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Mind-Mapping Tips: A Brief Overview

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Mind-Mapping is a powerful tool to help us understand our underlying (often subconscious) motivations, blocks and fears. Often these blocks and fears will appear in the form of old messages about ourselves we may have received from parents, teachers, siblings, partners, society in general, which we are still unknowingly allowing to limit us.

Mind Maps can also help us tap into the Six Degrees to Our Dreams!

John and Patrice Robson (<http://www.higherawareness.com>) say, "Most people are very visual. As we collect lots of information, how do we represent it? A great way is the Mind Map. Get a large piece of paper and put your name in the middle of it and circle. Now you are going to create spokes from the center going outward to the edge of the paper (7 or less spokes). These are the most important things in your life and you can label them. Once you have some spokes, then you can add lines to the spokes and write on them key points about the spoke topic. You can now jump around, interconnect, go for detail or go for overall completeness. Keep asking yourself, 'What else is important to put onto my Mind Map? Is there enough depth of who I am?' Trust yourself and add it in. How does it feel to visually see your life unfold?"

I like using an 8 ½ x 11 sheet of paper and colored pencils, using whatever color draws me for any particular topic. I have facilitated sessions wherein we used a full size easel and created three separate Mind Maps with colored markers as a group. I find it helpful to begin with a question in the center circle. I like using spokes with off-shooting lines. A colleague of mine prefers to leave out the spokes and lines and write statements in clusters surrounding the center circle instead. Use whatever format feels most natural and helpful to you.

Here are some examples of questions you may start with:

What is my fear?

What if I didn't need to be liked by anyone?

What is my relationship with money?

What is my purpose now?

What is my next step?

Here is a specific, personal example of a Mind Map I once completed when I found myself using the word “broke,” a word I don’t normally use, twice within one week. The colors which drew me in this particular Mind Map were green, red, pink, light blue, violet and dark brown.

I put the question, “WHY AM I BROKE?” in green in the center circle, which was also green. The spokes and off-shooting lines read thus:

You’re not; you don’t need to be “fixed” Panic=powerlessness Commitment & heart No time to kill Stay present; here now Future will take care of itself

Don’t need to do things different; do things differently

Fear of “doing” it all; fear of failure Exhaustion; sheer will Fear of being controlled Bring joy & abundance TO the process

While that may not make a lot of sense to you, it made perfect sense to me at the time.

The key is to keep on adding statements and phrases until you hit on an AH-HA moment. You may feel exhausted, exhilarated or anything in between – whatever it is you feel, you will know in your gut you have hit on a Truth for you.

I hope you find these Mind-Mapping tips helpful. Keep me posted on how the process works for you!

All Best Wishes, Laura

If you accept a limiting belief, then it will become a truth for you. -Louise Hay

Leap and grow your wings on the way down. -Les Brown