

CRAIG SMITH **Mapping the  
Universe Within**



**First Edition**

# Mapping the Universe Within

Craig Smith is a coach and consultant with an expansive career in entertainment and organizational culture-building. He is known for his ability to identify challenges, find hidden connections, and develop creative and sustainable solutions. When he isn't attempting to save the world, he is creating music, films, podcasts, and raising his beloved children.

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For the dreamers.

# Every Person is a Universe

## The Goal is Self Concept Clarity

“Self Concept Clarity indicates the extent to which beliefs about the self are clearly and confidently defined, internally consistent, and stable over time.”

Self-concept clarity: Measurement, personality correlates, and cultural boundaries. *Journal of Personality and Social Psychology*, 70, 141-156



Before we can remember, our universe began to form and the materials that would create our life were in place, swirling, colliding, attracting, repelling, and solidifying. The place you were born, your ethnic identity, parental influence, and many other elements out of your control provided raw materials for your internal universe to develop. This is not a picture of the events in your life or a framework for how the world sees you. Instead, your internal universe is a metaphor for your ever-evolving perspective of reality.

Typical worldview frameworks provide a general template informed by psychological observations. They apply to many people and provide a picture of how you see the world. The Universe Within Map provides a

diagram of how you see reality itself. This is because your reality is made up of beliefs, relationships, events, thoughts, and memories specific to your journey. This map helps you navigate life by plotting where those properties exist in your universe.

This framework will help you achieve self-concept clarity by addressing expectations, motivations, self-esteem, and attention. This is done by exploring core beliefs, desires, relationships, memories, thoughts, and perception of all of these factors.

Throughout this process, you will begin to see your perspective grow from passively participating to observing deeply. You will then be empowered to explore your universe deeper leading you to mastery over your reality.



# Universe Within Map

Every person is a unique, conscious expression of the Universe. To gain Self Concept Clarity, we can embrace the mechanics of our material universe as a metaphor for our personal realities.



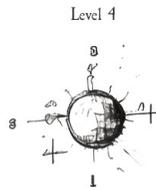
Participant



Observer



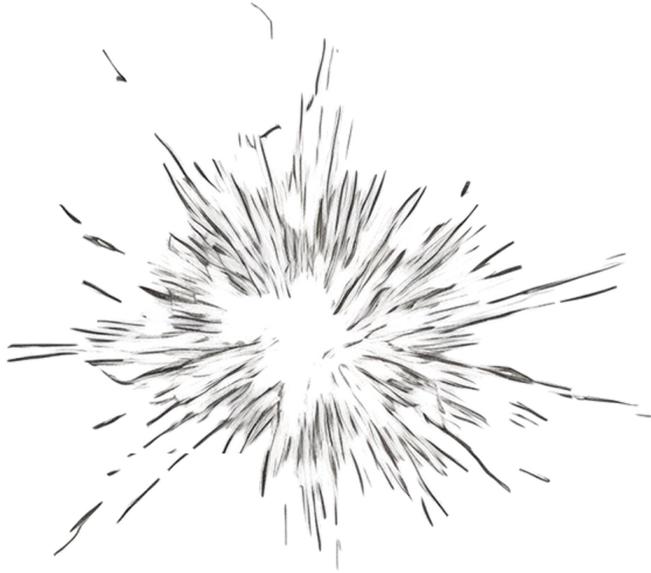
Explorer



Master

# Your Orbital Star

## Core Beliefs

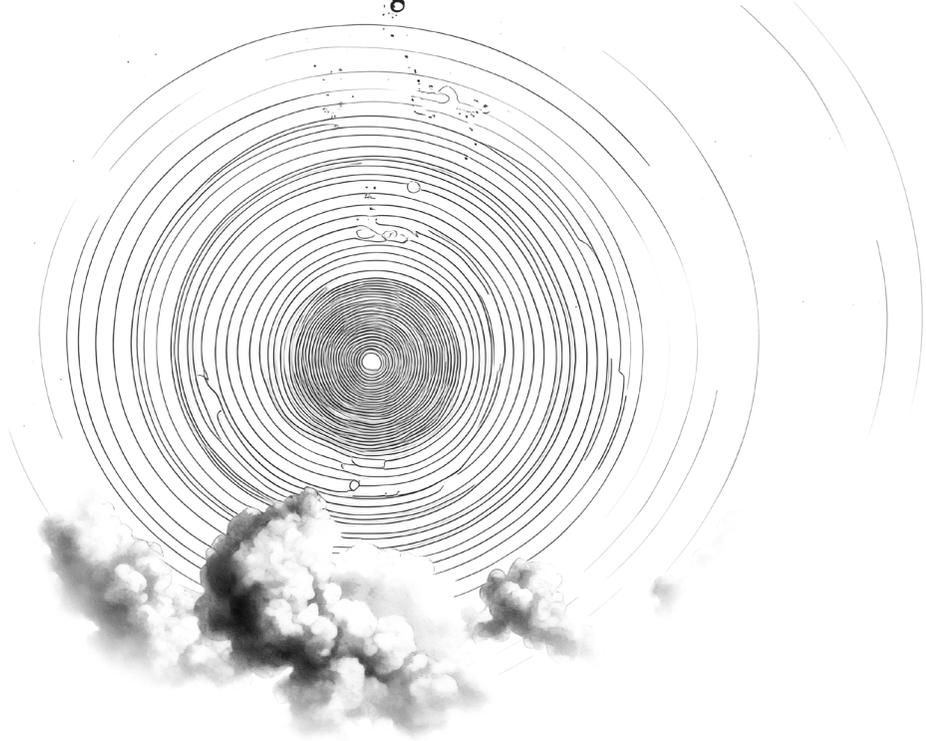


Core beliefs are the fundamental truths that we believe about ourselves and the world around us. They shape our thoughts, feelings, and behaviors, and they determine the direction of our personal universe. Just as a star's gravity warps the space-time around it, our core beliefs warp our reality. For example, if we have a core belief that we are not good enough, this belief will likely radiate outward and lead to negative thoughts, emotions, and behaviors. We may also be attracted to relationships and situations that reinforce this belief.

The closer our perspective, relationships, and desires are to our core beliefs, the more nourished, inspired, and in-alignment our universe feels. However, when our thoughts, feelings, behaviors, and relationships are not aligned with our core beliefs, we experience a sense of dissonance and disconnection. We may feel lost, unfulfilled, and out of balance.

# Radiation

## Thoughts

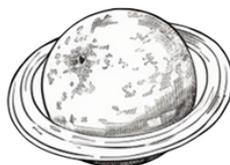
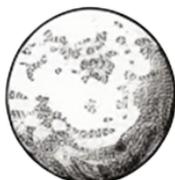
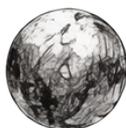


Our thoughts are like radiation emitted by our orbital star, our core beliefs. These thoughts can have a profound impact on our relationships and our perception of our memories and information. For example, if we are constantly thinking negative thoughts about ourselves, this can damage our relationships and make it difficult for us to see ourselves in a positive light. Additionally, our negative thoughts can distort our memories and information, making it difficult for us to learn and grow.

On the other hand, if we are able to cultivate positive thoughts, this can have a positive impact on our relationships and our perception of ourselves and the world around us. Positive thoughts can help us to build strong relationships, achieve our goals, and live a more fulfilling life.

# Planets and Asteroids

Relationships (People and Desires)



Relationships with people as well as relationships with our desires are like planets and asteroids orbiting our star of core beliefs. They can have a powerful impact on our self-concept, just as the gravity of other planets and asteroids can affect the orbit of a planet.

Just as planets in a solar system exert a gravitational pull on each other, our relationships with people and our relationships with our dreams/desires also affect each other. For example, if we are in a relationship with someone who is negative and unsupportive, this can have a negative impact on our relationship with our dreams/desires. On the other hand, if we are in a relationship with someone who is positive and supportive, this can help us to achieve our dreams/desires.

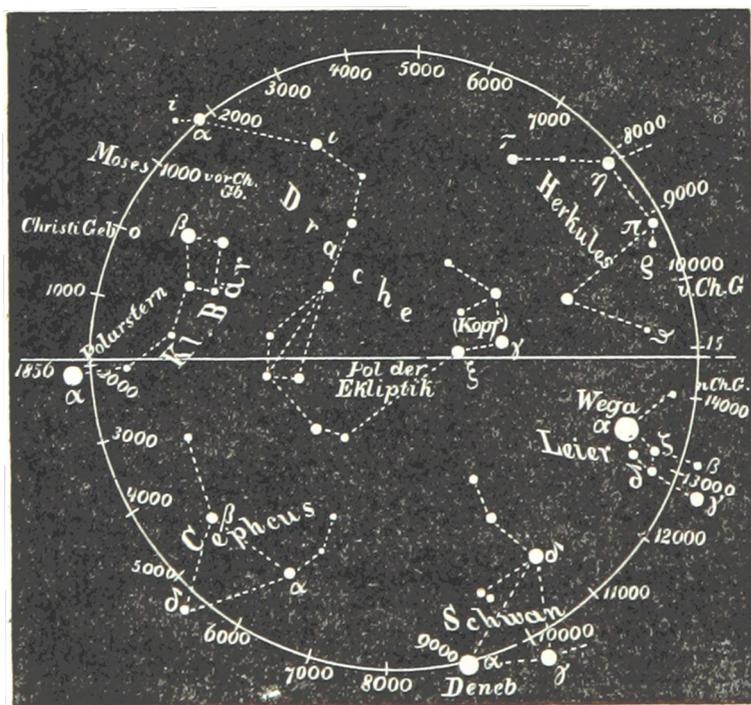
In addition, our relationships with people can also help us to develop new skills and knowledge. For example, if we are in a relationship with someone who is passionate about music, this may inspire us to learn more about music ourselves. Or, if we are in a relationship with someone who is successful in their career, this may inspire us to set our own goals and achieve success as well.

Of course, the reverse is also true. Our relationships with our dreams/desires can also affect our relationships with people. For example, if we are focused on achieving a particular goal, this may lead us to neglect our relationships with others. Or, if we are constantly chasing our dreams, this may make it difficult for us to be present in our relationships with others.

Overall, the metaphor of planets being our relationships to people and our relationships to our dreams/desires is a helpful way to understand how these different aspects of our lives are interconnected. By understanding these connections, we can make better choices about how to invest our time and energy, and we can create a more fulfilling life for ourselves.

# Distant Stars

## Memories & Information

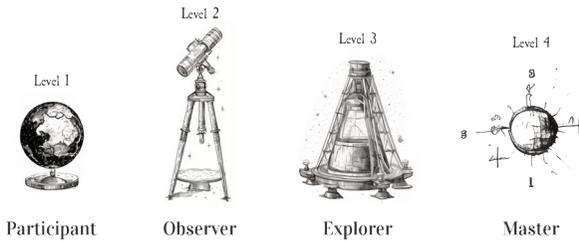


We use our memories and the information we have gathered in the past to chart our course for the future. Like distant stars, they are points of reference that can help us navigate the challenges and opportunities that life presents.

In the same way that distant stars can be used to navigate the physical world, our memories and information can be used to navigate the world of our inner selves. By understanding how our memories and information shape our thoughts, feelings, and behaviors, we can make better choices and create a more fulfilling life.



# The Four Levels



Your perspective within your personal universe consists of four levels: participant, observer, explorer, and master. These levels indicate your ability to understand and navigate your reality. At any point, you can operate at any of these levels, depending on how aware you are and how intentional you are.

Each level represents a different level of awareness and intention. As you move through the levels, you become more aware of yourself, your surroundings, and the choices that you have. You also become more intentional in your actions and creations.

With each level, you transcend and gain a deeper understanding of yourself. You'll learn to harness your inner power and create a life that is truly aligned with your desires.

So embark on this quest of self-mastery and discover the highest version of yourself. The rewards are endless and the journey is truly transformative.

## Level 1: Participant



At this level, you are capable of appearing anywhere. Sometimes you are in the moment and enjoying the people, places, and things around you. When you are operating from the perspective of the Participant, you are allowing your reality to take the driver seat. This can be useful in some circumstances, such as rest and meditation. However, if your intention is set on personal growth, this is a perspective from which you must break free.

At the level of “Participant,” you are only doing that which has been programmed inside your reality. It can be a comfortable place to be, as it seems to be the safest and most socially acceptable of the four levels. When you operate at level one, life is out of your control and growth is scary.

### Questions to consider:

Is the life that you are living your creation or what was expected?

Do you feel empowered to say “no”?

Are you ignoring ambition inside you?

## Level 2: Observer



Awareness of the properties that make up your universe is the gateway into level two. Once you can chart the objects within your personal universe, you can then begin to assess your relationship to them. As the observer, you begin to understand themes and patterns that have resulted in rewards, conflicts, and other affects based on the interactions throughout the history of your universe.

At this level, your goal is to embrace and accept the materials and conditions that exist as they are. Awareness and acceptance are essential for effective and precise navigation along your journey of personal growth. However, there is also the potential to become stuck, analyzing all of the trajectories and fluctuations inside your personal universe. Observing is useful as you become more aware, but it can easily turn into a prison of perfectionism and regret.

### Questions to consider:

Does your idea of perfection conflict with your idea of completion?

What percentage of your time is spent coveting and comparing?

Are you enough? If not, what is your metric?

## Level 3: Explorer



“Intention” is the core component of your function at the level of Explorer. This is the level where you are imagining, communicating, and operating with purpose. Imagine navigating your relationships thoughtfully while remaining true to your self-concept. This is a level powered by dreams and guided by boundaries. Effective exploration utilizes the awareness and acceptance gained through observation to inform choices, actions, and reactions. This level is where you gain control of your position within your reality.

While intention can make your dreams a reality, it can also lead to questions of morality. Many times, the inherent power that results from exploration within one’s own personal universe has resulted in abuse and neglect. As you explore and grow, you must assess how much you are living in alignment with your core values.

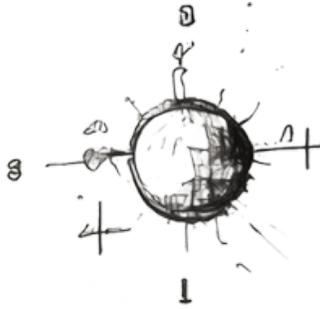
### Questions to consider:

What are your deepest desires?

What are you willing to do to achieve them?

How will you stay true to yourself along the way?

## Level 4: Master



The level of Master is a state of quantum awareness and adaptability wherein all levels are achievable and acceptable. It is a place where you have transcended the limitations of linear thinking and are able to see the world from a more expanded perspective. You understand that reality is not fixed, but rather fluid and ever-changing. This allows you to be more adaptable and responsive to the world around you.

As a Master, you are constantly pushing the limits of what's possible and expanding your personal universe. You are not afraid to experiment and explore new ideas. You are also open to receiving guidance from your intuition and from the world around you.

### Questions to consider:

What are the limits of your current reality?

What are you willing to explore and experiment with?

How can you expand your personal universe?

## Life of the Master



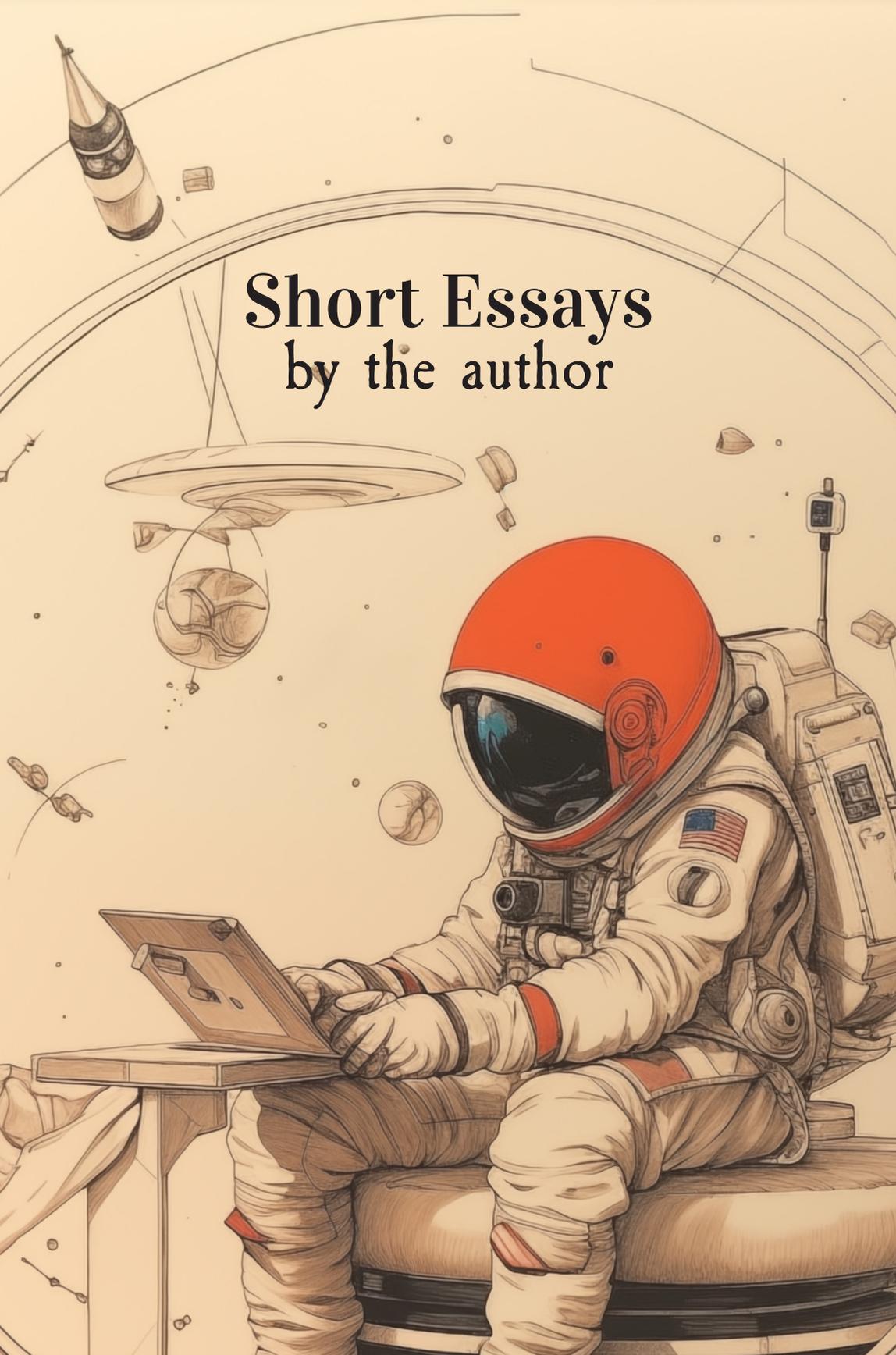
You are able to shift between the different levels of participant, observer, and explorer with ease, depending on the situation.

You are able to embrace and accept all aspects of your reality, both the positive and the negative.

You are able to use your awareness and intention to create a reality that is aligned with your core values and desires.

You are able to live a life of purpose and fulfillment, knowing that you are making a difference in the world.

# Short Essays by the author



# Reality Beyond the Material

June 2023

We are but at the dawn of comprehending the tapestry of our existence. String theory elucidates the code of our physical universe, yet what of the ethereal and unseen? If you could zoom beyond the dimension that houses our physicality and time, what would unfold before your eyes? What shape would all of time take, with the entirety of reality encapsulated? The cosmic, beyond our ken, is inexplicable.

If you could witness every ripple, every ebb of time, every atom, every child, every creature, and every star, how would your perspective on history evolve? We invest copious amounts of time gazing forward and back, striving to legitimize our existence. We incessantly prognosticate the outcome of our deeds, only to discover ourselves rewriting, revising, and at times, repudiating our once beloved choices, ultimately to look back and rue. Should we not then, simply breathe? Should we not, then, empathize?

There exists no grandiose game to play. The future merits no tears. Only the present encompasses our understanding and response to both past and anticipated future events. Our reality encompasses it all, simultaneously. True mastery over one's own personal universe is possible as the past, present, and future are embraced as one amorphous structure through which we can express the intricacies of existing with awareness. The word I've chosen to distinguish this type of mastery is "quantum".

We are Quantum.

# Our Role in The Cosmos

November 2022

The relationship between humanity and the universe is a complex and fascinating one. We are but a tiny speck in the vastness of space and time, yet we have the unique ability to contemplate our own existence and our place in the cosmos. This chapter will explore some of the key philosophical questions that arise from this relationship, such as the nature of time, reality, and our own consciousness. We will also examine the role of humanity as both observers and participants in the universe.

## Time and Reality

Time is a fundamental aspect of our experience, yet it is also one of the most mysterious. We all have a sense of time passing, but when we try to define it precisely, we run into difficulty. Is time absolute, or is it relative to our own perspective? Is it linear, or cyclical? These are questions that philosophers have been grappling with for centuries.

Our perception of reality is also shaped by time. As we move through life, we accumulate memories and experiences that form our unique worldview. These memories are not always accurate, but they are nonetheless essential to our sense of self. What would it be like to experience reality without the filter of memory?

## Humanity as Observers and Participants

We often think of ourselves as limited, passive observers in the universe, but is this really the case? Do our actions and thoughts have

any impact on the world around us? Quantum physics suggests that the act of observation itself can change the behavior of subatomic particles. This is a factor in my personal belief that we are not simply spectators in the universe, but active participants.

If we are indeed active participants in the nature of this universe, then what are our responsibilities? How should we use our capacity as observers and explorers to master and shape the future of humanity and the cosmos? These are questions that each of us must answer for ourselves.

The relationship between humanity and the universe is a complex and ever-evolving one. As we learn more about the universe, we are also forced to confront our own limitations and our place in the grand scheme of things. This process of self-discovery is both humbling and exhilarating. It is what makes us human.



**Dive deeper into your personal universe to master your reality!**



## **Universe Within Coaching Program**

**INVEST IN A SIX WEEK PROGRAM THAT WILL CHANGE YOUR LIFE!**

If you're experiencing burnout, feeling like you're not good enough, overwhelmed with responsibilities, disconnected and/or lost in your journey then you are invited to join the Universe Within coaching program.

This six-week transformational experience is aimed at achieving self-concept clarity. In this program, you will learn how to use your challenges as catalysts for growth, and how to embrace the paradoxes of life as opportunities for change.

**[www.iamcraigsmith.com/Universe-Within](http://www.iamcraigsmith.com/Universe-Within)**

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**2023**

**Written by Craig Smith**

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