

THE GREEN INVESTIGATOR

A short guide to using your Map to Soul Centric Coaching

HELLO AND WELCOME

If you are reading this it is probably because you are a new era leader, coach, helping professional, teacher or trainer, equally you might be a carer, friend or parent. Whatever your role, you will be interested in living and helping others to live a more authentic life, free from their armoured ways of being.

There are many teachings out there that encourage you to be authentic, courageous and true to yourself. We are told that we need to live in the now, detach from thoughts or let go. There is so much about the what to do, but nobody tells us the how. This is your opportunity to learn and use a method that literally shows you the how. You will be able to hold the map to this journey in your hands and learn how it can bring you and your clients, fulfilment, peace, joy and freedom.

My Map to Freedom is a completely new and unique method that works at the deepest level bringing lasting, transformational change to you and your clients that leads to living with authenticity and inner freedom.

But how can the My Map Method help your clients be more authentic? And what does it mean to become a Soul Centric Coach?

Well for you, as a helping professional or experienced coach, developing a Soul Centric Relationship with your clients means that you commit, moment by moment to dropping your armour and staying in full contact with the deepest aspect of who you are.

This is an act of immense bravery and commitment that requires you to work on yourself first. You cannot connect soul to soul with another human being unless you already know yourself as a soul.

Embarking on this path means you must go first by taking the same journey that you will take your clients on. You have taken the first step by identifying which map is yours, now you need to understand the aims the map, its structure and the nature of your specific armour.

THE PROBLEM

Whilst we humans are remarkable creatures, we have some basic limitations and the most prevalent is our need to create ways of acting, or behaving, that enable us to protect ourselves from the everyday challenges of daily life.

Although you may find this difficult to believe at first your personality traits are in fact a well conditioned set of strategies that have become a kind of armour that helps you cope with life. In fact, if you had not developed these armoured ways of being you may not have survived.

BUT whilst your armoured ways of being are useful for keeping you comfortable, they become habits of closure and defensiveness that rob you of living a life of authenticity and presence. It is these armoured ways of being that rob your clients of the life they want.

However the challenge of seeing our armoured ways of being is very real because for the most part they have become so normalized and familiar that we can no longer see or feel the impact they have on us. Plus in a world where we are perpetually in motion it is difficult to find the space to see what is right in front of us.

THE ANSWER

It was out of this modern day and largely western problem that the need for a device that could help us observe our thoughts and behaviours in action emerged and the map was born.

Your map allows your clients to recognise the specific armoured ways of being of their personality type. The aim of the map is to bring awareness to the day-to-day dealings of the personality and shows your clients the way back to their true self, their undefended self. For you as a helping professional it shows you how to become Soul Centric in your approach.

There is much learn about the layers of your map, but this brief introduction will get you started. So with that firmly in mind, read the full description of the personality traits of the GREEN INVESTIGATOR and notice what seems familiar and what does not.

As you read try to consider how these habitual ways of being have perhaps become an armour for you as a helping professional.

THE LAYERS OF THE MAP

The diagrammatic version of your map shown on the next page points to a tantalising truth... namely that you are so much more than you think you are.

Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in us all.

THE LAYERS OF THE MAP

The Outer Layer - Details your personality traits. The armoured ways you act and behave in the world and the ways people know you as you.

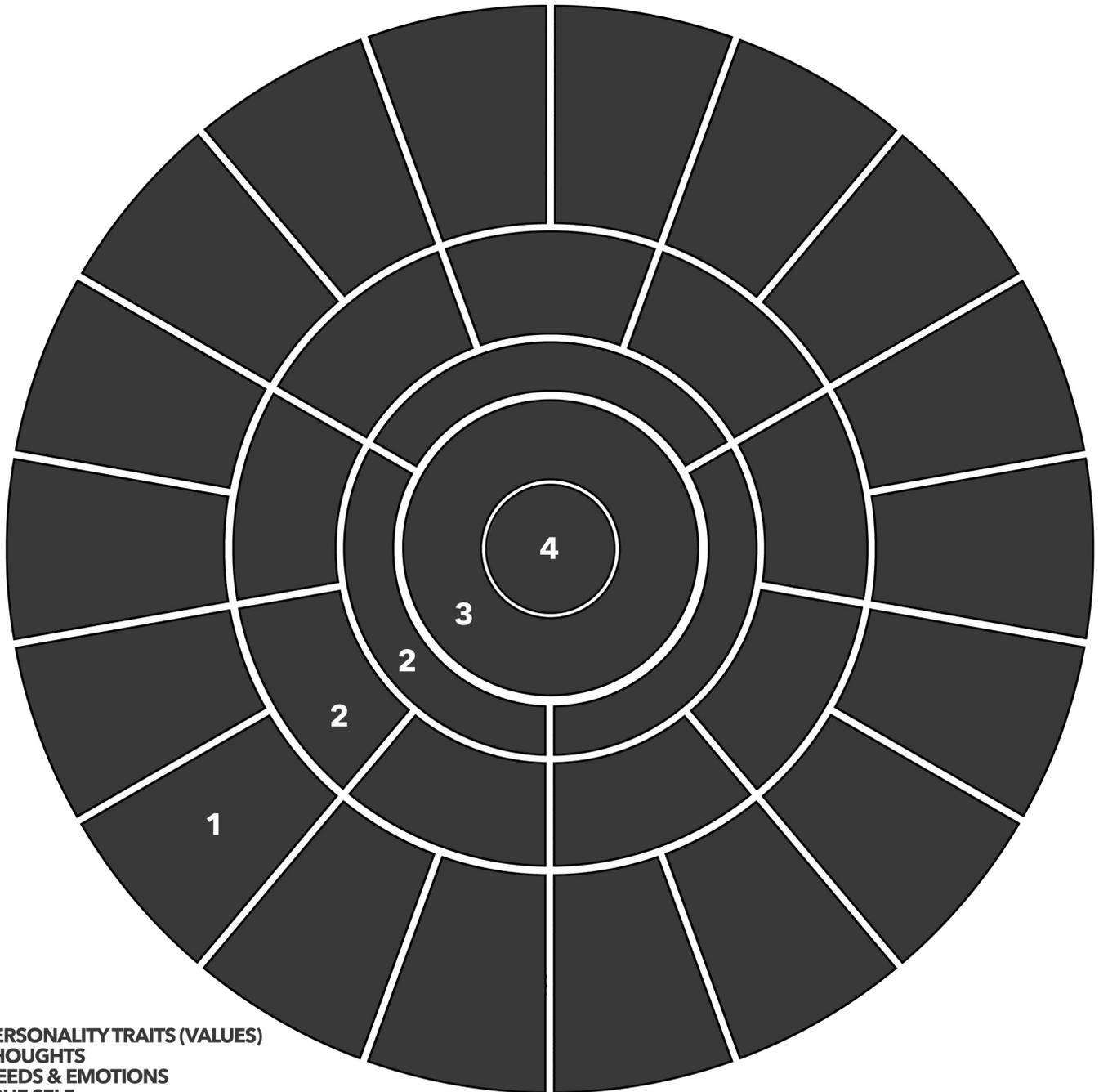
The Second Layer - Details your thoughts. The ways you think about yourself and the ways you act in the world.

The Third Layer - Details your needs, emotions and fears.

The Centre Space – Details your true self/real self/authentic self/soul signature

The centre space is the part of you that is the vast, largely unrecognised quality of being that has been encased in layers of protection and for the most part forgotten. It is this aspect of who you are that you can sense is missing. This core part of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, your soul. The names are many, but they all describe the same thing. The real you.

Most of us have had glimpses of our true self, for example, in times of exquisite peace or happiness, but they have been fewer than we would like because our awareness is so dominated by the day-to-day dealings of our personality.



1. PERSONALITY TRAITS (VALUES)
2. THOUGHTS
3. NEEDS & EMOTIONS
4. TRUE SELF



THE OUTER LAYER: YOUR PERSONALITY & DESIRE FOR KNOWLEDGE

As a Green Investigator, you value knowledge above all else. You believe that if you know everything then you will be happy. The ways that you ensure you acquire knowledge is by being intelligent, knowledgeable, informed and perceptive.

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

Studious and scholarly, you develop expertise in any area that is of interest to you, often in more than one field. You have a strong capacity for gathering knowledge, complex skill development, invention and innovation.

Intellectually curious, insightful and intense you can become highly focused on mental pursuits and you believe that knowledge is power, feeling it is imperative that you be intellectually astute as a means of survival.

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

Your greatest strengths are your clear objectivity, your instinct and your penetrating insight that is unfettered by emotions. Underneath your shyness and reserve, you are a kind-hearted and giving person. You are also very loyal to and supportive of those you care for.

OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF IGNORANCE

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

You tend to become eccentric and isolated in the fantasy world of your mind and can become preoccupied with imaginary constructs that others find meaningless and unimportant. Your comfort in mental pursuits makes it hard for you turn your thoughts into constructive action and to participate in the physical world. Feeling that too much will be demanded of you, or that you will be powerless to act in the world in its current state, you strive for separation from the world and self-sufficiency in your life. You practice minimising your physical and emotional needs and learn to become quite stingy, unemotional, and you purposely distance yourself from essential resources and nurturing. Fearing intrusion, you need to keep yourself hidden and can often become argumentative to keep yourself distanced from others. This argumentative trait can make you appear arrogant and controlling, but no matter how much you appear to be in control you often feel vulnerable and exposed, like an animal without fur. You need others to not place high demands on your time or energy as you need time alone to recharge. It is essential to your well-being that your mind is clear, your life uncluttered, and that you have the ability to control your time. You fear annihilation, contamination and being fully embodied and feel more comfortable being with your thoughts than in your body. Because you prefer to live a life that isn't weighed down by attachments, you often dispose of things or relationships you consider to be baggage.

TWO ASPECTS OF THE MY MAP METHOD

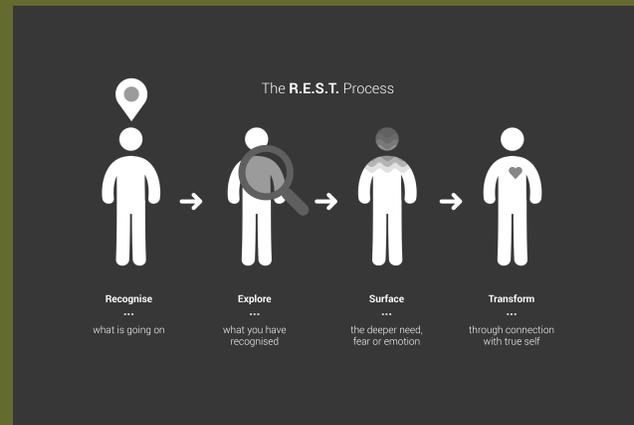
1. THE R.E.S.T. PROCESS

The journey of GETTING FREE from old patterns of acting, thinking and feeling happens when you sit with your full-scale working map in front of you and your work through a process called R.E.S.T.

The R.E.S.T. Process is a set of questions that form the basis of an internal inquiry, the aim being to bring awareness to and transform your conditioned patterns of defence and closure.

Broadly R.E.S.T. stands for;

R = Recognise what is going on.
E = Explore what you have recognised.
S = Surface the deeper, needs and fears.
T = Transform through connection with the true self.



Using the the R.E.S.T. Process alongside your map you are learning to become a witness to your own habitual patterns. Bringing awareness to your armoured ways of being is in itself enough to dissolve them.

2. GUIDED MEDITATIONS

The journey of STAYING FREE happens when you sit with your wall art map in front of you whilst listening to a guided meditation.

This process is for those who are looking for a daily practice which will keep them rooted in the present moment and enable them to live more fully in the now. The more you practice using your map in this way the more it becomes an anchor that brings you back to the inner stillness of your true self. From this place you will be able to respond to life's challenges rather than finding yourself reacting to them.

Working with your map in this way is a form of deep listening. Through questioning, listening and acknowledging, you will become an explorer, charting territory both strange and familiar. In each encounter with your map you will listen for the new and the steadfast, bring back learning and resolutions and listen for the wisdom they hold.

There is a free sample of a guided meditation on your results page on our website and I encourage you to try it out. You will need to have the page in this guide which shows your sample map open on your laptop and full screen in front of you.

WHAT NEXT?

Thank you for your interest in becoming a Soul Centric Coach. You are one of a brave and courageous few who are ready to take their coaching to the highest level and I can't wait for you to discover just how much more there is to know and understand about the My Map Method and the many benefits it can bring for you and for your clients.

As a Soul Centric Coach who has 'done the work', you will have learned and be able to guide your clients in:

- Waking up and breaking free from their conditioned patterns of closure and defence.
- Witnessing, exploring and transforming their understanding of who are and why they are here.
- Mindfully integrating trapped emotional patterns.
- Learning how to feel fully alive with a simple practice that meets the challenge of maintaining this aliveness in daily life.
- Growing their capacity to respond to life's challenges from a place of authenticity, intimacy and realness.

I can't tell you how excited I am that you are considering taking this journey and would love to support you by sending you free resources, inspiration, guidance and offers to help you in using a Soul Centric approach with your clients. If you would like to receive these then please let us have your details [here](#). If you are called to step up, be visible and do 'big work' in the world then please join us on our [Facebook](#) page where you will find blogs, free resources and videos to support you on your journey to coming out of hiding, sharing your message and living your purpose.

Finally you can find out more about how to join us, elevate your coaching skills to the next level and transform the way your coaching relationships work by checking out the options at the bottom of your results page.

Soul Centric Coaching is an evolution in the world of coaching, and it is my genuine hope that the growing number of Soul Centric Coaches will result in a world where people can drop their defences, feel free to be their true selves and bring us all together in our authenticity and vulnerability. True soul to soul connection in a world that is increasingly fragmented. And I would be honoured to welcome you to our growing community.

Jane Douglas
