

THE ORANGE HELPER

A short guide to using your Living Your Calling



my **map** to freedom



Hello, my name is Jane Douglas and I welcome you to My Map to Living Your Calling.

As a self-employed coach, helping professional or thought leader you have probably embarked on many a quest to get your message out there and reach the people you want to serve. You have probably been advised that to grow your business and attract your tribe the first thing you need to do is market yourself. The chances are you have spent a small fortune seeking all sorts of advice, getting nowhere fast, and just like everyone else who is spending so much time and effort 'marketing' themselves you end up part of the crowd - just adding to the noise. Unnoticed by the people you want to reach. Invisible.

What I am learning on my journey is that there are two aspects to being visible in the world. There is the inner game and the outer game. The outer game is concerned with marketing skills and expertise, and whilst this knowledge is essential it is not the place to start your journey to living your calling. To get your message heard by those you want to serve you need to start on your inner game. Until you have done the inner work needed to be able to be visible in the world no amount of marketing skills are going to attract the people you want to serve. Why? Because whether you admit it or not, you will be too frightened.

"Becoming visible in the world requires you to drop your conditioned ways of avoiding, conforming and pretending. It is a human act of immense bravery and vulnerability that requires you to stay in full contact with who you are at the deepest level."

My Map to Freedom is first and foremost a method for learning to recognise your conditioned ways of avoiding and hiding from the world and as a practice it is your map for your journey to being visible in the world.

Your journey to becoming visible is unique to you

Everyone knows that your personality type determines the ways you act, think and to some extent feel, but what is less commonly known is that your personality type also shapes the way you hide and avoid being visible in the world.

Your personality traits are in fact well-conditioned patterns of behaviour that keep you safe and hidden in an overwhelming world. When you don the armour of your personality traits you are hiding, acting out of fear and playing out a much smaller version of who you are.

You do not have to spend years struggling before you awaken to the truth of who you really are and come out of hiding. You are entitled to allow flow and freedom into your life now. But if you are to allow yourself to come out of hiding and be real you must first learn how to recognise the specific ways your personality type avoids staying in contact with life. Your map will help you uncover your default and invisible operating systems that are secretly ensuring you stay invisible by presenting a pale imitation image of who you really are. When you use your map as a daily practice you will finally comprehend the devastating impact that your conditioned and egoic ways of hiding have on your capacity to get your work out into the world. Once you bring what is hidden into your awareness you will find the courage to step out, step up and live your calling.

On the next few pages you will read about the structure of your map and more details on your personality type. You will also learn how your personality type shapes the specific ways you keep yourself hidden in the world...

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.

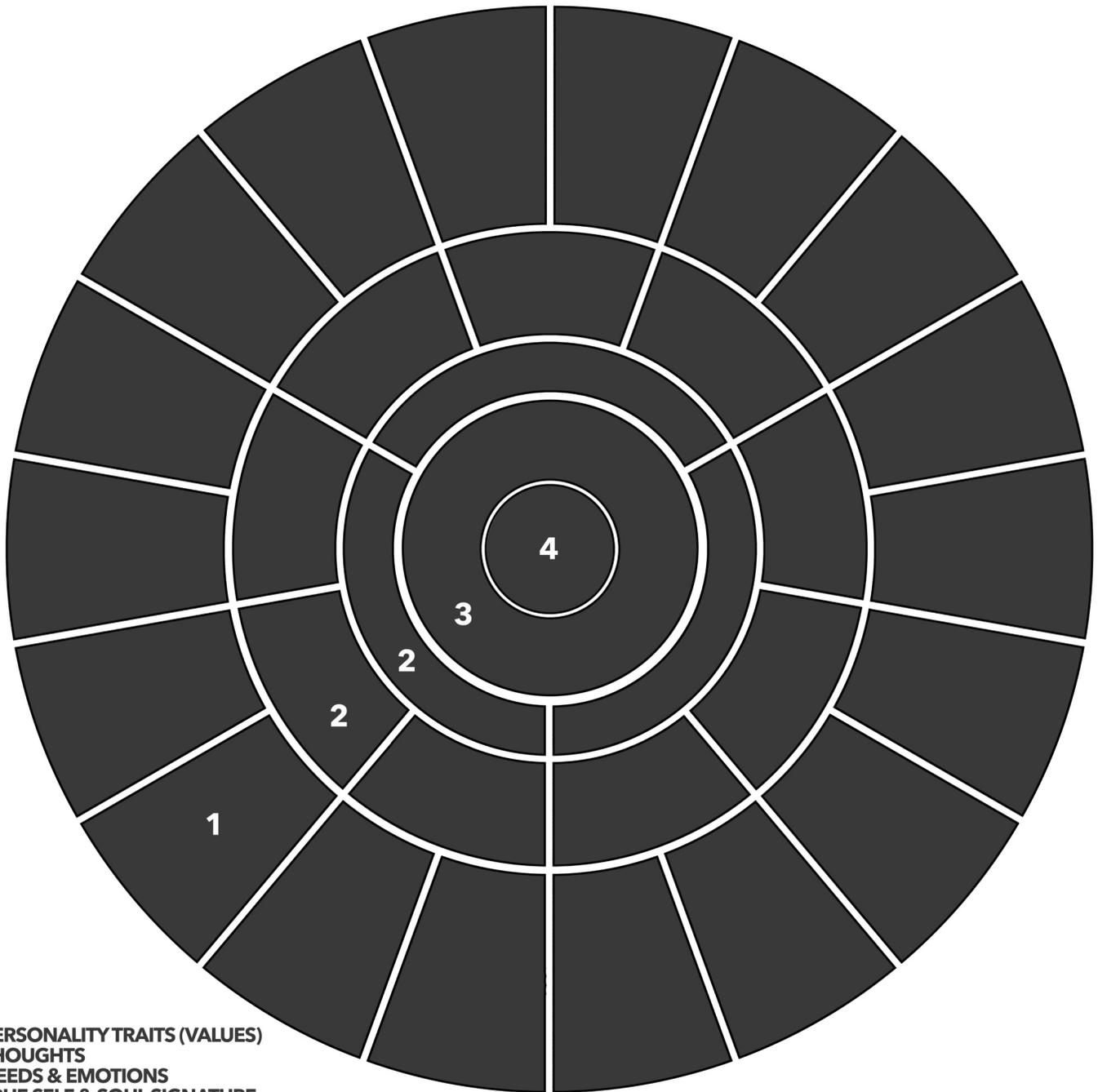
The Third Layer - Details your needs, emotions and fears.

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 to 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 & SOUL SIGNATURE

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.

Your journey

As an Orange Helper, your journey to being visible is wrapped around your desire to be loved and your avoidance of being unlovable – the ways you avoid being visible and don your mask any time you feel you may not be liked or loved.

In terms of your work in the world, this means that you sabotage your efforts by:

- Losing track of your mission by putting others first.
- Getting scared of putting yourself 'out there' because you want to be liked by everyone.
- Over promising on your offers.
- Getting run down by not putting your needs first.
- Over giving on your time without charging for it.
- Rarely if ever asking for help and support from others.

When working one to one, this could mean that you often find yourself:

- Promising more than you can deliver.
- Appearing overly friendly and cheery.
- Sugar-coating or shading the truth out of fear of hurting someone.
- Saying what you think your client wants to hear in order to please them.
- Feeling de-motivated and angry if clients don't appreciate your efforts.
- Avoiding putting boundaries in place because you feel much more comfortable giving than receiving.
- Offering more of yourself than is healthy in an unconscious desire to make people feel indebted to you.

Coming out of hiding means having a practice that enables you to recognise these patterns of behaving, thinking and feeling in the moment and transform them by connecting with your true self.

Coming out of hiding is a moment to moment commitment.

Working with your map

How can working with my map help transform my patterns of defence and closure?

By using your map as a practice you will find you naturally feel more:

- Energetic - because you have transformed your usual desire to give away too much of your time and energy to your clients.
- Empowered - because you will be able to express your boundaries.
- Authentic - because you will tell the truth rather than sugar-coating messages that are difficult for your clients to hear.
- Humility - because you will easily be able to admit when you are wrong.
- Accepting - because you will no longer be resentful towards people who do not appreciate your efforts.
- Trusting - because you will know your presence is all that matters and who you are is enough.
- Alive - because you will live more fully in the moment rather than being excessively worried about your clients.
- Peaceful - because you will drop the need to be your client's 'best' friend.

If you would like to find out more about how your map can help you get visible in the world and live your calling, then the next page has your next step...

Your next step

is to join us on Facebook by following [this link](#) and liking and following our Facebook page. There you will find short guides to using your map and more resources, learning events and inspiration, all free and all intended to support you in coming out of hiding, showing up and being visible in the world so that you can get your message out and live your calling! This is a developing resource and is where we would love your comments and discussion, questions and thoughts and where we will also be sharing offers that will help you as your journey progresses.

So, why not join the growing number of coaches, helping professionals, thought leaders and those who simply want to show up and do big work in the world who are using their maps. All the resources on this page are free so you have nothing to lose and I would be honoured to serve you in your quest to come out of hiding!

(if you would prefer emails then please complete [this form](#) and tick to give us permission to send you emails – you can unsubscribe at any time.)

With warmest wishes

Jane

