

A N I M A

C O N S C I O U S N E S S

L o n d o n - R o m e

presents

Victim to Creator

being a wise and effective change agent



Victim to Creator

Why this program?

Challenging times are always an opportunity for us to discover more about ourselves. Do we gravitate towards **Victim Consciousness** and feel overwhelmed, unclear about how to move forward and powerless?

Or do we ground into **Creative Consciousness** becoming a force of clarity, inspiration and power to move forward?

In this crucial moment in history we need more creators than victims, visionaries who are able to move through the density of this time and move forward with what they see, both individually and collectively.

Complete with a **100+ page workbook** to be in action, this 12 episode program is designed to support you and your group or organisation to consistently and unconditionally shift from Victim Consciousness to Creative Consciousness.

Each weekly episode lasts for 2 hours and consists of:

- an awareness creation
- group sharing / coaching

Victim Consciousness

- You often experience low levels of energy
- You use your energy to fight
- External events create your inner states
- You identify with your thoughts and feelings
- Ego-driven drama often interferes. Ego is more of an absolute.
- You experience disintegration, feeling progressively separate (from yourself, from others, from the Divine/Universe)
- You are attached to your song of pain
- Choices are often rooted in fear
- You are in resistance
- You are often unlucky
- You often do blame, shame or guilt. You do it to yourself or you do it to others.
- You are often part of the problem

Creative Consciousness

- You often feel energised
- You use your energy to create
- Inner states create external events
- You identify with the awareness of your thoughts and feelings
- You are aware and take charge of your Ego. Ego is more of a variable.
- You experience integration, feeling progressively at One (with yourself, with others, with the Divine/Universe)
- You let go of your song of pain
- Choices are often rooted in love and faith
- You fully show up and fully surrender
- You are often lucky
- You don't do blame, you don't do shame and you don't do guilt. You don't do it to yourself and you don't do it to others.
- You are often part of the solution

Episode 1

the clean set up

'If you don't know which port you are sailing to, no wind will be favourable'.

In this episode you will learn the importance and power of your vision and three simple questions that will connect you with what needs to align for you to manifest that vision.



Episode 2

anger into passion

What can we do with our anger when letting it out doesn't work and suppressing it doesn't work either? Is there a third way?

In this episode you will learn how to harness your fire and use it for creative purposes.



Episode 3

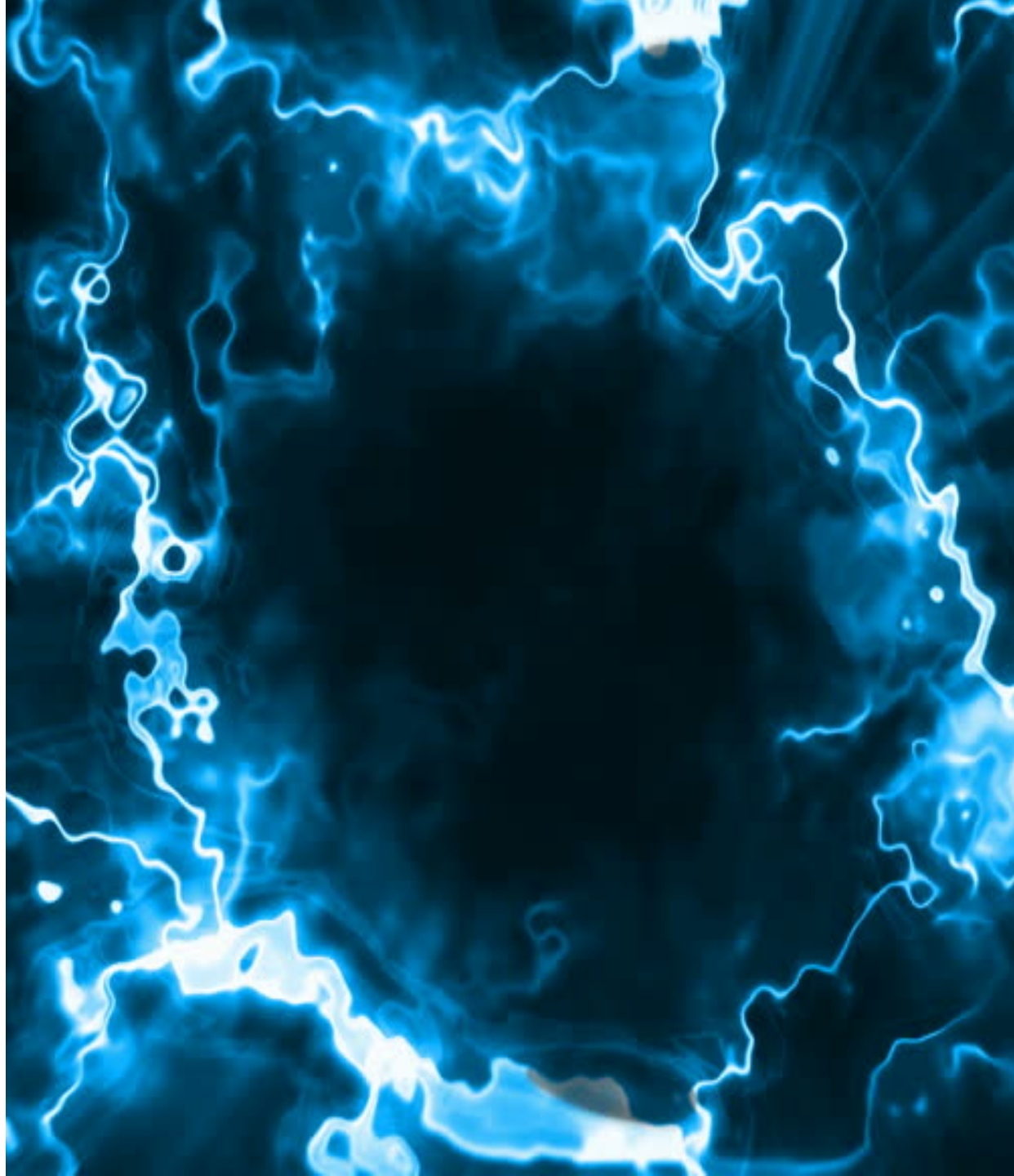
the power of the Word

We often use words to share information: at worst to gossip, at best to share our experiences.

What we are not aware of is that there is a secret but very real creative power in our word.

As hinted by our creation myth: “In the beginning was the Word.”

In this episode you will learn how to use the power of your word as a force of creation.





Episode 4

the power of integrity

A powerful insight into the law that governs our ability to succeed.

In this episode you will learn what may have prevented you to achieve what you want and what you can do about it.

Episode 5

integrity recovery procedures

Having understood the role that integrity plays with regards to your success, in this episode you will learn how to recover your integrity when life gets in the way.

We will focus on specific scenarios and go through each of them.

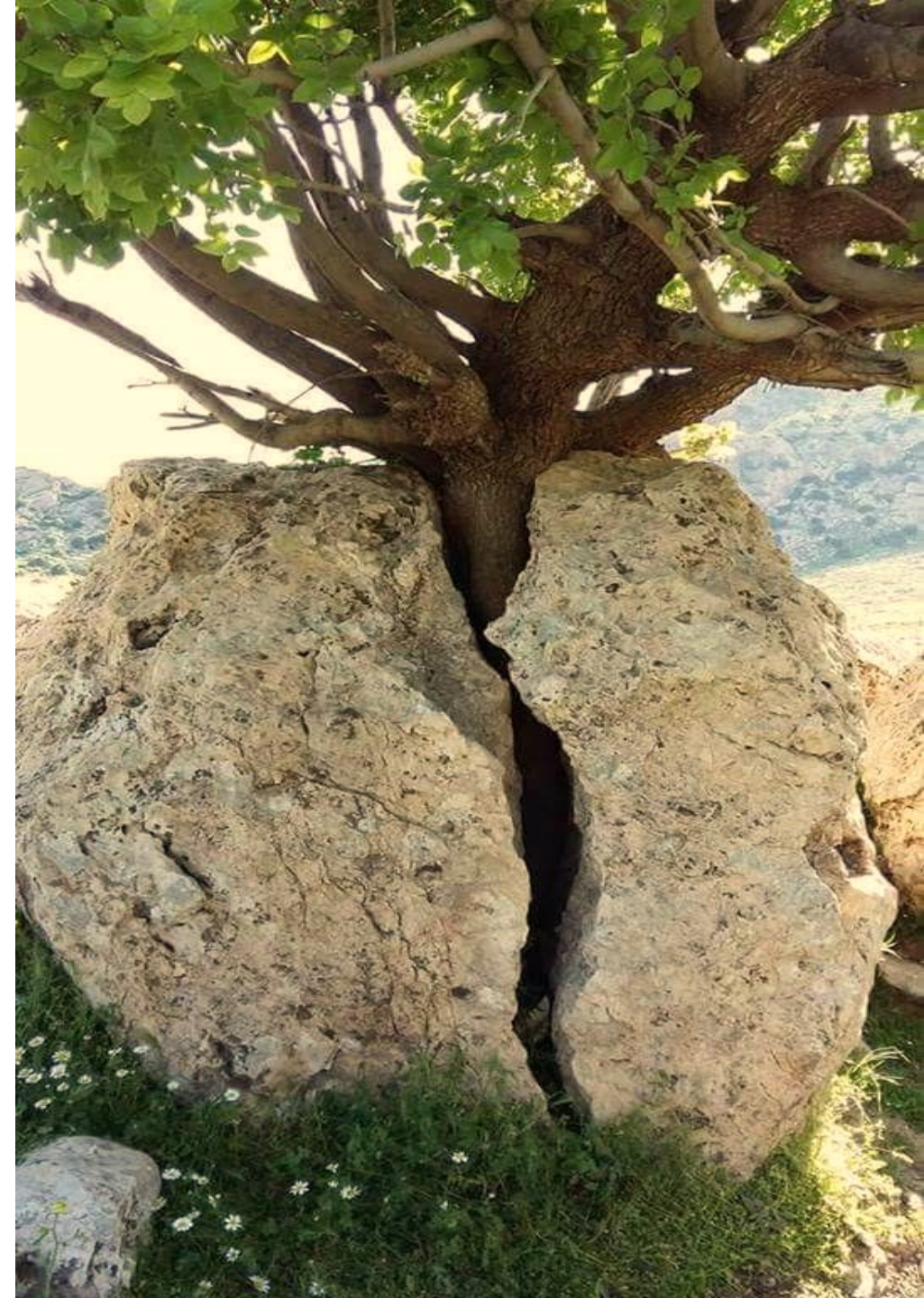


Episode 6

the power to act

“Feel the fear and do it anyway” is a simple saying that reveals our potential. Yet often we don’t know how to harness this potential.

In this episode you will learn how to be with your thoughts and emotions in order to stop delaying the achievement of what you truly want.

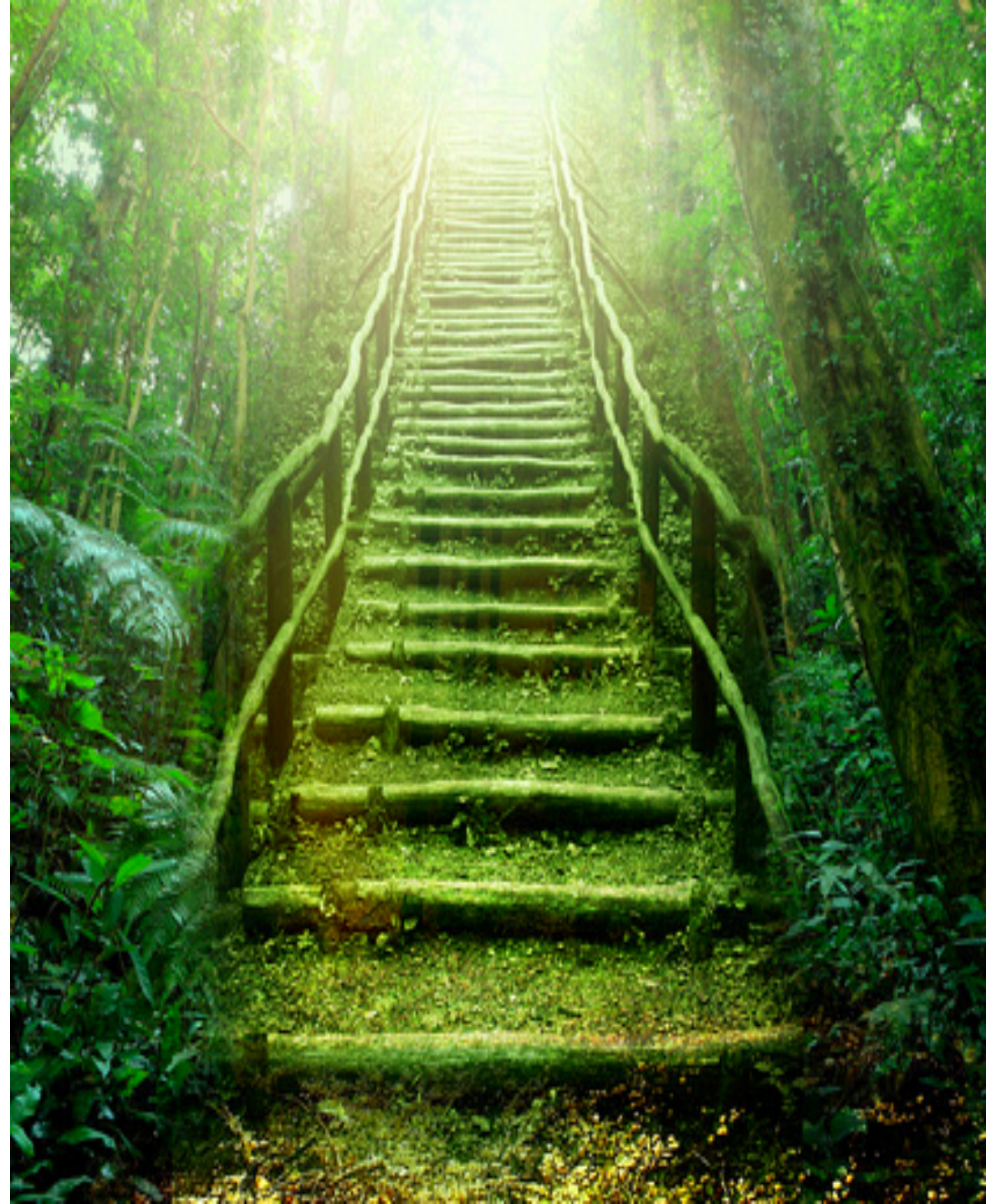


Episode 7

the ladder of power

At times we all fall into victimhood. Counterintuitive as it may sound, this includes the times when we are using force or violence, not just the times we feel sorry for ourselves.

In this episode you will learn how to recognise when and how you are in victim consciousness and what immediate positive action you can take to bounce back as a creator. A great session for anyone seeking to express their power in a way that is not harmful to others.



Episode 8

story vs isness

If we want to have an impact on reality, we need to be there where reality is.

In this episode you will learn a powerful distinction enabling you to become a force for clarity and have a real impact on the fabric of reality.



Episode 9

the art of completion

Completion is best understood by its opposite: incompleteness.

Every incompleteness we carry takes up space in our consciousness and reduces our bandwidth. In this episode you will learn how to complete your incompletenesses to liberate conscious space and have more energy to create.



Episode 10

ego

the three traps

Distinguishing between our Ego Self and our Best Self in crucial moments in our lives and acting from our Best Self can alter the course of our individual and collective destiny.

In this episode you will learn the three most common ways in which the ego can trip you.



Episode 11

higher Self

Distinguishing between our Ego Self and our Best Self in crucial moments in our lives and acting from our Best Self can alter the course of our individual and collective destiny.

In this episode you will learn to connect to your best Self and how to source choices from wisdom and compassion to the benefit of the interconnectedness of all life and your own.





Episode 12

free flow

There will be no theme for this session. We will tune in and discover what needs to be said.

In this episode you will flow without a structure and just be with what is.

‘What at first glance may appear to be messy and inefficient may actually be Life experimenting, discovering what is possible.’

-Margaret Wheatley

‘Great things are done by a series of small things brought together.’

-Vincent Van Gogh

‘There is a force in the universe, which, if we permit, will flow through us and produce miraculous results.’

-Gandhi



Simon Blackhall

Simon is the founder of ANIMA, a Consciousness Coach, a Transformation Partner and a Speaker.

As a Coach he is a member of the ICF and he is certified in Creative Consciousness, Clean Language & Metaphors and Spiritual Intelligence.

In July 2018 he was named in the Coaching Top 50 by CV Magazine. In May 2019 he was chosen from a pool of worldwide candidates to be one of the 100 winners of the CEO Today Management Consulting Awards 2019. His “Introduction to the 21 Skills of Spiritual Intelligence” held at the Prague Conference Centre during ICF Converge 2019 was received with warmth and inspired many into action.

He holds degrees in German, Spanish and Literature from the University of Pisa, Italy and a BA (Hons) at the Guildhall School of Music and Drama. As an actor he won awards in both London and Rome.

His mission as a coach and teacher is to co-create the expansion and higher for this unfolding world by holding a space of truth and light in which others can come forth. In the words of Nelson Mandela, ‘It always seems impossible until it’s done.’



A desert landscape at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. In the foreground, a large sand dune is covered in fine, wavy ripples. A path of footprints leads up the dune towards the horizon. The background shows more dunes and a range of mountains under a hazy sky.

contact us to discuss the needs of your group

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