

THE ORANGE HELPER

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 to 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 GOLD ACHIEVER 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.

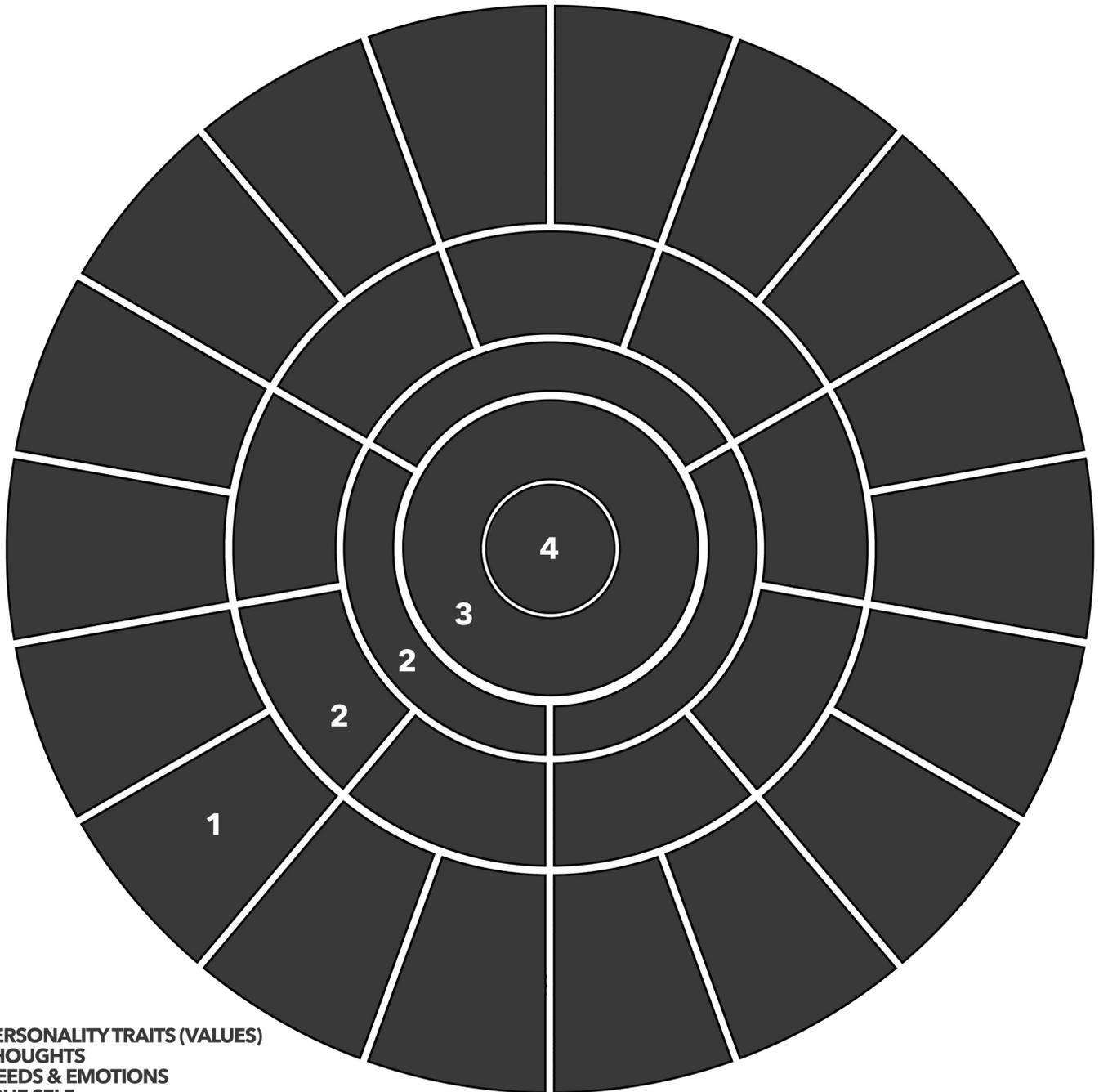
The Second Layer - Details your thoughts. The ways you think about yourself and the ways you act in the world.

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 LOVE

As an Orange Helper, your central towards value is love. You believe that if you are helpful you will be happy. The ways that you ensure that people will love you is by being seen as appealing, giving, caring and heartfelt and it is important to you that you are needed. The drive to win others' affections by being considered important and appreciated for your efforts is a way of obtaining support without having to ask for it.

You want to be liked and are always ready with an easy smile, helpful advice, or a friendly compliment. Relationship orientated, you reach out to others and are often the first one to lend a hand. You see yourself as approachable, nurturing and thoughtful. You would like others to see you as empathetic, supportive and altruistic. Your idealised image is that you are a loving and helpful person. You have a warm, sociable and enthusiastic personality and you are naturally practiced in the art of using positive communication to create rapport. Your natural strength is your genuine ability to listen to others, empathise with their feelings and meet their needs.

A good listener, you focus on the needs and concerns of others. You usually know what people need and feel and enjoy taking on the kind of role where you can show your giving and generous nature. You have developed the gift of flattery to the level of an art form because you see how this skill can be a currency for creating intimate rapport. Secretly, you can feel needy and vulnerable, feeling that you must earn the right to be loved. Avoiding a deep sense of loneliness, you find ways to connect to and be of service to others. You have an innate sense of what to say or do to make people feel seen and admired and can be very diplomatic and skilled when it comes to delivering messages in ways that people can hear.

Like a fairy godmother or godfather, you like to do special things for people and surprise them with unexpected gifts. You take note of others' desires and try to fulfil them.

You take pride in your ability to comfort and support others. Your superpower though is that you can be an excellent friend and will often go to great lengths to take care of and support those you love. Always ready to be helpful, others often depend on you. You have innate people skills and value interpersonal relationships above all else. Your extraordinary insight about what people need, and your ability to create mutual trust and affinity are rare gifts. You love to be instrumental in helping others achieve their full potential.

THE OUTER LAYER: YOUR PERSONALITY & AVOIDANCE OF BEING UNLOVEABLE

As an Orange Helper, your central away from value is being unloved. You believe that if you are not loved you will be unhappy. Because of this your weaknesses and negative tendencies are related to the ways you ensure you always remain liked.

Because of your unconscious fear of being unloved, you will often believe that you are the only one who sees and can give people what they need. This aspect of your personality leads to self-inflation, a form of pride.

Though you might not realise it this pride masks the fact that you may give to people with strings attached. When you offer unsolicited advice or give compulsively, others may perceive you as bossy, overly demonstrative or manipulative.

In an effort to have your needs met, you may promise more than you can deliver or deliver more than you promise. Unconsciously, you may feel needy and want to be taken care of by others and can become emotional, sullen or overly dramatic, suffering from psychosomatic illnesses.

Whilst you are friendly, upbeat and want to be considered a 'special' friend you can get in your own way by over doing your focus on shape shifting to please others.

Skilled at going out of your way to notice what is needed you feel motivated when others acknowledge your efforts and express their appreciation, but you can be so focused on others that you don't pay attention to your own unmet needs and feelings. You avoid appearing needy or useless and feel that to have your needs met by others, you must meet their needs first. Because you can't help imagining that people are as sensitive to criticism as you are you may sugar-coat or shade the truth out of fear of hurting someone.

At other times, your cheeriness can feel false as it functions as an overcompensation to mask sadness, resentment or disappointment.

Secretly, you fear being ignored and don't want to feel left out or be seen as inconsequential. To be liked, you avoid saying or doing anything that is off-putting or unflattering. You feel much more comfortable giving than receiving. To let yourself receive, you would have to express your own desires, which makes you feel vulnerable. Focused on the needs of others, you may repress your own needs and feel taken for granted.

Because you consider yourself to be indispensable, your vice is arrogance. Whilst you may believe that your giving nature is unconditional, if you dig deep enough you will discover that you have a habit of strategic giving. Giving to make people feel indebted to you.

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 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
