

The Orange Helper

A Short Guide to Your Map to Freedom



my map to freedom

Hello

and welcome to My Map to Freedom!

Whether you are reading this because you want to live more fully in the now, become a more authentic leader, live the wisdom of the Enneagram or develop your coaching presence you are all looking for the same thing.

When you find the space to inquire, you will find that what binds all these quests is what Joseph Campbell calls 'feeling the rapture of being alive.'

If you inquire even further you will discover that the only way to feel this inner rapture is to strip away your well-conditioned patterns of closure and defense, and set the 'real you' free.

This is the work of My Map to Freedom. As a visual tool it shows your specific patterns of closure and defense and helps you get beyond them so that you can live in the moment, be more authentic or develop your coaching presence.

But how can My Map to Freedom help you find the real you? And how do you experience the rapture of being alive?

Great questions.

First, you need to understand the structure of your map and the nature of your self created prison... so read on.

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.

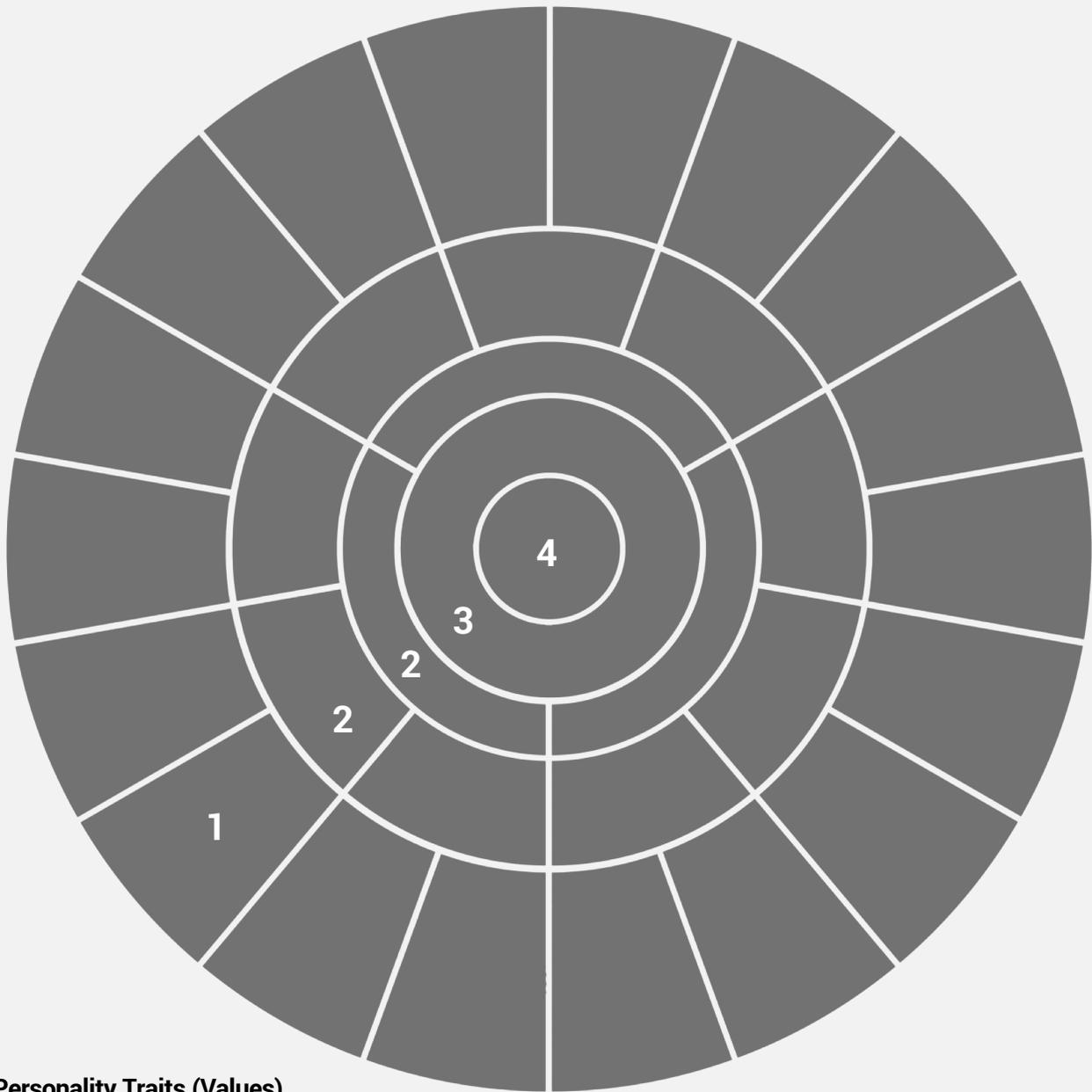
The Layers Of The Map

- **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.

There is much learn about the layers of the map but this brief introduction will get you started. So with that firmly in mind, read the full description of the outer layer of the **Orange Helper** and notice what seems familiar and what does not.



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.

However, 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.

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 cope with the challenges of daily life. You might think I am talking about taking a glass of wine in the evening, or distracting yourself with some mindless TV and whilst these things are certainly coping mechanisms the less obvious coping mechanism are the habitual patterns of our personality. Your personality is in fact a well conditioned set of strategies that have helped you cope with life, in fact if you had not developed these strategies you may not have survived. But whilst these coping strategies are useful for keeping you comfortable, they become habits of closure and defensiveness that rob you of living a life of authenticity and presence.

However the challenge of observing these traits in action is very real. 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. (Or what is right inside us). We find ourselves overwhelmed and overworked, and tired and stressed people do not have the time, space or motivation to observe themselves.

The Solution:

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. Your map is the answer.

Your map allows you to recognise these habitual patterns of the personality is key to living your life authentically, fully present and in the now. It involves making ongoing conscious efforts to observe yourself and your patterns of closure. The aim of your map is to bring awareness to the day-to-day dealings of your personality and show you the way back to your true self, authentic self, your coaching presence, and to the present moment. As you work with your map you will come to see the the walls you have built for self preservation and self protection that are now robbing you of the freedom to feel alive.

Your map is a visual tool that does two things:

- Firstly it shows you the specific ways you stop yourself from being who you are.
- Secondly it enables you to connect to your true self.

Two Ways to use your Map

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 of the inquiry being to bring awareness to;

- The ways you reject or resist living in the present moment.
- The ways you avoid being authentic or real.
- The ways you avoid being present with others.

Broadly R.E.S.T stands for;

- R Recognise the ways you defend/resist and avoid life.
- E Explore the reasons why.
- S Surface the underlying emotions, needs and fears.
- T Transform through connection with the true self.

In the R.E.S.T. process you are learning to become a witness to your own habitual patterns. As you work with your map you will see connections, patterns and recurring themes with a new perspective and awareness. You not only become aware of what and why you are doing the things you do, but your awareness will also dissolve your old patterns and set you free.

Two Ways to use your Map

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 routed 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 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 our site and we encourage you to try it out.

Obviously you will need to have your map open in front of you. If you have not purchased a printed map yet then please use the sample at the back of this guide and give it a go!

What Next?

Thank you for your interest in My Map to Freedom I can't wait for you to find out how much more there is to know and understand about the map, the R.E.S.T. Process and yourself. If this brief guide has intrigued you and you are curious to explore further, then here are some choices:

If you would like to explore how to live more fully in the present moment then we recommend you check out the on-line programme 'Living in the Now.'

If you would like to explore how to use the map in your coaching practice then we recommend you check out our programme for coaches.

If you would like to explore how to use the map to live the wisdom of the Enneagram then we recommend you buy the box set with the book **How to Live Unleashed and Alive** and the foldable map.

Or maybe you might simply like a copy of your map for the wall or as a gift. Please visit our shop to see the wonderful array of 'home friendly' designs!

Finally, one more choice.

I would be honoured to welcome you to the growing community of explorers on Facebook that are using their maps to radically change their lives. We have a general Facebook page which will inspire you with daily quotes and thoughts about inner freedom and a closed group for those wishing to learn more about using their map on a daily basis.

Whichever way you choose to use your map I wish you the warmest wishes on your onward journey to freedom.

Jane Douglas

