

FOUNDATION Core principles and the mechanics of influencing reality

Nature of Reality (NoR)		
C	Consciousness	Understanding the power & nature of consciousness.
Tp	Thought Power	Thoughts create reality; central to manifestation.
Uf	Unified Field	Interconnectedness of all things; a deep cosmic synergy.
Mindset (M)		
Bs	Belief System	Foundation of perception and interaction with reality
Lb	Limiting Beliefs	Thoughts create reality; central to manifestation.
Nt	Negative Thinking	Hinders manifestation by focusing on limitations & adverse outcomes.

AWARENESS Cultivating self-awareness, emotional intelligence, and environmental sensitivity

Emotional Intelligence (E)		
G	Gratitude	Being thankful amplifies manifestation & creates more of the valued things.
Er	Emotional Regulation	Managing emotions to aligning with desires.
As	Anxiety & Stress	Blocks manifesting flow; as focuses on negatives.
Holistic Practice (HP)		
M	Meditation	Enhances clarity and connection to universal consciousness.
Mf	Mindfulness	Staying present and aligned with intentions.
Environmental Influence (EI)		
Cs	Community Support	Encouragement and energy from like-minded individuals.
Lg	Letting Go	Releasing resistance to the old & outdated.

THE CONSCIOUS CREATOR'S BLUEPRINT: MASTERING THE ELEMENTS OF YOUR REALITY

Unlock the secrets to mastering manifestation and personal transformation through this distinctive guide that distills the essence of conscious creation into an easy-to-follow framework, reminiscent of a periodic table. Explore how to develop a potent mindset, delve into the universe's complexities, and create your desired reality.

FOUNDATION		AWARENESS			PRACTICE	
Nature of Reality (NoR)	Mindset (M)	Emotional Intelligence (E)	Holistic Practice (HP)	Environmental Influence (EI)	Action (A)	Remove the Obstacles (RtO)
+3 Tp Thought Power	+2 Bs Belief System	+3 G Gratitude	+3 M Meditation	+1 Cs Community Support	+2 V Visualisation	-1 Of Overcoming Fear
+2 Uf Unified Field	+3 Lb Limiting Beliefs	+2 Er Emotional Regulation	+3 Mf Mindfulness	+2 Lg Letting Go	+3 Is Intention Setting	+2 Rt Releasing Trauma
+3 C Consciousness	+3 Nt Negative Thinking	-2 As Anxiety & Stress			+1 Af Affirmations	+3 Sw Self Worth & Self Love
					+3 Rf Reframing	+2 F Forgiveness
						+1 A Allowing & Managing Anger

FACTORS WORKING TOGETHER

While all factors on the table are crucial, those marked with a value of +3 carry more weight than those marked with +1 or +2, significantly influencing the manifestation process. No single factor guarantees success on its own; however, possessing a combination of several favorable factors greatly enhances the potential for achieving desired outcomes. This synergy underscores the importance of a holistic approach to conscious creation.

Practice			Action (A)		
V	Visualisation	Mentally & emotionally creating desired outcomes.	Is	Intention Setting	Gaining clarity of mind, defining and focusing energy on goals.
Af	Affirmations	Reinforcing positive beliefs and intentions.	Rf	Reframing	Changing perspectives to enable positive outcomes.
Remove the Obstacles (RtO)			Of	Overcoming Fear	Removing fear-based barriers to manifestation.
Rt	Releasing Trauma	Healing past wounds to clear manifestation paths.	Sw	Self Worth & Self Love	Believing in one's value and deservingness.
F	Forgiveness	Letting go of past hurts to free manifesting energies.	A	Allowing & Managing Anger	Utilising anger constructively; clearing blockages.



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ROADMAP: OVERVIEW

STAGE ONE

FOUNDATION

Nature of Reality (NoR) Mindset (M)

Start with understanding the fundamental concepts that influence your reality. This involves deep dives into the **Nature of Reality** and **Mindset**. You learn about the **Thought Power**, **Unified Field**, and **Consciousness**, realizing how your beliefs, including limiting ones and negative thinking, shape your experience of reality. This stage sets the groundwork for conscious creation by adjusting your basic perceptions and beliefs about the world and yourself.

STAGE TWO

AWARENESS

Emotional Intelligence (E) Holistic Practice (HP) Environmental Influence (EI)

Develop a heightened sense of self and environment. Here, **Emotional Intelligence** and **Environmental Influence** play significant roles. You work on **Gratitude**, **Emotional Regulation**, and managing **Anxiety & Stress**, enhancing your ability to remain balanced and focused. You also become more mindful of the influence of your surroundings, fostering **Community Support** and practising **Letting Go** of negative influences, thus creating a supportive backdrop for your manifesting efforts.

STAGE THREE

PRACTICE

Action (A) Remove the Obstacles (RtO)

Apply what you've learned and understood in practical terms. This is where the **Action** and **Removing the Obstacles** categories come into play. Techniques like **Visualisation**, **Intention Setting**, **Affirmations**, and **Reframing** are used to actively create the reality you desire. Simultaneously, you work on overcoming personal barriers like **Fear**, **Trauma**, issues with **Self-Worth and Self-Love**, practising **Forgiveness**, and learning how to channel **Anger productively**.

HOW THE ROADMAP WORKS:

- **Sequential Learning and Growth:** The roadmap starts with building a strong foundation of understanding, which informs your awareness and perception. This enhanced awareness then supports more effective practice, where you actively apply techniques for conscious creation.
- **Cyclical Process:** The journey doesn't end with practice; as you grow and evolve, you'll cycle back through understanding (with new insights), deepen your awareness further, and refine your practices. This cyclical process ensures continuous growth and improvement in your ability to manifest.
- **Synergy Among Factors:** While each factor is crucial, their collective impact is greater than the sum of their parts. The more you engage with these factors across all stages, the more potent your manifesting efforts become. Factors marked with a +3 have a more significant impact, but success in manifesting comes from a balanced approach that incorporates all factors to some degree.
- **Flexibility and Personalisation:** This roadmap is a guide, not a strict rulebook. It's meant to be adapted to your personal journey, allowing you to focus more on the areas that you feel need more work or resonate more with you.

The key to this roadmap is understanding that conscious creation is a holistic and dynamic process, involving continuous learning, self-reflection, and practical application tailored to your personal growth journey.



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THE CONSCIOUS CREATOR'S BLUEPRINT: 77 TRANSFORMATION KEYS

FOUNDATION

Nature of Reality (NoR)

- Key Insight:** Thoughts directly influence reality.
 - Tip:** Practice mindfulness to become aware of your thought patterns.
 - Suggested Activity:** Daily journaling for the common thoughts you think.
- Key Insight:** Everything is interconnected.
 - Suggested Reading:** "The Field" by Lynne McTaggart.
 - Listen to Podcast:** Mindvalley Show - Nasim Hamein on the Science behind Spirituality
- Key Insight:** Higher consciousness leads to deeper fulfillment and creation.
 - Tip:** Meditate regularly to expand your awareness.
 - Suggested Reading:** A New Earth by Eckhart Tolle

Mindset (M)

- Key Insight:** Your reality is shaped by your beliefs.
 - Question:** Which of your beliefs are repeated from your upbringing?
 - Suggested Reading:** Breaking the Habit of Being Yourself by Dr Joe Dispenza.
- Tip:** Challenge limiting beliefs with evidence of your capabilities.
 - Question:** What evidence contradicts my limiting beliefs?
 - Suggested Activity:** Cognitive behavioural therapy exercises
- Key Insight:** Negative thinking creates barriers to success.
 - Tip:** Replace negative thoughts with positive ones.
 - Suggested Activity:** Practice gratitude to shift focus from negative to positive.

AWARENESS

Emotional Intelligence (E)

- Key Insight:** Gratitude attracts more positive experiences.
 - Tip:** Keep a daily gratitude journal.
 - Question:** What am I grateful for today?
- Tip:** Use deep breathing techniques to manage emotions.
 - Suggested Reading:** Breath: The New Science of a Lost Art by James Nestor
 - Suggested Activity:** Yoga or mindfulness meditation for emotional balance.
- Key Insight:** Managing stress is crucial for well-being and manifestation.
 - Tip:** Incorporate relaxation techniques into your daily routine.
 - Suggested Activity:** Progressive muscle relaxation exercises.

Holistic Practice (HP)

- Key Insight:** Meditation is a key tool for expanding consciousness.
 - Tip:** Start with short, guided meditation sessions.
 - Suggested Reading:** "Wherever You Go, There You Are" by Jon Kabat-Zinn.
- Key Insight:** Mindfulness keeps you connected to the present.
 - Tip:** Practice mindful eating to enhance presence.
 - Suggested Activity:** Daily mindfulness walks.

Environmental Influence (EI)

- Key Insight:** A supportive community amplifies your energy.
 - Question:** How can I actively contribute to my community?
 - Suggested Activity:** Join our Conscious Transformation Membership by Helene Hall
- Tip:** Write letters of release for emotions or people you're holding onto.
 - Question:** What am I holding onto that no longer serves me?
 - Suggested Activity:** Declutter your living space.

PRACTICE

Action (A)

- Key Insight:** Visualization primes your brain for achieving your desires.
 - Tip:** Visualize your goals in vivid detail daily.
 - Suggested Activity:** Create a vision board.
- Tip:** Set intentions that are specific, measurable, and time-bound.
 - Question:** What intention would significantly impact my life right now?
 - Suggested Activity:** Morning intention-setting ritual.
- Key Insight:** Affirmations reprogram the subconscious mind.
 - Tip:** Use present-tense affirmations that resonate personally.
 - Suggested Activity:** Record affirmations and listen to them daily.
- Tip:** Actively seek the positive in challenging situations.
 - Question:** How can this situation be seen as an opportunity?
 - Suggested Activity:** Journaling to reframe negative experiences.

Remove the Obstacles (RtO)

- Key Insight:** Facing your fears reduces their control over you.
 - Tip:** Take small steps outside your comfort zone regularly.
 - Suggested Activity:** Fear-setting exercise by Tim Ferriss.
- Tip:** Seek professional help for deep-seated traumas.
 - Question:** What traumas am I ready to heal from?
 - Suggested Activity:** Therapeutic writing or art therapy.
- Key Insight:** Self-love is foundational for manifesting desires.
 - Tip:** Practice self-care routines that make you feel valued.
 - Suggested Reading:** "You Can Heal Your Life" By Louise Hay
- Tip:** Forgiveness liberates you from negative past energies.
 - Question:** Who and what am I ready to forgive?
 - Suggested Activity:** Write forgiveness letters (no need to send them).
- Key Insight:** Properly channelled anger can highlight boundaries and catalyse change.
 - Tip:** Use anger as a signal to explore underlying issues.
 - Suggested Activity:** Express anger constructively through physical activity or creative expression.

These tips are designed to complement and enhance the journey through the stages of Foundation, Awareness, and Practice, offering additional avenues for exploration and growth.

- Key Insight:** True understanding begins with curiosity about oneself and the world.
- Tip:** Allocate time each week to learn something new outside of your comfort zone, whether it's a concept, skill, or hobby.
- Suggested Activity:** Engage in daily journaling that focuses on what you've learned about yourself, others, and the world that day.

- Question:** How do the physical sensations in my body change with different emotions or thoughts?
- Tip:** Practice body scanning to become more aware of physical sensations and their emotional correlates.
- Suggested Reading:** "The Body Keeps the Score" by Bessel van der Kolk, to deepen understanding of how emotions and experiences are stored in the body.
- Suggested Activity:** Spend a day in silence, paying attention to what you notice about your internal state and surroundings without the usual distractions.

- Key Insight:** Consistency in practice is more valuable than intensity or duration.
- Tip:** Set small, achievable goals for your mindfulness or personal development practices to encourage regularity.
- Question:** What is one small action I can take right now that aligns with my higher goals?
- Suggested Activity:** Create a "vision map" with images and words that represent your goals and values, placing it somewhere you will see it every day to keep your intentions alive and in focus



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