You'll learn about that in the final chapter of the book.

In all the other chapters, you'll find Traveler's Notes that summarize the main points of the material you've just read. If you're like most people, you probably tend to rush through life, not truly taking in its wisdom, not stopping to process all that you've learned. If you've ever kept a travel diary, you know how much value there is in taking notes on the places you visit, the people you meet, the sights you see, and the experiences you have. If you don't keep notes, the memories begin to blur, and you can't recall all the exquisite details of your journey.

I encourage you to come back again and again to the Traveler's Notes; ponder them; and record in your journal any thoughts, impressions, or feelings they inspire, adding your own newfound wisdom to them.

Also, as you're working with concepts presented here, feel free to let your intuition generate other magical landscapes that will help you interact with your inner feelings, thoughts, and beliefs in an emotionally safe way. You'll find a List of Magical Places at the end of this book to help you remember the lands you've explored in these pages. You might also take inspiration from the familiar lands of fantasy and fairy tales. Movies and books such as *The Wizard of Oz*, the *Harry Potter* series, *Avatar*, and *The Lord of the Rings* have been extremely successful around the world because they feature wondrous landscapes where archetypal stories that resonate for people everywhere play out.

We immerse ourselves in these adventures with their hair-raising, sharp turns that are softened and straightened by the presence of magic, which allows a humble boy named Harry to fend off great evil. It illumines the path of the Avatar in a forest that appears dangerous at first but reveals itself to be nurturing once he embraces a new way of living and perceiving. The magic we enjoy in such movies and books is operating in our own daily lives, but we may not yet have observed it.

By working with the technique of traveling to enchanted inner landscapes and talking to mystical creatures, you can rediscover the magic that exists alongside mundane reality, just as the world of Hogwarts and the wizards in *Harry Potter* exists alongside that

of the ordinary “Muggles.” But to do so, you must quiet your logical mind. Then you can discover the hidden wonders that unfold when you sit in the chair belonging to the Wizard of Awareness and open the eyes of your soul.

### *A Collective Journey*

You are not alone on this journey, nor are you alone if you feel “lost” on the Map of your life. Many people today are feeling that it’s hard to make sense of their lives.

There’s a strained, out-of-sync relationship between the reality all of us are experiencing and the one we long to inhabit. In this time of tremendous change and a stirring global awareness of our interconnectedness, too many of us are feeling powerless, fearful, confused, and anxious. Yet we’re also feeling excited about the positive transformations to come. What we know for sure is that change is rapidly upon us.

There’s a lot of talk these days about 2012 and what that may or may not mean. The End of Days? The Apocalypse? Many experts have studied the ancient Mayan calendar, the Hopi prophecies, and other commentaries on these times; and although conclusions and details vary, the common thread of thought is the same: we’re leaving an old way of being and entering a new Great World Age. Many scholars, both ancient and modern, speak about the evolution of humanity, about endings and new beginnings. All of them point to this crucial time in our planetary history as one of tremendous transformation. But what kind of change will we experience?

Without a doubt, we’re all being called to release the old ways of being in the world that no longer sustain us, and enter unknown territory. We’ll do so because we recognize that it’s no longer possible to find our security in the outer forms we’ve been conditioned to trust, whether it’s economic systems or national borders. We must find a new way of orienting ourselves so that we don’t feel lost, or at the whim of the fates, as institutions and

systems and the circumstances of our lives begin to transform dramatically.

We change the world from the inside out, and that's why I've written this book. I wish to guide you in finding peace within regardless of what is going on in your life. You'll learn proven methods to shift your awareness so you can do what's needed to transform the outer world into a better place for yourself and for all of us.

Where are we going? Called into the unknown, we must learn to be our own oracles. An *oracle* taps into the greater, Divine wisdom that transcends our small ideas of personal survival and our limited notions about the possibilities before us. Spirit gifts us with new eyes that are open to potential. We can embrace our souls' destiny no matter what difficulties are presented in the temporary outer conditions of our lives.

At this transitional time, as we shift into a new consciousness, we all yearn for a map so we can see where we're going. It's been a long journey, and we're still on it. Each of us can choose to work with our map consciously, become magical mapmakers, and alter our course. Then we'll bring healing to this world, and at the same time find the meaning we seek.



Much as we might long for a reliable shortcut to an idyllic spot, we rarely find it. There's no detour around suffering and painful lessons, around the distressing landscapes of our lives. All of us have to visit these darker places because that is part of our adventure. However, we don't have to stay for long or keep revisiting them over and over. We have a choice—but only if we claim it for ourselves. Then we find we have the power to go home, to the place inside of us where we feel secure, safe, and loved.

And here's something curious: whenever we do get to a gentle resting place, we soon find ourselves yearning to move forward after a while, because without movement, there is no life!

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INTRODUCTION

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Because you're human, it is your nature to journey, to discover that what you've been looking for is all around you. Very often the grassy spot you seek is right under your feet. You just need to awaken to that knowledge that's hidden from your conscious mind.

Yes, you're wearing ruby slippers and can go home anytime you like. For now, embrace this grand adventure. Step into the enchanted Map of you. . . .



**Author's Note:** Most of the stories in this book are true accounts in which the names and identifying details have been changed to protect confidentiality, while a few stories are composites drawn from years of work with thousands of clients. The latter are true to the spirit of teaching, although not to the experience of any particular individual.

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# ABOUT THE AUTHOR

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**Colette Baron-Reid** is a popular intuitive counselor, psychic medium, seminar leader, radio personality, motivational speaker, best-selling author, and musical recording artist (with a top-selling meditation CD, *Journey Through the Chakras*). She currently lives in Sedona, Arizona, with her husband and their two furry children.

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