

The Yellow Enthusiast

A Short Guide to Your 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.

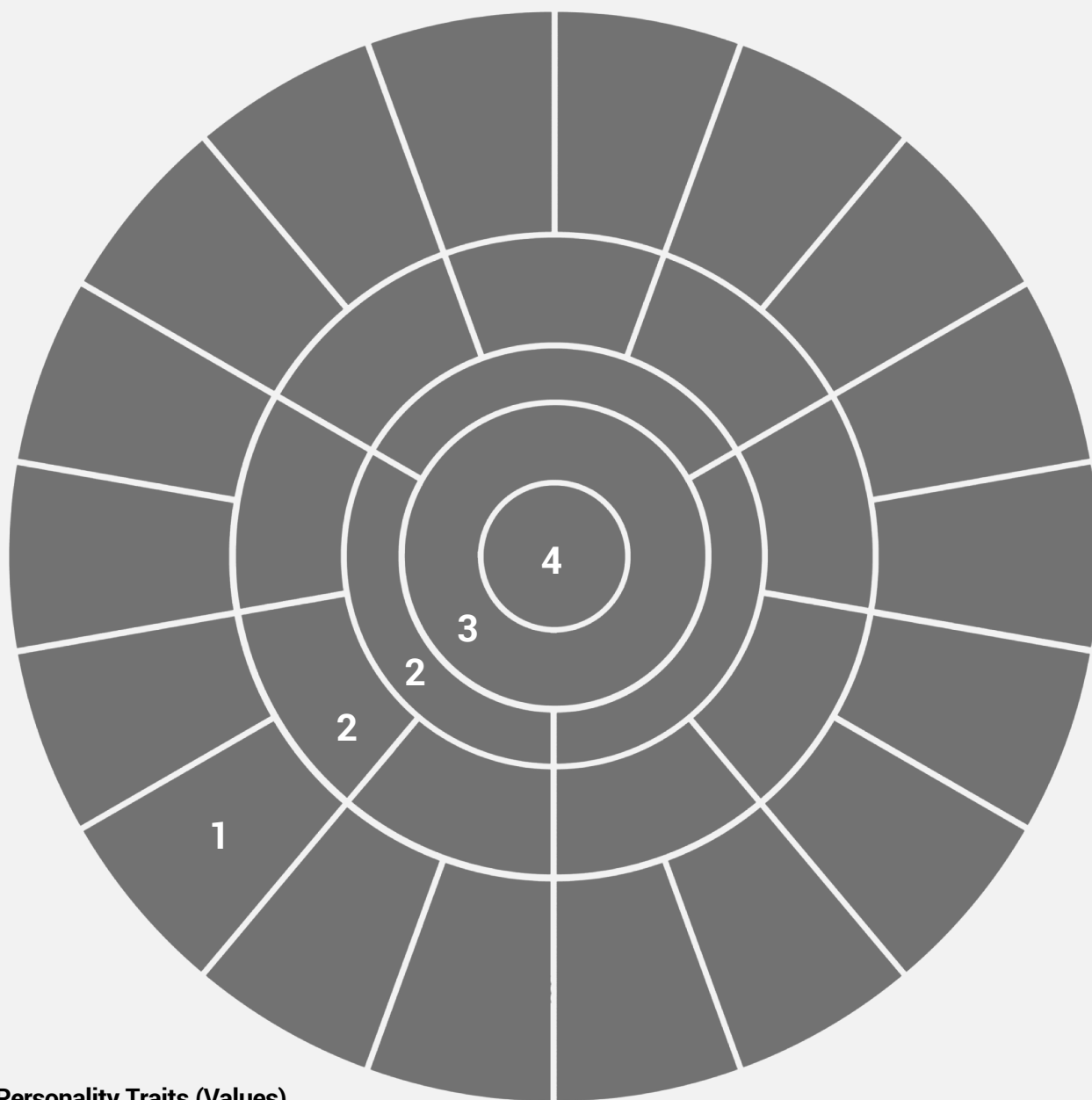
The Layers Of The Map

- **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 **Yellow Enthusiast** 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 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 is 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 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.

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

