

# CONSCIOUS CREATORS

# REPORT

## THE TRANSFORMATIONAL HEALER CREATOR

"I create experiences that facilitate deep healing and spiritual transformation."

*Hello and...*  
*Welcome!*



As you move through this guide, remember that conscious creation is both an art and a practice. Some insights will land immediately and inspire instant action, while others may plant seeds that bloom weeks or months later.

Your soul knows the perfect pace for your transformation, and your only job is to show up authentically and consistently to this sacred work.

This guide follows my signature Conscious Creators Coaching Program (based on my signature coaching model, The SpiritPath Coaching Model), guiding you through six stages of conscious manifestation. Each stage builds upon the last, creating a comprehensive framework for bringing your soul's vision into reality.

You are here at this time in human history for a reason. Your unique gifts, perspective, and creative expression are part of the collective healing and evolution our world desperately needs.

As you work through these pages, remember that you're not just transforming your own life —you're contributing to the transformation of humanity itself. Trust your gifts, honor your calling, and step boldly into your role as a Conscious Creator. The world is waiting for what you came here to create.

*Let's Begin!*

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# WELCOME TO YOUR PERSONALIZED CONSCIOUS CREATOR REPORT

## *Aligning Spirit, Soul, and Special Function*

Congratulations on taking this important step in your conscious creation journey. By discovering your Creator Type, you're unlocking a profound understanding of how your soul is designed to express itself in the world. This isn't just another personality assessment—it's a sacred map to your authentic creative expression and the unique way you're called to serve humanity's evolution.

**Live in alignment  
with your true nature**



### **The Value of Knowing Your Creator Type**

Understanding your Creator Type provides you with a clear framework for making decisions that align with your authentic self.

Instead of trying to force yourself into someone else's model of success or creativity, you can now honor your natural gifts, work with your innate creative process, and build a life and work that feels deeply fulfilling.

Your Creator Type reveals not just what you do well, but how you're meant to do it—your natural rhythm, your optimal conditions for creativity, and the specific ways your soul wants to contribute to the world's healing and transformation.

**The Calling You May Be Feeling** Perhaps you've been sensing a deeper calling lately—a pull toward something more meaningful, more aligned, more authentically you. This inner stirring is your soul calling you home to your true creative expression.

You may have felt like you're meant for something bigger, or that your current path doesn't fully honor who you are at your essence.

Your Creator Type helps you understand and trust this calling, giving you language for what you've been feeling and a roadmap for how to answer it. This assessment validates that your deeper longings are not selfish dreams, but sacred assignments for your unique contribution to the world.

# INTRODUCTION

## INTEGRATION AND MASTERY

### **Integration with Your Personal Goals and Aspirations**

The insights you'll receive aren't meant to replace your current goals, but to help you understand whether those goals truly align with your authentic self.

Some aspirations may need to be adjusted to better honor your Creator Type, while others may be perfectly aligned and simply need a new approach that works with your natural gifts rather than against them.

This assessment will help you distinguish between goals that come from your ego's need for external validation and those that arise from your soul's authentic desires.

You'll learn to set intentions and create visions that energize rather than drain you, because they're in harmony with who you truly are.

### **What This Guidance Acknowledges**

This report acknowledges you as a whole, complex being with gifts, shadows, patterns, and potential that are uniquely yours.

It recognizes that conscious creation involves not just your talents and visions, but also your values, your healing journey, your relationship patterns, and your spiritual development.

The guidance you'll receive honors that true mastery comes not from perfection, but from integration— weaving together all aspects of yourself into a coherent, authentic way of being and creating in the world.

### **Mastery as a Lifelong Process and Practice**

Understanding your Creator Type is just the beginning. True mastery of your creative expression is a lifelong journey of integration, embodiment, and continuous refinement.

You'll move through cycles of growth, challenge, breakthrough, and deeper understanding.

Some insights will resonate immediately, while others may become more relevant as you evolve. Trust that this process unfolds in perfect timing— there's no need to implement everything at once.

Instead, let these insights marinate in your consciousness and emerge when you're ready to receive them.

Remember that mastery isn't about perfection; it's about showing up authentically and consistently, learning from both your successes and your challenges, and staying committed to your own growth and service.

# WHAT YOU'LL DISCOVER IN THIS REPORT

In the pages ahead, you'll uncover:

- **Your Sacred Calling(s)** – The deeper purpose that drives your creative expression and the unique way your soul wants to serve
- **Core Values That Guide You** – The fundamental principles that should inform all your creative decisions and life choices
- **Your Natural Gifts & Talents** – The innate abilities that make you uniquely equipped for your particular form of conscious creation
- **Your Conscious Creation Style** – How you naturally move through the creative process, from initial inspiration to final manifestation
- **Shadow Patterns & Growth Edges** – The unconscious blocks and limiting beliefs that may be sabotaging your creative expression
- **Values-Aligned Visioning** – How to create goals and visions that truly align with your authentic self and soul's desires
- **Integration & Embodiment Practices** – Daily, weekly, and monthly practices designed specifically for your Creator Type
- **Your Service to the World** – Understanding the unique gift you bring to humanity's collective healing and evolution
- **Personalized Next Steps** – Specific actions you can take to begin integrating this wisdom into your life and creative practice

Each section is designed to help you not just understand yourself better, but to translate that understanding into lived experience, authentic expression, and meaningful service in the world.

# YOUR CONSCIOUS CREATOR RESULTS

## *The Transformational Healer Creator*

**"I hold space for others' healing and guide their transformation."**

### **Your Sacred Calling**

You are called to be a transformed, healed, wounded healer, using your own healing journey to guide others through theirs. Your soul's mission involves creating safe, sacred containers where transformation can occur, helping others reclaim their wholeness and step into their personal power.

### **Core Values That Drive You**

Based on the Conscious Creators Values Framework, your top values likely include:

**Compassion** - Deep empathy and care for others' suffering

**Healing** - Facilitating wholeness and restoration

**Service** - Using your gifts in the service of others' growth

**Growth** - Supporting continuous evolution and transformation

**Spirituality** - Honoring the sacred in healing processes

**Authenticity** - Creating a safe space for people to be real

**Empowerment** - Helping others reclaim their personal power

### **Your Growth Edge:**

- Learning to hold space for others' healing without absorbing their energy or emotions, and developing practices to clear and protect your own energy field between sessions
- Moving beyond the need to fix or rescue others, and instead empowering clients to access their own healing wisdom and take responsibility for their transformation journey
- Learning to charge sustainable rates for your healing work and recognizing that undervaluing your services actually dishonors the sacred nature of the transformation you facilitate
- Prioritizing your personal healing and growth work rather than using service to others as a way to avoid your own inner work, and ensuring you stay current with your own shadow patterns and triggers

# Your Natural Gifts and Talents

## YOUR INTEGRATION PATH IS:

**Embodied Wholeness** - You're ready to step more fully into your role as a healed, transformed, *previously* wounded healer who models integration and transformation. Your integration isn't just about your own healing journey - it's meant to hold sacred space for others' healing while demonstrating that wholeness and empowerment are possible for everyone

- **Intuitive Sensing** - You can feel what others need for healing
- **Sacred Space Holding** - You create containers where transformation can happen safely
- **Empathic Presence** - Others feel seen, heard, and held in your presence
- **Energy Reading** - You sense the subtle energies and emotions of others
- **Wisdom Transmission** - You share insights that catalyze healing breakthroughs
- **Process Facilitation** - You guide others through difficult emotions and transitions
- **Healing Integration** - You help people make meaning of their healing experiences

*The creation process on the next page follows my signature Conscious Creator Program, based on my signature coaching model, The SpiritPath Coaching Model (c), a transformational framework I have developed and used since 2007. This framework guides conscious creators through six distinct stages of authentic manifestation.*

*This proven methodology guides you from an initial connection to your higher mind and vision (Spirit) through the necessary inner work of addressing blocks and limiting beliefs (Storming) into practical planning and implementation (Forming, Integration, Evaluation), and ultimately to embodied mastery and sustainable success (Manifestation). Unlike traditional goal-setting approaches, the SpiritPath Model honors both your psychospiritual inner wisdom and development, as well as your practical achievements, ensuring that your outer success aligns with your inner truth and values.*

# Your Conscious Creation Style

Your creation process follows the Wound → Wisdom → Healed → Space Holder pattern

**Spirit Stage:** You connect with your calling to serve others' healing and transformation

**Storming Stage:** You work through your own healing journey and any savior complexes

**Forming Stage:** You develop your healing approach and create safe containers

**Integration Stage:** You consistently hold space and facilitate transformation

**Evaluation Stage:** You measure success by the depth of healing and client empowerment

**Manifestation Stage:** You embody integrated healing and model wholeness

## Your Creation Process

- **Personal Healing** - You continue your own healing journey as a foundation for service
- **Calling Recognition** - You acknowledge your gifts for facilitating others' healing
- **Modality Development** - You develop or refine your healing approach and methods
- **Sacred Container Creation** - You establish safe spaces for transformation work
- **Healing Facilitation** - You guide others through their healing and growth processes
- **Integration Support** - You help clients integrate insights and maintain progress

# Shadow Patterns and Growth Edges

Based on shadow work principles, your common blocks may include:

## Potential Limiting Beliefs:

- "I have to fix everyone I encounter."
- "My worth comes from how much I help others."
- "I can't charge fairly for healing work because it should be free."
- "I'm not healed enough to help others."

## Potential Shadow Patterns:

- The Savior** - Taking responsibility for others' healing instead of empowering them
- The Empath Sponge** - Absorbing others' energy without proper boundaries
- The Wounded Healer Trap** - Using service to others to avoid your own healing
- The Undercharger** - Not valuing your gifts appropriately or charging sustainable rates

"If God gives you something you can do, why in God's name wouldn't you do it?"

— Stephen King

## Healing Approaches:

- Regular personal therapy or healing work to stay current with your own process
- Boundary training and energy protection practices
- Shadow work around savior complexes and codependency
- Business training for healers to create sustainable practices

## Values Aligned Visioning:

Your authentic desires likely include:

- Having a thriving healing practice that serves your calling without burning you out
- Witnessing profound transformations in the people you serve
- Maintaining your own healing and spiritual growth journey
- Creating training or programs that multiply your healing impact
- Being recognized as a wise, trusted guide in your healing modality

# Integration and Embodiment Practices

## Daily Practices:

- Morning spiritual practice to connect with your healing gifts
- Energy clearing and protection practices before client work
- Regular check-ins: "How is my own energy and healing today?"
- Evening gratitude for the privilege of witnessing others' transformations

Set up an appointment for my FREE 30-minute Values & Strengths Assessment, and walk away with clarity, direction and a plan to shift into your power!

Sign up Now!

## Weekly Practices:

- Personal healing sessions or therapy to maintain your own growth
- Supervision or consultation with other healers for support
- Time in nature or other activities that restore your energy
- Boundary assessment and adjustment as needed

## Monthly Practices:

- Deep personal healing work to stay current with your own process
- Shadow work around any patterns of over-giving or people-pleasing
- Business review to ensure sustainability and fair compensation
- Connection with a healing community for support and continued learning

# The Transformational Healer Creator's Service to the World

As a Transformational Healer, your gift to humanity is creating islands of safety in a chaotic world. Through your presence and skills, you show others that healing is possible, that their pain has meaning, and that transformation is available to everyone. You help restore people's faith in their own wholeness.

You're here to heal the collective trauma and remind humanity of its inherent capacity for growth and renewal.

## Next Steps

**#1 - Personal Healing:** Commit to ongoing personal healing work as a foundation for service

**#2 - Boundary Setting:** Develop strong energetic and practical boundaries to prevent burnout

**#3 - Modality Mastery:** Deepen your skills in your chosen healing approaches

**#4 - Sustainable Practice:** Create business systems that support both service and sustainability

**#5 - Community Connection:** Build relationships with other healers for support and referrals

# Resonating with Multiple Archetypes

It's completely natural to see yourself in more than one creator type. Most conscious creators are multi-faceted beings with several archetypal energies flowing through them.

Here's how to understand and work with multiple resonances:

- **Primary Type (highest score):** Your dominant creative expression and natural pathway
- **Secondary Type(s):** Supporting energies that enhance and complement your primary gifts
- **Lower Scores:** Emerging potentials or situational expressions

## Common Multi-Archetype Combinations

### **Entrepreneurial + Community**

**Builder:** Creating conscious businesses that serve community building and social impact

**Expressive + Healer:** Using authentic creative expression as a healing modality for yourself and others

**Expressive + Visionary:** Channeling innovative, creative expressions that shift cultural paradigms

### **Visionary + Entrepreneurial:**

Building innovative businesses that bring cutting-edge consciousness into practical application

**Healer + Community:** Creating healing communities and group transformation experiences

# Integration Strategies for Multiple Types

## **1. Seasonal Expression**

Allow different archetypes to be primary during different seasons of your life or career. For example, focus on Healing work for several years, then transition into Community Building as your primary expression.

## **2. Complementary Integration**

Use secondary types to enhance your primary expression. An Entrepreneurial Creator might use Community Builder skills to create a stronger team culture and customer relationships.

## **3. Project-Based Expression**

Different projects can express different archetypes. You might have an Expressive Creative practice for personal fulfillment while your primary career is Transformational Healing.

## **4. Evolutionary Development**

Your archetypes may shift and evolve over time as you grow. Stay open to how your calling might transform as you integrate and embody your gifts more fully.

## A Final Reflection

You are here at this time in human history for a reason. Your unique gifts, perspective, and creative expression are part of the collective healing and evolution our world desperately needs. Whether you're called to build conscious enterprises, share authentic truth, facilitate healing, pioneer new possibilities, or weave communities together, your contribution matters.

The world is waiting for what you came here to create. Trust your gifts, honor your calling, and step boldly into your role as a Conscious Creator. Your authentic expression is your gift to the world. The world needs what you have to offer.

*Thank You!*

Let's Stay in Touch!



Thank you so much for taking this assessment and for taking the time to read through your personalized report!

I hope you are taking away a new and profound experience of who you are and how you are meant to express in the world.



Contact me at [elizabethj.sabet@gmail.com](mailto:elizabethj.sabet@gmail.com) for questions about how I can support you on your journey!

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