

# THE MAP RESOURCE PAGE

*Everything you need to know about our method*

## IN THIS PDF YOU WILL FIND:

- 1 An explanation of MAP
- 2 Video demonstrations of MAP
- 3 The science behind MAP
- 4 The difference with other methods
- 5 Some of the unique benefits of MAP as a method
- 6 Conditions improved with MAP ( Subconscious Reprogramming )
- 7 Testimonials

## 1 WHAT IS MAP? *AN EXPLANATION OF THE METHOD*

**MAP is the number one method to clear subconscious blocks.** We do that by training the brain to find and neutralize the negative unconscious memories. This means to you that you don't have to know, remember, or understand why you have a block. You can, therefore, easily and safely release your inner blocks and finally reach your full potential.

The reason we say that is that we leverage a little known, revolutionary discovery in neuroscience that is called the **Window of Re-consolidation**. It allows the brain to neutralize negative memories within seconds.

**With MAP you can unlearn any unwanted memories, traumas, beliefs, negative emotions within minutes.** We do this by leveraging the latest discovery in neuroscience, training the brain to heal itself via the Window of Re-consolidation.

**Once the brain is trained,** we instruct the brain to heal specific negative memories, emotions, and patterns, and it is able to do so within minutes.

**With MAP we can find and neutralize unconscious negative, sabotaging patterns within minutes.** It is not necessary to talk about the issue, or even remember the memories. It is gentle, fast, and effective. There is no hypnosis, tapping, or talking necessary.

## 2 VIDEO DEMONSTRATIONS OF MAP

These are videos of Colette giving a demonstration session on different subjects.



### **LEONA'S FEAR OF FLYING**

<https://www.youtube.com/watch?v=ISK9IHu9Ki4&t=5s>



### **NEVEN'S PROBLEM WITH CLAUSTROPHOBIA**

<https://www.youtube.com/watch?v=19aQOv7J6wg&t=5s>



### **TOM'S FEAR OF BEING IN THE DARK**

<https://www.youtube.com/watch?v=ZTCztsyj6Tc&t=2s>



### **JELENA'S FEAR OF DRIVING**

[https://www.youtube.com/watch?v=FqpoQLf\\_Eac&t=2s](https://www.youtube.com/watch?v=FqpoQLf_Eac&t=2s)



### **MICHELE'S DEMO**

[https://www.youtube.com/watch?v=Kov\\_On3tO3Y](https://www.youtube.com/watch?v=Kov_On3tO3Y)

## 3 HOW MAP WORKS - THE SCIENCE

These are videos of Colette explaining MAP, its story, etc..



### THE STORY OF MAP

<https://www.youtube.com/watch?v=qC4Nok1rVmg&t=3s>



### THE RE-CONSOLIDATION

<https://www.youtube.com/watch?v=rhQmCCT8A-8&t=2s>



### SCIENCE BEHIND MAP

#### QEEG VIDEO

<https://www.youtube.com/watch?v=qQJXiFlmxvk&t=19s>



### THE THREE STEPS OF RE-CONSOLIDATION

<https://www.youtube.com/watch?v=fgg-19ybgkQ&t=7s>



### HOW MAP USES THE THREE STEPS

<https://www.youtube.com/watch?v=LY2eRYOHRNU&t=13s>



### YOUR MIND IS LIKE A RESTAURANT

#### EXPLAINS THREE MINDS

<https://www.youtube.com/watch?v=BqPf1e8N7M0&t=1s>

## 4 THE DIFFERENCE WITH OTHER METHODS

**Is it like NLP?** No. You are not asked to follow instructions, visualize or imagine anything or take any actions to get the results. A command is given to your subconscious mind and you simply relax and observe the changes.

So young children or people with cognitive limitations can benefit from MAP.

You don't have to tap, or talk about the details of a traumatic event, or even remember the event.

For example with MAP we can treat events that occurred pre-birth in the womb or at any other time. **It is not hypnosis, as there is no hypnotic state inducement. You stay totally awake and aware** and you are in control of the entire session. The MAP practitioner is working in alignment with the inner wisdom that comes from you.

Also the practitioner's role is not to influence the healing one way or another,

**it simply unleashes the brain's ability of the rewire and upgrade itself.** It is a very respectful process. There is not insertion of any kind.

**We can address family history like in the Family Constellation sessions and in Bio Decoding.** We are able to find within seconds the origin of a pattern several generations back, and clear it totally from the generational tree

**While EMDR** is focused more specifically on trauma and often brings strong emotional reactions, MAP is usually very gentle. An emotion might last 3-5 minutes but is followed by a great sense of peace.

**Contrary to Cognitive Behavioral Therapy**, you don't have to be actively participating and making conscious choices as we know that the unconscious mind is faster than the conscious mind and using will is a thing the therapist has no ability to control.

**Unlike most methods, MAP can be eventually used by you "incognito".** The self-help version can be done anytime anywhere in the middle of life.

For example, it can be done in the middle of a tennis match, just 5 seconds before giving a speech, during an important meeting or just before seeing a client. All this unknowingly to the outside world. The "MAP on the Go" is a skill you will love because it will empower you in your daily life, between sessions. Because we all know that one session a week is really not enough in certain cases and daily self-help is critical to success.

## 5 GENERAL BENEFITS OF MAP AS A METHOD

**With MAP we have easy and unlimited access to unconscious memories.** We can instruct the brain to:

- **Find all the memories connected to a pattern** and ask the brain to upgrade the ones that are painful and non-supportive.
- **Find all the events in a lifetime that are associated with a similar pattern, experience or feeling and neutralize them all at once**, which saves lots of time and painful moments. You don't have to remember the details.

**The best is that you don't need to know anything about the issue.** The brain is obviously aware of its own programs.

**The philosophy of MAP is future oriented instead of past oriented.** It fits perfectly with the Quantum laws of reality. We use intense elevated emotions to create new wiring.

**Unlike many of the methods, we not only neutralize the negative patterns, but actually we have found it fundamental to create new neural pathways towards a new different future.** We only clear the blocks that are blocking the path and then we actually help the brain rewire itself and create new circuits to prepare for the new positive future...

## 6 CONDITIONS IMPROVED WITH MAP

MAP can effectively neutralize and improve the following stress induced ailments, conditions and disorders listed in the chart below.

*Note: Conditions marked with an asterisk \* can be successfully addressed with MAP as a complement to therapy with a licensed therapist or doctor in its respective field (with their consent).*

Abandonment	Claustrophobia	Fear of Loss of Control
Addictions*	Communication	Fear of School
Addictions to Alcohol*	Concentration	Fear of Success
Addictions to Food*	Concern	Fear of Surgery
Addictions to Drugs*	Conflicts	Fear of Water
Addictions to Sex*	Confidence	Fear of Public Speaking <i>(Videos, Social Media Lives, etc.)</i>
Adoption issues	Confusion	Fear of Unknown
Aggression	Controlling	Feeling Stuck
Agoraphobia	Cramps*	Forgiveness
Anger	Cravings	Frustration
Anxiety	Creativity	Gambling
Assertiveness	Death or Loss	Gastrointestinal Problems*
Assist Healing	Depression*	Guilt
Asthma*	Disappointment	Grief
Attitude Adjustment	Discouraged	Greediness
Autoimmune Disorders*	Dreams	Hair Twisting
ADHD*	Diabetes*	Hatred
Bed Wetting	Eating Disorders*	Headaches*
Beliefs about Self/Others	Envy	Heartbreak
Betrayal	Embarrassment	Heart Disease*
Breathing	Exam Anxiety	Helplessness
Body Image	Exercise	Hopelessness
Boredom	Fears	Humiliation
Blame	Fear of Animals <i>(spiders, snakes, dogs, etc.)</i>	Hurt
Bitterness	Fear of Death	Hypochondria
Career Success	Fear of Dentist	Hostility
Cancer <i>(Stress)***</i>	Fear of Doctor	Hypertension*
Change Habits	Fear of Failure	Immune System*
Childbirth	Fear of Flying	Impatience
Chronic Pain*	Fear of Heights	Impotence <i>(when psychological)</i>
Circulatory Problems*		

Improve Health  
 Improve Sales  
 Indecision  
 Indifference  
 Inferiority  
 Infertility (*Stress*)  
 Inhibition  
 Insecurity  
 Insomnia  
 Intimidation  
 Involved  
 Irrational  
 Irritability  
 Irritable Bowel Syndrome\*  
 Jealousy  
 Judgemental  
 Lack of Ambition/Drive  
 Lack of Direction  
 Lack of Enthusiasm  
 Lack of Initiative  
 Loneliness  
 Lower Blood Pressure\*  
 Lupus\*  
 Marital Issues  
 Medication Side Effects  
 Memory (*when due to stress*)  
 Mistrust  
 Moodiness  
 Motivation  
 Migraines\*  
 Nail Biting  
 Nausea\*  
 Negativism  
 Negative Beliefs  
 Negative Patterns  
 Negative Emotions  
 Nervousness  
 Nightmares  
 Numbness (*emotional*)  
 Obsessions

Obesity\*  
 Obsessive-Compulsive\*  
 Overeating  
 Overly Critical  
 Pain Management  
 Panic Attacks\*  
 Passive-Aggressive  
 Peak Performance  
 Perfectionism  
 Personality Traits  
 Physical Healing (*Acceleration*)  
 Post Surgical Stress  
 PTSD\*  
 Premature Ejaculation  
 Pressure  
 Pre-Surgical Stress  
 Problem Solving  
 Procrastination  
 Productivity  
 Public Speaking  
 Rancor  
 Rage  
 Reach Goals  
 Rejection  
 Relationship Enhancement  
 Relaxation  
 Remorse  
 Resentment  
 Resistance  
 Resistance to Change  
 Responsibility  
 Restlessness  
 Revenge  
 Sadness  
 Sales Blocks  
 Self-Awareness  
 Self-Blame  
 Self-Confidence  
 Self-Control  
 Self-Criticism

Self-Defeating Behaviors  
 Self-Esteem  
 Self-Expression  
 Self-Forgiveness  
 Self-Image  
 Self-Mastery  
 Sexual Abuse/Assault  
 Sexual Problems  
 Shame  
 Skin Problems\*  
 Sleep Disorders\*  
 Smoking  
 Social Phobia  
 Sports Performance  
 State Fright  
 Stress  
 Study Habits  
 Stuttering  
 Stubborn  
 Substance Abuse\*  
 Superiority  
 Surgical recovery  
 Tardiness  
 Temptation  
 Thumb Sucking  
 Tics  
 Tolerance of Others  
 Trauma\*  
 Ulcers  
 Unhappiness  
 Unworthy  
 Un-motivation  
 Unsupported  
 Victimization  
 Vindictiveness  
 Weight Loss/Gain  
 Worry  
 Worthlessness  
 Writer's Block

## 7 TESTIMONIALS



### Jordan Sickel



**"MAP is revolutionary.** Until you've experienced it you simply won't understand the power of it. Time no longer exists. What used to take months, or even years to get through (i.e. breakup, failure, trauma, etc) you can now make that memory neutral so it's no longer taking over/sabotaging you in literally minutes.

Once you're no longer being controlled by disempowering beliefs your desires now have a neutral platform to begin unfolding from. And trust me they unfold.

I had a strong desire for what I wanted - independence, financial freedom, and fulfillment in my career. At the time I had none of that. **In one month my entire life changed.** I was no longer in a relationship that I'd outgrown, I had a career I at one time dreamt about, a new car, my own apartment, and I was now surrounded by amazing like minded people.

**MAP is the future.** I can't confidently endorse a lot of coaching products, especially when often times it's a large investment. **You want to be confident that what you're putting out you're getting back 10 fold and I can promise you MAP will not disappoint.** Have patience with it, stay committed, when change and transformation happens it doesn't always look like how you imagined. But have trust and confidence in your self it is amazing. **You will thank yourself everyday for learning the MAP method."**



### Ricki Brideoake



"I can't even put into words the impact that MAP, Magnetizing millions, Colette and Val have had on me. **I started training quite a while ago with them and since then I have:**

- **Started my dream business**
- **Up-leveled my performance in all aspects of my life including business, financial, personal, relationships and spiritual**
- **Earned more money in a week than I used to in 2 months**

I originally joined to really become a top performer and reach my potential, which I have, but the side effects of clearing all the negative things in my head is that **I am now just a much happier, more grounded, calm and passionate person.** I can't recommend these guys enough."





**Golshad Darroudi**



"So while I was a skeptical lawyer trying to find out a perfect solution, universe brought me to MAP.

I literally fell upon it while looking for something else to be honest

**I had ONE! yes just one 30 minutes session with Colette and I can confirm to you that already veils of hidden unconscious pain body got removed leaving me with a pain free sensation and shifting from 8 to 0 the discomfort and anxiety felt at start.**

I still can't believe how effective it was and am in awe of this method apparently too simplistic but in reality too good to be true.

I really also enjoyed the non intrusive and non invasive get into details of trauma method.

Merci! and super thankful to Colette and MAP.

I now believe that whether you need or will use it for yourself to untangle your beliefs or you use it as well to help others, **it is a win win choice.**

Great summary of several methods and pain free efficient method. **You simply heal yourself basically.**

**Wonderful work and care Colette!!"**



**Moz Tahero**



"I have tried many methods and this is by far **one of the best ways to get clarity and beam toward your goals.**

Thank you Colette"



**Maja Petkova**



**"The MAP is an excellent method that helped me to release lot of resistances and to get rid of my fears.** With Jelena's help, the MAP Practitioner, and with MAP, **I improved my self-confidence.** It helped me release the sadness that I kept inside me. Jelena was acting like a friend who wants to help than a coach. She was awesome, always with good advises and time for me. **Thank you my dear for bringing MAP into my life."**

**Stacy Richter**

“Before I met Colette and was introduced to M.A.P., I was struggling in every area of my life. Finances were tight, stress was high, health was poor and all my relationships (Business & Personal) were suffering as a result.

**After I started working with Colette and learned about how to apply M.A.P. in my life, everything started to change.** It was small things at first. I started to sleep better, I was getting my sense of humour back and little things started going my way.

As I continued working with Colette, bigger things started to go my way. Much bigger things! I started to attract multi-million dollar investors to my projects and clients started to say yes more with less resistance.

**I have now been with Colette and the M.A.P. Coaching Institute as a client for over 3yrs and will continue forever if possible. This has made a transformational difference in my life and would highly recommend this to anyone who is serious about transformation for themselves.**

Thank you for bringing me to M.A.P. Colette!”

**Check more of our clients testimonials on our Facebook Page:**

 <https://www.facebook.com/pg/MAPcoachinginstitute/reviews/>

## MORE INFORMATION:

- **Visit our Website**

For more information on MAP or the MAP Coaching Institute go to the MAP Coaching Institute website at: <https://www.mapcoachinginstitute.com>

- **Learn more about the MAP Method**

If you would like to see the webinar you can register on the following link:  
<https://www.mapcoachinginstitute.com/p/Breakthrough>