

MONEY EDITION

The E.A.S.E. Weekly Reflection Process



by
Dr. Helen Orombi

*A gentle weekly practice to pause, reflect, and realign
with clarity, calm, and confidence.*

WELCOME

A weekly return to your Wealth-Creating Woman

The E.A.S.E. Money Weekly Reflection Process™ is a structured practice designed to help you become conscious of the internal place from which you are relating to money—and strengthen your ability to create, receive, manage, and hold wealth from your most resourced, Self-led, and Divinely connected Self.

This is more than a set of money journal prompts. It brings together financial nervous-system awareness, parts work, wealth identity transformation, spiritual connection, practical money skills, and compassionate integration.

Through this practice, you will learn to:

- recognize your nervous-system state when money, income, pricing, spending, receiving, or financial decisions are present;
- notice which money protector is shaping your perceptions, reactions, and choices;
- identify inherited money beliefs, family and cultural conditioning, and protective financial patterns;
- relate to your money parts with curiosity and compassion;
- activate your creative identity and reconnect with the Wealth-Creating Woman;
- strengthen the practical and internal capacities needed to earn, receive, manage, and hold more; and
- integrate financial growth through consistent, compassionate practice.

Your financial behavior makes sense in the context of the nervous-system states, protective parts, and money conditioning that shaped it. The invitation is to understand what is running the show—and consciously choose who will lead.

The four movements of E.A.S.E.

Applied to money, EASE supports the shift from financial protection and inherited money conditioning into conscious, embodied wealth creation.

E

Embody Safety

Recognize your nervous-system state around money, notice which money part is driving the bus, and create the internal conditions for greater choice, clarity, and financial presence.

A

Activate Your Creative Identity (The Wealth-Creating Woman)

Activate the Wealth-Creating Woman—the most resourced, Self-led, and Divinely connected expression of who you are. She draws from lived wisdom, intuition, imagination, and the intelligence of Life to envision and participate in creating a new financial reality.

S

Strengthen Skills & Capacities

Develop the earning, receiving, visibility, pricing, sales, decision-making, money-management, and wealth-holding capacities needed to bring your financial vision into form.

E

Embrace Growth

Integrate your financial growth, meet returning money patterns with compassion, and expand your capacity to create, receive, manage, and hold more wealth.

The weekly rhythm

First, notice the internal conditions from which you have been relating to and creating with money. Then activate the Wealth-Creating Woman, strengthen the capacities your financial vision requires, and integrate your next stage of wealth creation with compassion.

Become conscious of your financial state

Pause long enough to notice what your nervous system experiences around money and which part has been shaping your financial choices. Begin with awareness, curiosity, and compassion.

When money was present this week—income, bills, spending, pricing, sales, visibility, receiving, or financial decisions—what nervous-system states did you experience? What did you notice in your body?

Which money part has been driving the bus? Consider the Scarcity Part, Overworker, Avoider, Underearner, Overgiver, Spender, Saver, Controller, Pessimist, Pleaser, Achiever, or another protector.

What financial situation activated this part, and what has it been trying to protect you from—loss, judgment, failure, uncertainty, responsibility, visibility, receiving, or something else?

Create the conditions for financial Self-leadership

How did this nervous-system state or money part influence what you earned, charged, spent, saved, avoided, accepted, asked for, or allowed yourself to receive?

What helped your system feel safer, steadier, and more present with money this week?

What does this money part need from you now so it can relax, step back, or allow more access to Self-energy and financial choice?

As you offer that support, what becomes more available in your relationship with money—clarity, calm, agency, honesty, creativity, courage, or choice?

Activate the Wealth-Creating Woman

The Conditioned Woman interprets your financial life through family beliefs, cultural messages, lived experiences, financial wounds, and protective adaptations. The Wealth-Creating Woman can honor that history without allowing it to determine your financial future.

Where did you notice the Conditioned Woman shaping your response? What inherited belief, family rule, cultural message, financial wound, or protective pattern was present?

Where did you experience even a moment of the Wealth-Creating Woman—resourced, Self-led, intuitive, imaginative, and connected to the Divine? What qualities were present?

From the Wealth-Creating Woman, what feels true about your value, your relationship with money, and your capacity to create, receive, manage, or hold wealth?

Listen for the wealth that wants to emerge

What financial wisdom can you draw from your lived experience, professional knowledge, gifts, creativity, relationships, and inner knowing?

What money possibility, inspiration, or guidance feels available through your connection with Life, Source, God, the Divine, or the larger field of possibility?

What wealth wants to be created through you? What might Life be inviting you to earn, offer, ask for, receive, steward, invest, or expand into?

How does your Wealth-Creating Woman choose to relate to your current financial circumstances?

Build the capacity to bring your wealth vision into form

A new money identity becomes a new financial reality as you strengthen the practical and internal capacities to act on what the Wealth-Creating Woman can see.

What financial desire, possibility, or direction is the Wealth-Creating Woman asking you to support with action?

What skill or capacity would help you bring it into form—earning, pricing, selling, visibility, negotiation, receiving, boundaries, decision-making, money management, saving, investing, or holding more?

Where did you practice or demonstrate this money capacity this week—even imperfectly or in a small way?

What support, structure, system, resource, learning, or relationship would help you strengthen this financial capacity?

What is one clear, aligned money action you are willing and able to take?

Integrate, expand, and grow your capacity for wealth

Financial growth asks for reflection, practice, compassion, and the willingness to remain connected to yourself as your capacity to earn, receive, manage, and hold more expands.

What evidence of financial growth, increased capacity, or a new way of relating to money did you notice this week?

What feels unfinished, challenging, tender, expansive, or still emerging in your money life?

If an old money pattern returned, how can you understand the protection underneath it while still choosing how your Wealth-Creating Woman responds now?

What are you learning about your capacity to earn, receive, manage, enjoy, and hold more money?

What would the Wealth-Creating Woman want you to remember about money as you enter the coming week?

Choose the place from which you will relate to money and create wealth

What feels most important, meaningful, or illuminating about your relationship with money this week?

What nervous-system support or compassionate connection with a money part will help you stay financially resourced this week?

What quality of Self-energy do you want to bring into your relationship with money?

What is your Wealth-Creating Woman choosing to earn, receive, practice, decide, or allow this week?

Complete the sentence:

This week, I choose to create wealth from...

You do not have to create your financial life from scarcity, protection, or inherited conditioning. You can listen to your money parts with compassion, activate the Wealth-Creating Woman, and choose your next financial step from a more resourced place.

ABOUT THE AUTHOR

Meet Dr. Helen Orombi



Dr. Helen Orombi spent 14 years as a psychotherapist before she asked herself the question that changed everything: how can I be this educated, this capable—and still not feel financially safe?

She had a doctorate in Marriage and Family Therapy. She had built a career helping others heal. And she was still undercharging, overgiving, and hitting the same invisible ceiling—year after year.

The answer she found was not more strategy. It was in her nervous system, her identity, and the inherited conditioning she had been carrying since childhood—including the patterns she absorbed growing up in Uganda and the ones she accumulated arriving in America at 24 with no bank account, no road map, and a deep belief that credentials would eventually make her feel safe.

Through EFT tapping, nervous system regulation, and identity transformation, she rewired her own relationship with money—and built a methodology that helps women do the same.

Today Dr. Helen works with women coaches, healers, creatives, and career transitioners who are brilliant, self-aware, and under-earning—not because they lack intelligence or ambition, but because their nervous systems and inherited conditioning have not yet expanded to safely hold visibility, wealth, and receiving.

Her clients have retired themselves and their husbands, launched businesses, ended decades of undercharging, and stepped into leadership on their own terms.

**This is not motivation. This is methodology.
And it starts with understanding which pattern is actually running the show.**

CONTINUE YOUR JOURNEY

Would you like support changing your money patterns?

You do not have to navigate your next stage of financial growth alone. Choose the level of support that feels right for you now.

PERSONALIZED SUPPORT

Book a 60-Minute Clarity Session

If you would like deeper support understanding the nervous-system state, money part, or inherited conditioning shaping your financial life—and identifying the next step in your wealth creation—I invite you to book a call.

[BOOK YOUR CLARITY SESSION →](#)

BEGIN WITH A MONEY STRESS RESET

Begin with the Money Stress Reset

Not ready for a deeper commitment? Begin with a 45-minute self-guided experience to calm the stress response around money, regain clarity, and take your next financial step with greater steadiness.

[BEGIN THE MONEY STRESS RESET →](#)

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