

The 7-Layer Reality Cheat Sheet

The complete architecture of how consciousness creates, organizes, and transforms reality

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DOWNWARD CAUSATION <i>Higher layers organize lower ones</i>		UPWARD FEEDBACK <i>Every shift ripples through the system</i>	THE KEY INSIGHT <i>Masters work from the top down</i>
LAYER + WHAT IT GOVERNS	WHEN IT'S BLOCKED	KEY PRACTICE	
7 Source Pure awareness. The field of infinite creation. Connection to flow, witness consciousness, felt knowing of being the creator of your reality.	Creating from force and willpower. Spiritual concepts feel intellectual, not lived. Gap between truth glimpsed and reality lived.	Source connection protocol. Witness consciousness training. Creation state activation. Surrender + trust calibration.	
6 Collective Cultural programming, consensus reality, family lineage patterns, soul groups, co-creation fields. Programs running you that aren't yours.	Living someone else's script. Can't distinguish your knowing from collective noise. Family patterns repeat. Results match collective average.	Collective program audit. Lineage inventory. Media/algorithm detox. Sovereign decision-making framework.	
5 Archetypal Ancient roles and energy templates: Martyr, Victim, Rebel, Seeker, Sage, Creator, Sovereign. The character you unconsciously agreed to play.	Same dynamics with different people. You see the pattern, predict it, still walk into it. Gap between who you are and who you show up as.	Archetype identification. Character audit. Archetypal pattern mapping. Sovereign archetype activation.	
4 Energetic Life force, frequency, field coherence, quality of presence. The invisible field determining what's available to you and what you attract.	Chronic fatigue that sleep doesn't fix. Drained by people/places. Scattered attention. Manifesting feels like pushing against a wall.	Field coherence protocol. Life force reclamation. Frequency lock-in practices. Attention sovereignty exercises.	
3 Mental The code running your operating system. Beliefs, assumptions, identity stories, subconscious programming. Needs constant updating at every new level.	Running beliefs you can't see. Stories feel like facts. Overthinking and analysis paralysis. Understand everything intellectually, nothing changes.	Belief audit. Subconscious reprogramming. Identity rewrite. Mental code update protocol. Reality Code Blueprint.	
2 Emotional The antenna of your reality. Your broadcast frequency. What you attract, repel, and hold out of reach. Nervous system state.	Emotional loops that won't resolve. Chronic anxiety with no clear cause. Same wounds triggered by different people. Paralyzed or numb.	Nervous system regulation. Emotional field clearing. Broadcast frequency calibration. Somatic release work.	
1 Material Body, environment, habits, finances, health. Where patterns become visible but almost never where they start. Neglected by seekers, overemph. by achievers.	Physical reality doesn't match inner awareness. Financial ceilings. Health issues persist despite "doing everything right." Gap between plan and action.	Environment audit. Embodiment practices. Conscious daily structure. Material reality alignment protocol.	

The symptom layer is almost never the source layer. Trace upward. Work at the origin.