

THE YELLOW ENTHUSIAST

A short guide to using your Map to Soul Centric Coaching



my **map** to freedom

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 YELLOW ENTHUSIAST 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 ways you act and behave in the world and the ways people know you as you.

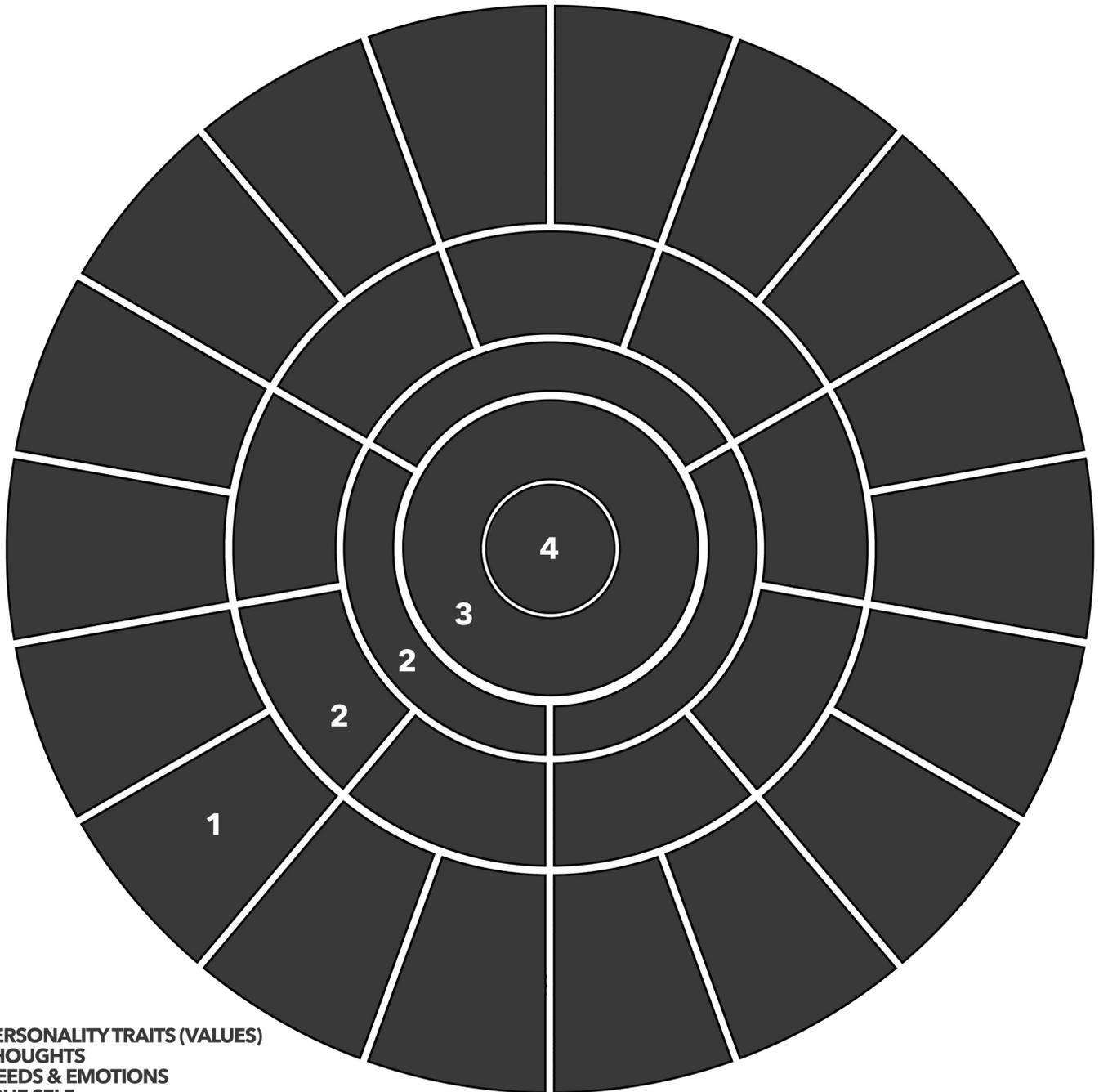
The Second Layer - Details your thoughts. The ways you think about yourself and the ways you act in the world.

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 have sensed 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 HAPPINESS

As a Yellow Enthusiast, you value happiness above all else. You believe that if you are 'happy' then you will be truly happy. The ways that you ensure you stay happy are by being fun-loving, vivacious, spontaneous and visionary. You want to be fascinating, fascinated, optimistic and enthusiastic. More importantly, you want to be stimulated, creative, positive and excited. You see yourself as visionary, curious and playful. You would like others to see you as interesting, sophisticated and fun loving. Your idealised image is that you are happy and joyful. Fun and exciting to be around you have a unique ability to lighten up a room, be playful, and inspire others with your quick wit, ready smile and high spirits. You are focused on the unlimited and exciting experiences that the future holds.

Friends value you and seek you out for your optimism and vitality. A charmed charmer, you are fascinated by people, places and ideas. Up-beat, positive and optimistic, you naturally cheer up and inspire others. Quick to laugh, with your natural humour you easily entertain people and you have a knack for avoiding and diffusing conflict. You are easily entertained.

Eternally young, you have the light-heartedness of a precocious child or court jester. Even if you are shy, you wish to be seen as a cool, hip trendsetter.

You are engaging and spontaneous and are sought after in fields that require natural ability in marketing, communicating, and salesmanship.

Your enthusiasm for many different callings creates a person who is a 'jack of all trades, but master of none.' You will often focus your attention on the best-case possibility, pleasant plans, and additional options, avoiding being bogged down by details. Outgoing and spontaneous, you love anything that is new, novel or unusual and as a free and creative spirit, you need to be free to follow your heart. An idealist and visionary, you strive to create a paradise on earth by sharing your vision of love, equality and freedom. An equalitarian, you enjoy people from all walks of life. As a result, you become very versatile and continually plan and enjoy looking at what is ahead. If life gets you down, you escape your anxiety and boredom through variety and activity. Because you are innovative, you can easily turn lemons into lemonade. Uneasiness is kept at bay by keeping busy with the interesting and diverse. Seeking a positive future with unlimited possibilities, you believe that the sky is the limit. You value joy and variety and envision making the world a more delightful place.

THE OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF UNHAPPINESS

As a Yellow Enthusiast, you avoid being unhappy or trapped in painful situations at any cost. You believe that if you are unhappy or are trapped in painful situations you will be overwhelmed. Because of this your weaknesses and negative tendencies are related to remaining happy at all times. The ways you do this is by focusing on ways of avoiding pain and suffering, frustrations, feeling trapped. This focus on avoidance tends to lead you to becoming easily distracted and fickle. Because you become quickly bored with your life and start to feel trapped or claustrophobic, you can become scattered in an attempt to divert from your current situation. A glutton for choice you often appear extravagant when looking for ways to have your cake and eat it too. This extravagant nature can also show up as you look to the future and the next pleasurable experience, trip or even the next meal. This future orientation causes you to continually plan in order to escape from your inner anxieties and introspection.. Always on the look- out for the BBD (bigger, better, deal), you need plans that are flexible and fluid.

You enjoy flexibility because it gives you the option to change your mind at the last minute. Your attention goes to a positive future, with multiple options, but you can become paralyzed by options because you are afraid of missing out. You may feel like a child running down the aisles of a toy store who is fearful of choosing one toy and missing out on the rest. Your vices are gluttony, overdoing and seeking stimulation until you collapse or become ill. In order for you to experience joy and fulfilment, it is critical that you follow through on your ideas by realising them. If your dreams remain unmet, you can become jaded, selfish and/or greedy. As you become increasingly self-indulgent and lose your sense of commitment and follow through, you can become flaky, letting commitments slide and people down. You can also be dogmatic and overly critical of others and if you have clamped down on your excessive ways, you may judge those who are mirrors of your indulgent past.

Feeling incomplete or cornered or missing out are among your deepest fears. You avoid boredom, sadness and emotional pain and fear limitation, feeling trapped or appearing inferior. You avoid painful emotions because you are afraid that you will become overwhelmed if you talk about or feel them. You also avoid negative people as they can bring you down. This can lead you to avoid the present by living in a future fantasy of plans.

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 react 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
